




PART TWO



Weekly Meal Plans with Recipes

Now that you've learned about the anti-inflammatory diet, let's put these ideas into practice. To help guide you, we've put together two weekly meal plans that are designed to be easy, convenient, and affordable. Most recipes yield two servings. Some of the recipes serve four to six people, but as part of the meal plan, they're intended to provide leftovers so you can reuse them for multiple meals. You'll come to love the resourceful "cook once, eat twice (or thrice!)" principle. As you become more comfortable with this plan, you can begin expanding your anti-inflammatory repertoire with the recipes in part 3 of this book.



The first step of starting any new diet is planning out your meals. Since we've already laid it out for you, spend a few minutes reviewing the weekly meal plans. The first day of each meal plan requires the most cooking, so you may want to start it on the day you're least busy, such as a day off from work.



CHAPTER THREE



Week 1 Meal Plan and Recipes

This meal plan calls for bulk cooking on one day to give you meal options that last throughout the week. The menu is designed for two people; however, the recipes typically serve four to six, providing enough leftovers for an additional meal. We've included a breakfast, lunch, and dinner menu for Monday to Friday, and a brunch, snack, and dinner menu for Saturday and Sunday.

The recipes you'll need for this week's meal plan are arranged in meal groups, so all the breakfast recipes appear first, followed by the lunch recipes, then dinner, with the sides and snacks at the end.

Week 1 Meal Plan

M	BREAKFAST <ul style="list-style-type: none"> Sweet Potato Frittata* (page 45) 	LUNCH <ul style="list-style-type: none"> Lentil-Beet Salad* (page 47) 	DINNER <ul style="list-style-type: none"> Roast Chicken with Lemon and White Beans* (page 50) Roasted-Butternut Squash Mash* (page 57)
T	BREAKFAST <ul style="list-style-type: none"> Banana-Oat Muffins* (page 44) 	LUNCH <ul style="list-style-type: none"> Leftover Roast Chicken with Lemon and White Beans 	DINNER <ul style="list-style-type: none"> Brown Rice Bowl* (page 51)
W	BREAKFAST <ul style="list-style-type: none"> Greek Yogurt with Granola and Berries 	LUNCH <ul style="list-style-type: none"> Miso Soup* (page 48) Leftover Brown Rice Bowl 	DINNER <ul style="list-style-type: none"> Basic Baked Salmon* (page 52) Leftover Lentil-Beet Salad
TH	BREAKFAST <ul style="list-style-type: none"> Leftover Banana-Oat Muffins 	LUNCH <ul style="list-style-type: none"> Vibrant Salmon Salad (page 49) (using leftover Basic Baked Salmon) 	DINNER <ul style="list-style-type: none"> One-Pot Mushroom Pasta* (page 53)
F	BREAKFAST <ul style="list-style-type: none"> Greek Yogurt with Granola and Berries 	LUNCH <ul style="list-style-type: none"> Leftover One-Pot Mushroom Pasta 	DINNER <ul style="list-style-type: none"> Leftover Miso Soup Chopped Chicken and Apple Salad* (page 54)
SAT	BRUNCH <ul style="list-style-type: none"> Leftover Sweet Potato Frittata Melon Slices Lulu's Iced Coffee* (page 59) 	SNACK <ul style="list-style-type: none"> Vegetable Sticks with Black Bean Dip* (page 60) 	DINNER <ul style="list-style-type: none"> Chickpea and Kale Salad (page 55)
SUN	BRUNCH <ul style="list-style-type: none"> Coconut Pancakes* (page 46) with Greek Yogurt and Berries 	SNACK <ul style="list-style-type: none"> Leftover Vegetable Sticks with Black Bean Dip 	DINNER <ul style="list-style-type: none"> Balsamic-Glazed Chicken (page 56) Steamed Green Beans Rosemary Wild Rice* (page 58)

* These dishes will be used later in the meal plan as leftovers, so you may want to make extra.

WEEK 1

Shopping List



You'll need the following ingredients to prepare the recipes for this weekly meal plan. If you need ingredient substitutions due to food allergies, just check the recipes for substitution suggestions and revise the shopping list to suit your needs. If you wish, compare the ingredients against the Optional Weekly Prep Guide (page 43) to see if there are certain ingredients you want to buy pre-washed, already shredded, frozen, and so on.

CANNED AND BOTTLED ITEMS

- * Black beans (1 [15-ounce] can)
- * Broth, vegetable (8 cups)
- * Broth, chicken (1/2 cup)
- * Chickpeas (1 [15-ounce] can)
- * Coconut or almond milk, unsweetened (3 cups)
- * Lentils (2 [15-ounce] cans)
- * Red wine, dry (1/4 cup)
- * White beans (1 [15-ounce] can)
- * White wine, dry (1/2 cup)

DAIRY, MEAT/POULTRY, AND FISH

- * Chicken, boneless, skinless breasts (6)
- * Chicken, whole (1)
- * Eggs, large (18)
- * Greek yogurt, plain (6 cups)
- * Salmon, boneless fillets (8 [3 to 4 ounces each])

PANTRY ITEMS

- * Almond oil (optional)
- * Apple cider vinegar
- * Baking powder
- * Baking soda
- * Balsamic vinegar
- * Chipotle powder
- * Coconut oil (optional)
- * Coffee
- * Coriander, ground
- * Cumin, ground
- * Dijon mustard
- * Honey
- * Olive oil, extra-virgin
- * Paprika
- * Peppercorns, black
- * Salt
- * Turmeric, ground
- * Vanilla extract
- * White miso paste

OTHER

- * Brown rice (2 cups uncooked)
- * Cashews, raw (1/2 cup, optional)
- * Coconut flour (1 cup)
- * Granola
- * Oat flour (1 1/2 cups)
- * Oats, quick-cooking (1 cup)
- * Rigatoni (1 [12-ounce] package, gluten-free if necessary)
- * Tofu, firm (1/2 cup)
- * Walnuts (1/2 cup, optional)
- * Wild rice (1 cup)

PRODUCE

- * Apples, green (2 large)
- * Avocados (2)
- * Bananas (3 large)
- * Beets, cooked (5)
- * Berries (1 or 2 pints)
- * Butternut squash (3 cups cubed)
- * Carrot (2)
- * Celery (1)
- * Cilantro (1 bunch)
- * Cucumber (1)
- * Dill (1 bunch)
- * Fennel bulbs (2)
- * Garlic (1 head)
- * Ginger root (1 small piece)
- * Green beans (1 pound fresh or 1 [12-ounce] package frozen)
- * Kale (1 large bunch)
- * Lemons (6)
- * Lettuce, romaine (1 heart)
- * Lime (1)
- * Melon (1 small)
- * Mushrooms (2 cups)
- * Onion, yellow (1)
- * Onions, red (3 small)
- * Potato, sweet (1 large)
- * Rosemary (1 bunch)
- * Scallions (1 bunch)
- * Shallots (3)
- * Spinach, baby (6 [6-ounce] bags)
- * Tarragon (1 bunch)
- * Thyme (1 bunch)
- * Turmeric root (1 small piece)
- * Additional vegetable sticks for snacking (cucumber, red bell peppers, etc.)

WEEK 1

Recipes



BREAKFAST

- * Banana-Oat Muffins
- * Sweet Potato Frittata
- * Coconut Pancakes

LUNCH

- * Lentil-Beet Salad
- * Miso Soup
- * Vibrant Salmon Salad

DINNER

- * Roast Chicken with Lemon and White Beans
- * Brown Rice Bowl
- * Basic Baked Salmon
- * One-Pot Mushroom Pasta
- * Chopped Chicken and Apple Salad
- * Chickpea and Kale Salad
- * Balsamic-Glazed Chicken

SIDE DISHES

- * Roasted-Butternut Squash Mash
- * Rosemary Wild Rice

SNACKS

- * Lulu's Iced Coffee
- * Vegetable Sticks with Black Bean Dip

Optional Weekly Prep Guide

One way to streamline meal preparation is to prep your ingredients in advance, just like on cooking shows. Some people find it helpful to batch-prepare ingredients early in the week so they can cook recipes more quickly during busy weeknights. Others like to prep ingredients as they go. However you choose to do it, as the week progresses, you'll need to prep the following ingredients as directed. We've also noted a couple of recipes that are easy to make ahead and save time later in the week. Do what works for you!

WASH AND CUT

- * Green beans: trim (or use frozen green beans)
- * Kale: remove thick stems
- * Beets: slice
- * Scallions: chop
- * Red onion: thinly slice 1, chop the rest
- * Yellow onion: chop
- * Celery: chop 1/2 cup, cut the rest into sticks
- * Fennel: slice
- * Shallots: chop
- * Garlic: slice 1 clove, chop 4 cloves

COOK AND STORE

- * Brown rice: 4 cups cooked
- * Chicken: 2 cooked boneless, skinless chicken breasts
- * Sweet Potato Frittata (page 45)
- * Banana-Oat Muffins (page 44)

MAKE AHEAD

- * Lemony Mustard Dressing (page 142)
- * Ginger-Turmeric Dressing (page 141)

Breakfast in a muffin is so convenient, and a great way to use up bananas past their prime. This recipe gets its sweetness from the bananas, so there's no added sugar. If you prefer a sweeter muffin, you can add ½ cup sliced pitted dates, or ⅓ cup raw honey or maple syrup. Meal Plan Tip: Freeze half of the muffins for next week.

BANANA-OAT MUFFINS

MAKES 12 MUFFINS / PREP TIME: 15 MINUTES / COOK TIME: 25 MINUTES

SOY-FREE	1½ cups oat flour (certified gluten-free, if necessary)	½ teaspoon baking soda
GLUTEN-FREE	1 cup quick-cooking oats (certified gluten-free, if necessary)	½ teaspoon salt
NUT-FREE		3 large bananas, mashed
VEGETARIAN	1 tablespoon baking powder	2 large eggs, slightly beaten
MEDITERRANEAN		⅓ cup extra-virgin olive oil or almond oil

1. Preheat the oven to 375°F. Line a muffin pan with paper baking cups.
2. In a medium bowl, whisk together the oat flour, oats, baking powder, baking soda, and salt.
3. Add the mashed bananas, eggs, and oil and mix well. The batter will be thick.
4. Spoon the batter evenly into the prepared muffin cups.
5. Bake until the tops spring back when lightly touched, 20 to 25 minutes. Serve warm or at room temperature.

RECIPE TIP: If you aren't restricted, toasted walnuts, almonds, or hazelnuts are a good addition to this recipe. Whole-grain baked goods dry out more quickly than conventional baked goods, so it's best to store these in an airtight container in the freezer.

SUBSTITUTION TIP: To make this recipe vegan, replace each egg with 1 tablespoon ground flaxseed mixed with 3 tablespoons water.

NUTRITIONAL INFORMATION PER SERVING (1 muffin): Calories: 170; Total Fat: 9g; Total Carbohydrates: 21g; Sugar: 4g; Fiber: 2g; Protein: 4g; Sodium: 260mg

This is the easiest one-pan frittata out there! Sweet potatoes and red onions cook up in a cast-iron skillet until tender; then you simply add the beaten eggs and cook until firm. If you don't have a cast iron-skillet, you can use a pie plate.

SWEET POTATO FRITTATA

SERVES 4 / PREP TIME: 15 MINUTES / COOK TIME: 30 MINUTES

SOY-FREE

1 tablespoon extra-virgin olive oil, plus more for brushing

¼ teaspoon freshly ground black pepper

GLUTEN-FREE

1 large sweet potato, peeled and cut into 1-inch pieces

1 teaspoon chopped fresh thyme leaves

NUT-FREE

1 small red onion, chopped

8 large eggs, well beaten

VEGETARIAN

1 teaspoon salt

PALEO

MEDITERRANEAN

1. Preheat the oven to 375°F. Brush a cast-iron skillet with a little olive oil.
2. Toss together the sweet potato and onion in the skillet. Drizzle with 1 tablespoon olive oil and add the salt and pepper. Bake until the potato is tender, 10 to 15 minutes.
3. Remove the skillet from the oven and sprinkle the thyme over the vegetables. Carefully pour the eggs over the vegetables and return the skillet to the oven. Bake until the eggs are firm and jiggle only slightly if you shake the skillet, about 15 minutes.
4. Let cool for at least 5 minutes before cutting into wedges and serving.

RECIPE TIP: Once cool, the frittata can be stored in the refrigerator for up to a week. And it's not just for breakfast—enjoy a slice of frittata for lunch or dinner!

SUBSTITUTION TIP: This technique can be used to make any frittata. Zucchini, leeks, and rosemary, or new potatoes, red bell peppers, and basil are a couple of good combinations to try.

NUTRITIONAL INFORMATION PER SERVING: Calories: 220; Total Fat: 14g; Total Carbohydrates: 9g; Sugar: 2g; Fiber: 1g; Protein: 15g; Sodium: 760mg

Coconut flour has become the mainstay of many gluten-free recipes. It thickens as the batter sits, so you may need to add more coconut milk while you're cooking the pancakes. Because the texture is a bit dry, these tasty pancakes are at their best topped with fresh berries and plain yogurt. Meal Plan Tip: Double the batter recipe so you can make waffles next week with the leftovers.

COCONUT PANCAKES

SERVES 4 / PREP TIME: 10 MINUTES / COOK TIME: ABOUT 5 MINUTES PER PANCAKE

SOY-FREE	½ cup coconut flour	4 large eggs, lightly beaten
	½ teaspoon baking soda	½ teaspoon vanilla extract
GLUTEN-FREE	¼ teaspoon salt	3 tablespoons extra-virgin olive oil
NUT-FREE	1 cup unsweetened coconut milk	

VEGETARIAN

PALEO

MEDITERRANEAN

1. In a medium bowl, whisk together the coconut flour, baking soda, and salt.
2. Add the coconut milk, eggs, and vanilla and stir until smooth. If the batter is too thick, thin with additional coconut milk or water.
3. Melt 1 tablespoon of the oil in a large skillet over medium heat.
4. Add the batter in ½-cup scoops and cook until golden brown on the bottom, about 3 minutes. Flip and cook for about 2 minutes more.
5. Stack the pancakes on a plate while cooking the remaining batter. Serve immediately.

RECIPE TIP: This batter can also be prepared as waffles. Instead of cooking on the stove top, pour about ⅔ cup batter onto a preheated waffle iron and cook according to the manufacturer's directions. This recipe will make about 4 waffles. Once cooled, refrigerate the waffles in an airtight container until ready to serve. Reheat in a toaster oven.

NUTRITIONAL INFORMATION PER SERVING (2 pancakes): Calories: 340, Total Fat: 29g; Total Carbohydrates: 10g; Sugar: 2g; Fiber: 5g; Protein: 10g; Sodium: 400mg

Cooked beets and canned lentils make quick work of this convenient salad. Some markets sell cooked beets in the produce department. You may also find cooked lentils in the produce department and in the canned food section. This salad can be dressed up or down depending on your sensitivities and preferences. Try it topped with toasted walnuts and crumbled feta cheese.

LENTIL-BEET SALAD

SERVES 4 / PREP TIME: 15 MINUTES

SOY-FREE	4 cups baby spinach	1 tablespoon apple cider vinegar
GLUTEN-FREE	1 (15-ounce) can lentils, drained and rinsed	1 teaspoon salt
NUT-FREE	4 cooked peeled beets, cut into 8 pieces	¼ teaspoon freshly ground black pepper
VEGAN	1 small red onion, sliced	1 teaspoon chopped fresh tarragon leaves (optional)
MEDITERRANEAN	1/3 cup extra-virgin olive oil	

1. Arrange the spinach leaves on a serving platter or in a bowl.
2. Top with the lentils, beets, and red onion.
3. In a small bowl, whisk together the olive oil, cider vinegar, salt, and pepper.
4. Drizzle the salad with the dressing, top with the tarragon (if using), and serve.

INGREDIENT TIP: If you can't find roasted beets in your store, you can make them yourself. Preheat the oven to 375°F. Peel 3 large beets, cut into quarters, and place on a double thickness of aluminum foil. Drizzle the beets with olive oil and add salt and pepper. Wrap the beets in the foil, place on a rimmed baking sheet, and cook until tender, 30 to 40 minutes. Cool, then prepare the salad as directed.

NUTRITIONAL INFORMATION PER SERVING: Calories: 320; Total Fat: 18g; Total Carbohydrates: 29g; Sugar: 7g; Fiber: 10g; Protein: 11g; Sodium: 640mg