



Your Anti-Inflammatory Meal Plan

REJUVENATE YOUR GUT FOR A
RENEWED SENSE OF WELL-
BEING



Coach Theah

your personal health coach

Week 1

SUNDAY

- B** Turkey and Veggie Skillet
- L** Quinoa Bowl with Avocado Dressing
- D** Detox Soup (save 1/2 for tomorrow)

MONDAY

- B** Very Berry Yogurt Bowl
- L** Asian Style Salad With Grass-fed Steak
- D** Detox Soup

TUESDAY

- B** Cinnamon Chia Pudding
- L** Asian Style Salad With Grass-fed Steak
- D** Curry Roasted Chickpea and Veggie Quinoa (save 1/2 for tomorrow)

WEDNESDAY

- B** Very Berry Yogurt Bowl
- L** Chicken Cucumber Boats
- D** Curry Roasted Chickpea and Veggie Quinoa

THURSDAY

- B** Cinnamon Chia Pudding
- L** Chicken Cucumber Boats
- D** Bison Greek Skillet (save 1/2 for tomorrow)

FRIDAY

- B** Turkey and Veggie Skillet
- L** Balsamic Chicken & Burrata Salad
- D** Bison Greek Skillet

SATURDAY

- B** Eggless Breakfast Hash
- L** Balsamic Chicken & Burrata Salad
- D** Flavor Packed Chicken and Rice

SHOPPING LIST

PRODUCE

- 4 sweet potatoes
- 3 red bell peppers
- 2 yellow onions
- 7 cups (220 g) baby spinach
- 1/2 cup (10 g) arugula
- 8 cloves garlic
- Shredded carrots
- 3 cucumbers
- 1 bundle fresh parsley
- 1 bundle fresh cilantro
- 1 bundle fresh dill
- 1 bundle fresh mint
- 1 small head cauliflower
- 2 small zucchini
- 1/2 cup (245 g) shelled edamame
- 2 scallions/green onions
- 1/2 cup (42 g) bean sprouts
- 1 red onion
- 2 tomatoes
- Red shredded cabbage
- Green shredded cabbage
- 3/4 cup (72 g) mushrooms
- 6 beets
- 3 lemons
- 1 lime
- 2 avocados
- 1 1/2 cup (222 g) blueberries
- 1/2 cup (62 g) raspberries
- 1 1/4 cup (180 g) strawberries
- Microgreens (or sprouts)

MEAT, POULTRY, DAIRY, EGGS

- 3 1/2 cups (800 g) plain greek yogurt
- 1 1/4 oz (35 g) goat cheese
- Ghee
- 2 oz (57 g) burrata cheese (or goat cheese)
- 10 oz ground turkey
- 3 cups (620 g) bone broth
- 12 oz (340 g) ground bison
- 4 chicken breasts, skinless
- 1 1/4 cup (256 g) canned organic chicken
- 6 oz chicken thighs, boneless and skinless
- 8 oz (227 g) beef tenderloin
- 4 oz (113 g) grass-fed rib eye steak

GRAINS, BEANS, NUTS, LEGUMES

- 1/4 cup (26 g) cashews
- 2 cups (480 g) canned chickpeas
- 1/4 cup (16 g) pumpkins seeds
- 1/2 cup (62 g) walnuts
- 1 1/4 cup (230 g) brown rice
- 1/3 cup (36 g) slivered almonds
- 2 cups (480 g) almond milk
- 1 small jar tahini
- 1/4 cup (31 g) pistachios
- 1 1/2 cup (255 g) dry quinoa

MISCELLANEOUS

- Salt
- Pepper
- Olive oil
- Avocado oil
- Sesame oil
- Ground ginger
- Dried parsley
- Dried oregano
- Ground cinnamon
- Rice wine vinegar
- Vanilla extract
- Dried thyme
- Ground turmeric
- Curry powder
- Dried basil
- Coconut aminos
- Balsamic glaze
- Honey

How to Meal Prep Week 1

- Option to make a double batch of the Turkey Veggie Skillet and freeze half, to be had for breakfast on Friday.
- Cook grass-fed steak on Sunday evening, to be had with Asian Style Salad with Grass-Fed Steak for lunch on Monday and Tuesday.
- Prepare Cinnamon Chia Pudding on Monday and Wednesday, to be had for breakfast on Tuesday and Thursday.
- On Tuesday evening, precut onion and red bell pepper to be had with lunch on Wednesday and Thursday.
- On Thursday evening, cook two chicken breasts to be had with Balsamic Chicken & Burrata Salad for lunch on Friday and Saturday.
- Save half recipe for dinner meals on Sunday, Tuesday, and Thursday to be had for leftovers the following day.



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DAILY AVERAGES

Calories: 1,441

Carbohydrates: 112 g, Protein: 93 g, Fat: 72 g

Week 2

SUNDAY

- B** Shredded Brussels & Salmon
- L** Ginger Tahini Chicken Salad
- D** Turkey Cashew Lettuce Wraps (save 1/2 for tomorrow)

MONDAY

- B** Strawberry Overnight Oats
- L** Lentil Curry (save 1/2 for tomorrow)
- D** Turkey Cashew Lettuce Wraps

TUESDAY

- B** Chia Cherry Smoothie
- L** Lentil Curry
- D** Chicken Meatballs with Roasted Veggies (save 1/2 for tomorrow)

WEDNESDAY

- B** Strawberry Overnight Oats
- L** Salsa Chicken "Tacos" (save 1/2 for tomorrow)
- D** Chicken Meatballs with Roasted Veggies

THURSDAY

- B** Chia Cherry Smoothie
- L** Salsa Chicken "Tacos"
- D** Lentil Beef Chili (save 1/2 for tomorrow)

FRIDAY

- B** Shredded Brussels & Salmon
- L** Roasted Veggie Quinoa Salad
- D** Lentil Beef Chili

SATURDAY

- B** Coco Mint Strawberry Smoothie
- L** Roasted Veggie Quinoa Salad
- D** Garlic Shrimp and Greens

SHOPPING LIST

PRODUCE

- Shredded green cabbage
- 1 bundle fresh cilantro
- 1 orange bell pepper
- 3 red bell peppers
- 1 red onion
- 8 carrots
- 1 head romaine lettuce
- 1 bulb garlic
- 3 tomatoes
- 2 1/2 cups (75 g) baby spinach
- 2 thumbs ginger root
- 3 cups (450 g) fingerling potatoes
- 3 yellow onions
- 1 head broccoli
- 2 cups (480 g) canned crushed tomatoes
- 1 sweet potato
- 2 cups (134 g) kale
- 2 1/2 cups (360 g) strawberries
- 1 1/2 cups (388 g) frozen cherries
- 3 avocados
- 2 lemons
- Shredded brussel sprouts
- Microgreens

MEAT, POULTRY, DAIRY, EGGS

- 16 oz (456 g) ground turkey
- 5 chicken breasts, skinless
- 2 cups (412 g) chicken broth
- 1 1/2 cups (310 g) bone broth
- 12 oz (340 g) ground beef, 95% lean
- 6 oz (170 g) smoked or sushi grade salmon
- 6 oz (170 g) shrimp, peeled and deveined
- 2 1/3 cup (530 g) plain kefir (or plain greek yogurt)
- 12 oz (340 g) ground chicken

GRAINS, BEANS, NUTS, LEGUMES

- 1/4 cup (60 g) canned chickpeas
- 2 1/2 cups (600 g) almond milk
- Chia seeds
- 1/4 cup (36 g) whole almonds
- 1/4 cup (9 g) slivered almonds
- 1 cup (180 g) brown lentils
- 1 tbsp (11 g) hemp hearts
- 2 tbsp (20 g) cashews
- 2 tbsp (20 g) chopped walnuts
- 1/2 cup (23 g) sunflower seeds
- 3/4 cup (128 g) quinoa
- 1/2 cup (92 g) brown rice
- Almond butter
- Tahini

MISCELLANEOUS

- Salt
- Pepper
- Olive oil
- Avocado oil
- Sesame oil
- Ground turmeric
- Ground ginger
- Curry powder
- Ground cinnamon
- Onion powder
- Garlic powder
- Dried parsley
- Paprika
- Cumin
- Cayenne pepper
- Dried oregano
- Apple cider vinegar
- Coconut aminos
- 1 jar salsa
- 1 can coconut milk
- Honey
- Cacao nibs
- Collagen peptides

How to Meal Prep Week 2

- Prepare Strawberry Overnight Oats on Sunday and Tuesday, to be had on Monday and Wednesday for breakfast.
- Make lentil curry on Sunday evening, to be had for lunch on Monday and Tuesday.
- On Tuesday, make Salsa Chicken Taco meat (crockpot meal) to be had with lunch on Wednesday and Thursday.
- Option to make Lentil Beef Chili ahead of time and freeze or store in refrigerator, to be had on Thursday and Friday for dinner.
- Thursday evening, make Roasted Veggie Quinoa Salad (double batch) to be had for lunch on Friday and Saturday.
- Save half recipe for dinner meals on Sunday, Tuesday, and Thursday to be had for leftovers the following day.



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DAILY AVERAGES

Calories: 1,482

Carbohydrates: 149 g, Protein: 98 g, Fat: 60 g

Week 3

SUNDAY

- B** Eggless Breakfast Hash
- L** Tuna Avocado Salad
- D** Mediterranean Stuffed Peppers (save 1/2 for tomorrow)

MONDAY

- B** Protein Granola Bars (make 1/2 recipe)
- L** Ginger Tahini Chicken Salad
- D** Mediterranean Stuffed Peppers

TUESDAY

- B** Cinnamon Chia Pudding
- L** Ginger Tahini Chicken Salad
- D** Chicken Meatballs w/ Roasted Veggies (save 1/2 for tomorrow)

WEDNESDAY

- B** Protein Granola Bars
- L** Savory Cabbage Salad w/ Baked Salmon (save 1/2 for tomorrow)
- D** Chicken Meatballs with Roasted Veggies

THURSDAY

- B** Cinnamon Chia Pudding
- L** Savory Cabbage Salad w/ Baked Salmon
- D** Flavor Packed Chicken and Rice (save 1/2 for tomorrow)

FRIDAY

- B** Eggless Breakfast Hash
- L** Roasted Veggie Quinoa Salad
- D** Flavor Packed Chicken and Rice

SATURDAY

- B** Green Collagen Smoothie
- L** Roasted Veggie Quinoa Salad
- D** Turkey Cashew Lettuce Wraps

SHOPPING LIST

PRODUCE

- 4 sweet potatoes
- 2 onions
- 1 red onion
- 2 small zucchini
- 1 1/2 cups (144 g) mushrooms
- 4 green bell peppers
- 1 orange bell pepper
- 2 red bell peppers
- Shredded green cabbage
- Shredded red cabbage
- 1 bundle fresh cilantro
- 1 bundle parsley
- 2 cloves garlic
- 3 cups (450 g) fingerling potatoes
- 8 carrots
- 1 head broccoli
- Microgreens
- 3 thumbs ginger root
- 3 cup (60 g) arugula
- 1 cucumber
- 1 tomato
- 1 cup (150 g) cherry tomatoes
- 2 cups (60 g) baby spinach
- 1 head romaine lettuce
- 1 avocado
- 2 red apples
- 1/2 cup (75 g) blueberries
- 1 1/4 cup (180 g) strawberries
- 1 lemon
- 1/2 cup (85 g) frozen mango

MEAT, POULTRY, DAIRY, EGGS

- Ghee
- 2 1/4 oz (65 g) goat cheese
- 2 chicken breasts, skinless
- 12 oz (340 g) chicken thighs, boneless skinless
- 8 oz (228 g) ribeye steak
- 12 oz (340 g) ground chicken
- 8 oz (228 g) ground turkey
- 12 oz (340 g) ground beef, 95% lean
- 7 oz (200 g) canned tuna
- 10 oz (280 g) wild salmon

GRAINS, BEANS, NUTS, LEGUMES

- 1/2 cup (120 g) canned chickpeas
- Almond butter
- Chia seeds
- Tahini
- 3/4 cup (60 g) rolled oats
- 1/2 cup (92 g) brown rice
- 1 3/4 cup (300 g) quinoa
- 1 tbsp (10 g) cashews
- 3 cups (720 g) almond milk
- 1/4 cup (36 g) almonds
- 1/2 cup (45 g) slivered almonds
- 2/3 cup (30 g) sunflower seeds
- 1/4 cup (42 g) flaxseed
- 1/2 tbsp (5 g) sesame seeds)

MISCELLANEOUS

- Salt
- Pepper
- Olive oil
- Avocado oil
- Sesame oil
- Coconut aminos
- Dried oregano
- Ground cinnamon
- Onion powder
- Garlic powder
- Dried parsley
- Paprika
- Ground turmeric
- Cumin
- Ground ginger
- Everything but the bagel seasoning
- 2 tbsp (10 g) shredded coconut
- Vanilla extract
- Rice wine vinegar
- Honey
- Collagen peptides

How to Meal Prep Week 3

- Option to make double the Eggless Breakfast Hash on Sunday and freeze half to be had on Friday for breakfast.
- Make Protein Granola Bars on Sunday, to be had on Monday and Wednesday for breakfast.
- Cook two chicken breasts on Sunday, to be had with Ginger Tahini Chicken Salad on Monday and Tuesday for lunch.
- Prepare Cinnamon Chia Pudding on Monday and Wednesday, to be had for breakfast on Tuesday and Thursday.
- Cook salmon filets on Tuesday and Wednesday evening, to be had with lunch on Wednesday and Thursday.
- Cook Roasted Veggie Quinoa Salad (double recipe) on Thursday to be had for lunch on Friday and Saturday.
- Save half recipe for dinner meals on Sunday, Tuesday, and Thursday to be had for leftovers the following day.



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DAILY AVERAGES

Calories: 1,453

Carbohydrates: 126 g, Protein: 97 g, Fat: 67 g

Week 4

SUNDAY

- B** Turkey and Veggie Skillet
- L** Balsamic Chicken & Burrata Salad
- D** Garlic Shrimp and Greens (save 1/2 for tomorrow)

MONDAY

- B** Chia Cherry Smoothie
- L** Chicken Cucumber Boats
- D** Garlic Shrimp and Greens

TUESDAY

- B** Very Berry Yogurt Bowl
- L** Chicken Cucumber Boats
- D** Flavor Packed Chicken and Rice (save 1/2 for tomorrow)

WEDNESDAY

- B** Chia Cherry Smoothie
- L** Lentil Curry (save 1/2 for tomorrow)
- D** Flavor Packed Chicken and Rice

THURSDAY

- B** Very Berry Yogurt Bowl
- L** Lentil Curry
- D** Bison Greek Skillet (save 1/2 for tomorrow)

FRIDAY

- B** Turkey and Veggie Skillet
- L** Roasted Veggie Quinoa Salad (make double recipe, save 1/2 for tomorrow)
- D** Bison Greek Skillet

SATURDAY

- B** Strawberry Overnight Oats
- L** Roasted Veggie Quinoa Salad
- D** Dill-icious Savory Salmon Soup (make 1/2 recipe)

SHOPPING LIST

PRODUCE

- 3 sweet potatoes
- 4 red bell peppers
- 3 yellow onions
- 1 red onion
- 7 cups (210 g) baby spinach
- 4 cups (270 g) kale
- 1 cup (20 g) arugula
- 1 large bulb garlic
- 2 beets (option to buy pre cooked)
- 3 cucumbers
- 1 bundle fresh parsley
- 1 bundle fresh cilantro
- 1 bundle fresh dill
- 6 tomatoes
- 1 thumb ginger
- 1 cup (150 g) cherry tomatoes
- 1 russet potato
- 1 stalk celery
- 1 carrot
- 1 head broccoli
- 3 lemons
- 1 1/2 cup (390 g) frozen cherries
- 1 cup (150 g) blueberries
- 1/2 cup (60 g) raspberries
- 3/4 cup (110 g) strawberries
- Microgreens

MEAT, POULTRY, DAIRY, EGGS

- 3 cups (740 g) Greek yogurt
- Ghee
- 2 cups (450 g) kefir
- 1 1/4 oz (35 g) goat cheese
- 10 oz (285 g) ground turkey
- 1 oz (28 g) burrata
- 1 1/4 cup (148 g) canned organic chicken
- 12 oz (340 g) chicken thighs, skinless boneless
- 12 oz (340 g) shrimp, peeled deveined
- 6 oz salmon
- 12 oz (340 g) ground bison
- 2 chicken breasts, skinless
- 1 1/4 cup (300 g) chicken broth
- 1 1/2 cup (360 g) bone broth

GRAINS, BEANS, NUTS, LEGUMES

- 2/3 cup (80 g) walnuts
- 1/4 cup (30 g) pistachio
- 1/4 cup (36 g) almonds
- Chia seeds
- 1/2 cup (24 g) sunflower seeds
- 3/4 cup (180 g) almond milk
- 1/2 cup (40 g) rolled oats
- 2 1/4 cup (420 g) brown rice
- 3/4 cup (130 g) quinoa
- 1/2 cup (90 g) brown lentils

MISCELLANEOUS

- Salt
- Pepper
- Olive oil
- Avocado oil
- Ground cinnamon
- Ground ginger
- Ground turmeric
- Curry powder
- Dried oregano
- Dried basil
- Thyme
- Cumin
- Apple cider vinegar
- Honey
- Balsamic glaze
- 1 can coconut milk

How to Meal Prep Week 4

- Option to make double the Turkey and Veggie Skillet on Sunday morning, and freeze half to be had on Friday morning for breakfast.
- Sunday evening, chop red onion and red bell pepper to be had with lunch on Monday and Tuesday.
- Tuesday evening (or earlier) make two servings of Lentil Curry to be had for lunch on Wednesday and Thursday.
- Friday evening, prepare strawberry overnight oats to be had on Saturday for breakfast.
- Save half recipe for dinner meals on Sunday, Tuesday, and Thursday to be had for leftovers the following day.



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DAILY AVERAGES

Calories: 1,442

Carbohydrates: 135 g, Protein: 95 g, Fat: 60 g