



# *30-Day Regenerative Anti-Inflammatory* **MEALPLAN**

*Optimizing Stem Cells • Reducing Inflammation • Supporting Healing*

A complete nutrition protocol designed to prepare your body for regenerative procedures and support lasting recovery.

Follow this plan for 30 days before your procedure and continue for 2–4 weeks after for optimal healing.



## HOW TO USE THIS PLAN

This 30-day meal plan is designed to work alongside your regenerative procedure, preparing your body before, and supporting your recovery after. Think of nutrition as the foundation that determines how well your treatment takes hold.

### Quick-Start Checklist

- ✓ Follow this plan for 30 days before your procedure
- ✓ Continue for 2–4 weeks after for optimal healing
- ✓ Aim for 30 different plant varieties per week to support gut health and immune function
- ✓ Prioritize protein and hydration every single day
- ✓ Avoid sugar, alcohol, processed foods, and seed oils throughout

## PLAN STRUCTURE

<b>Weeks 1-4</b>	Anti-Inflammatory Foundation	Build the base: eliminate inflammatory foods and emphasize healing nutrients daily.
<b>Week 4 (Final 7 Days)</b>	Strict Pre-Procedure Phase	5 strict anti-inflammatory days + 2 fully plant-based vegan days to optimize biologic harvest quality.

## DAILY HYDRATION TARGET

**0.5–0.7 oz**

**per pound of body weight, daily.**

Good hydration maintains circulation, which delivers regenerative cells to where they need to go. Add electrolytes when sweating or after activity

# WEEKLY MEAL ROTATION

Rotate through these options across your 4-week plan. Variety is the goal – the more colors, proteins, and plants you rotate through, the better.

BREAKFAST	LUNCH	DINNER
<b>Mon</b> Spinach & Mushroom Omelet + Avocado	<b>Mon</b> Grilled Salmon Salad + Olive Oil + Lemon	<b>Mon</b> Baked Lemon Herb Chicken + Sweet Potato + Green Beans
<b>Tue</b> Chia Pudding + Berries + Almond Butter	<b>Tue</b> Quinoa Bowl + Roasted Vegetables + Tahini	<b>Tue</b> Broiled Cod + Asparagus + Quinoa
<b>Wed</b> Green Smoothie (Spinach, Banana, Pineapple, Almond Milk)	<b>Wed</b> Turkey & Avocado Wrap (Whole Grain or Lettuce)	<b>Wed</b> Ginger Garlic Shrimp + Broccoli + Brown Rice
<b>Thu</b> Greek Yogurt + Sliced Almonds + Berries	<b>Thu</b> Mediterranean Chickpea Salad	<b>Thu</b> Turkey Meatballs + Zucchini Noodles
<b>Fri</b> Gluten-Free Oatmeal + Flaxseed + Almond Butter	<b>Fri</b> Chicken Stir-Fry + Brown Rice	<b>Fri</b> Whole-Grain Pasta + Roasted Red Pepper Sauce + Chicken
<b>Sat</b> Scrambled Eggs + Sautéed Greens	<b>Sat</b> Lentil Soup + Side Salad	<b>Sat</b> Lentil Vegetable Curry + Basmati Rice
<b>Sun</b> Protein Smoothie + Collagen + Frozen Berries	<b>Sun</b> Leftover Dinner Protein + Mixed Greens	<b>Sun</b> Chickpea Stir-Fry + Cauliflower Rice

**Daily Protein Target**

**0.7–1g per pound of body weight**

*Protein supports tissue repair, collagen synthesis, and stem cell signaling*

# WEEK 4: FINAL 2 VEGAN DAYS

In the final week before your procedure, finish with 2 fully plant-based days. This short vegan phase reduces systemic inflammation, improves blood flow, and optimizes the quality of the biologics your doctor will work with.

BREAKFAST	LUNCH	DINNER
Chia pudding with berries and almond butter	Vegan sushi bowl (rice, avocado, cucumber, edamame, tamari)	Lentil vegetable curry with basmati rice
Green smoothie (spinach, banana, pineapple, almond milk)	Stuffed bell peppers with quinoa and black beans	Chickpea vegetable stir-fry with cauliflower rice

*Remember. No animal protein. No added sugar. No alcohol. These two days are the most important of the entire 30-day plan – give them everything you have.*

## SWEET & SODA SUBSTITUTIONS

You don't have to feel deprived. These swaps keep you on track without the cravings.

Instead of Soda	Instead of Candy	Instead of Dessert
<ul style="list-style-type: none"><li>• Sparkling water + lemon + sea salt</li><li>• Herbal iced tea</li><li>• Low-sugar kombucha</li></ul>	<ul style="list-style-type: none"><li>• Frozen cherries</li><li>• Fresh berries</li><li>• Mandarin oranges</li><li>• Apple slices + cinnamon</li></ul>	<ul style="list-style-type: none"><li>• 85% dark chocolate (1–2 squares)</li><li>• Dates + almond butter</li><li>• Chia pudding with berries</li></ul>

# COMPLETE 30-DAY SHOPPING LIST

Stock up on these staples at the start of each week. Items marked with categories can be bought in bulk for the full 30 days.

PROTEINS	VEGETABLES	GRAINS & SEEDS
<ul style="list-style-type: none"><li>■ Chicken breasts</li><li>■ Wild salmon</li><li>■ Cod</li><li>■ Shrimp</li><li>■ Ground turkey</li><li>■ Eggs</li><li>■ Greek yogurt</li><li>■ Lentils</li><li>■ Chickpeas</li><li>■ Black beans</li></ul>	<ul style="list-style-type: none"><li>■ Spinach</li><li>■ Mushrooms</li><li>■ Broccoli</li><li>■ Zucchini</li><li>■ Sweet potatoes</li><li>■ Bell peppers</li><li>■ Asparagus</li><li>■ Mixed greens</li><li>■ Cauliflower</li><li>■ Cucumber</li><li>■ Cherry tomatoes</li><li>■ Red onion</li><li>■ Garlic</li><li>■ Ginger</li><li>■ Snap peas</li><li>■ Carrots</li></ul>	<ul style="list-style-type: none"><li>■ Quinoa</li><li>■ Brown rice</li><li>■ Basmati rice</li><li>■ Gluten-free oats</li><li>■ Whole-grain pasta</li><li>■ Whole-grain wraps</li><li>■ Chia seeds</li><li>■ Flaxseed</li></ul>

FRUITS	HEALTHY FATS
<ul style="list-style-type: none"><li>■ Berries (mixed)</li><li>■ Bananas</li><li>■ Pineapple</li><li>■ Lemons</li><li>■ Avocados</li><li>■ Mandarin oranges</li><li>■ Apples</li><li>■ Dates</li></ul>	<ul style="list-style-type: none"><li>■ Olive oil</li><li>■ Avocado oil</li><li>■ Tahini</li><li>■ Almond butter</li><li>■ Sliced almonds</li></ul>

# ***Breakfast Recipes***





## OVERNIGHT OATS WITH BERRIES, CHIA SEEDS, AND HONEY



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 1/2 cup rolled oats</li><li>• 1/2 cup almond milk (or milk of choice)</li><li>• 1/2 cup mixed berries (fresh or frozen)</li><li>• 1 tbsp chia seeds</li><li>• 1 tbsp honey</li></ul>	<ol style="list-style-type: none"><li>1. In a mason jar or airtight container, combine the rolled oats, almond milk, mixed berries, and chia seeds.</li><li>2. Stir well and cover the container with a lid.</li><li>3. Refrigerate overnight or for at least 6 hours.</li><li>4. Before serving, drizzle with honey and enjoy.</li><li>5. Greek Yogurt with Granola and Sliced Almonds</li></ol>



## AVOCADO TOAST WITH CHERRY TOMATOES



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 2 slices of whole-grain or sourdough bread</li><li>• 1 ripe avocado</li><li>• A handful of cherry tomatoes- cut in half</li><li>• olive oil</li><li>• Salt and Pepper for taste</li><li>• A pinch of red pepper flakes (optional)</li><li>• A squeeze of fresh lemon juice</li><li>• Fresh basil leaves (optional)</li></ul>	<ol style="list-style-type: none"><li>1. Toast your whole-grain bread until it's crispy and golden.</li><li>2. Scoop out the avocado flesh and place it in a bowl. Use a fork to mash the avocado until it's smooth.</li><li>3. When the toast is ready, drizzle a bit of olive oil over each slice. Then, spread the mashed avocado evenly on each slice.</li><li>4. Arrange the cut cherry tomatoes over the avocado spread.</li><li>5. Sprinkle a pinch of salt, freshly ground black pepper, and red pepper flakes (if using)</li><li>6. Squeeze a bit of fresh lemon juice over the toast and top with basil.</li><li>7. Enjoy!</li></ol>



## SPINACH AND MUSHROOM OMELET



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 2 large eggs</li><li>• 1 cup fresh spinach 1/2 cup sliced mushrooms</li><li>• Salt and pepper, to taste</li><li>• 1 tbsp olive oil</li></ul>	<ol style="list-style-type: none"><li>1. In a bowl, whisk together the eggs, salt, and pepper.</li><li>2. Heat olive oil in a non-stick skillet over medium heat.</li><li>3. Add the spinach and mushrooms to the skillet and cook until softened, about 3-4 minutes.</li><li>4. Pour the whisked eggs over the spinach and mushrooms, tilting the pan to spread the eggs evenly.</li><li>5. Cook the omelet for 2-3 minutes or until the eggs are set. Gently fold the omelet in half and cook for another 1-2 minutes.</li><li>6. Serve immediately.</li></ol>



## GREEN SMOOTHIE WITH SPINACH, BANANA, AND PINEAPPLE



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 2 cups fresh spinach</li><li>• 1 ripe banana</li><li>• 1 cup pineapple chunks (fresh or frozen)</li><li>• 1 1/2 cups almond milk (or milk of choice)</li></ul>	<ol style="list-style-type: none"><li>1. In a blender, combine the spinach, banana, pineapple chunks, and almond milk.</li><li>2. Blend until smooth and creamy.</li><li>3. Pour into a glass and enjoy immediately.</li></ol>



## CHIA PUDDING WITH ALMOND MILK, MIXED BERRIES, AND SHREDDED COCONUT



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 1/4 cup chia seeds</li><li>• 1 cup almond milk (or milk of choice)</li><li>• 1/2 cup mixed berries (fresh or frozen)</li><li>• 1 tbsp honey or maple syrup (optional)</li><li>• 2 tbsp shredded coconut</li></ul>	<ol style="list-style-type: none"><li>1. Combine the chia seeds and almond milk in a bowl or mason jar. Mix well.</li><li>2. If using, stir in the honey or maple syrup, and let the mixture sit for about 5 minutes.</li><li>3. Stir again to break up any clumps and refrigerate for at least 4 hours or overnight.</li><li>4. Before serving, top with mixed berries and shredded coconut.</li></ol>



## GLUTEN-FREE OATMEAL WITH BANANA, FLAXSEED, AND ALMOND BUTTER



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 1/2 cup gluten-free rolled oats</li><li>• 1 cup water or milk of choice</li><li>• 1 ripe banana, sliced</li><li>• 1 tbsp ground flaxseed</li><li>• 1 tsp honey</li><li>• 1 tbsp almond butter</li><li>• Pinch of salt (optional)</li></ul>	<ol style="list-style-type: none"><li>1. In a small saucepan, combine the gluten-free rolled oats, water or milk, and a pinch of salt (if using). Cook over medium heat, occasionally stirring, until the oats have absorbed the liquid and reached your desired consistency (about 5-7 minutes).</li><li>2. Remove the saucepan from heat and let the oatmeal sit for a minute to thicken.</li><li>3. Transfer the oatmeal to a bowl and top with sliced banana, ground flaxseed, and a dollop of almond butter.</li><li>4. Mix everything together and enjoy while warm.</li></ol>



## GREEK YOGURT WITH SLICED ALMONDS



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 1 cup Greek yogurt</li><li>• 1/2 cup granola (choose a low-sugar variety)</li><li>• 1/4 cup sliced almonds</li></ul>	<ol style="list-style-type: none"><li>1. In a bowl, layer Greek yogurt, granola, and sliced almonds.</li><li>2. You can mix the ingredients together or enjoy them layered</li></ol>

# *Lunch Recipes*





## GRILLED SALMON SALAD WITH MIXED GREENS, CUCUMBER, AND AVOCADO



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 4 oz salmon fillet Salt and pepper, to taste Olive oil</li><li>• 2 cups mixed greens 1/2 cucumber, sliced 1/2 avocado, sliced Lemon wedge</li></ul>	<ol style="list-style-type: none"><li>1. Season the salmon fillet with salt and pepper.</li><li>2. Preheat a grill or grill pan over medium heat. Lightly oil the grill and cook the salmon for 3-4 minutes per side or until cooked through.</li><li>3. Toss the mixed greens, cucumber, and avocado slices in a serving bowl.</li><li>4. Top the salad with the grilled salmon and a squeeze of lemon.</li></ol>



## QUINOA AND ROASTED VEGETABLE BOWL WITH LEMON-TAHINI DRESSING



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 1 cup cooked quinoa</li><li>• 2 cups mixed vegetables (e.g., bell peppers, zucchini, cherry tomatoes)</li><li>• Olive oil</li><li>• Salt and pepper, to taste</li><li>• 2 tbsp tahini</li><li>• Juice of 1 lemon</li><li>• 1 garlic clove, minced</li><li>• 2 tbsp water</li></ul>	<ol style="list-style-type: none"><li>1. Preheat the oven to 400°F (200°C).</li><li>2. Toss the mixed vegetables with olive oil, salt, and pepper, and spread them in a single layer on a baking sheet.</li><li>3. Roast the vegetables for 20-25 minutes or until tender and slightly caramelized.</li><li>4. Whisk together the tahini, lemon juice, minced garlic, and water in a small bowl to create the lemon-tahini dressing.</li><li>5. In a serving bowl, layer the cooked quinoa and roasted vegetables. Drizzle with the lemon-tahini dressing and enjoy</li></ol>



**TURKEY AND AVOCADO WRAP WITH  
WHOLE-GRAIN TORTILLA AND MIXED GREENS**



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 1 whole-grain tortilla 4 oz sliced turkey breast 1/2 avocado, sliced</li><li>• 1 cup mixed greens</li><li>• 1 tbsp mayonnaise or mustard (optional)</li></ul>	<ol style="list-style-type: none"><li>1. Lay the whole-grain tortilla on a flat surface.</li><li>2. If using mayonnaise or mustard, spread it over the tortilla.</li><li>3. Layer the sliced turkey, avocado, and mixed greens onto the tortilla.</li><li>4. Roll the tortilla tightly, tucking in the edges as you go, and cut the wrap in half before serving.</li></ol>



## MEDITERRANEAN CHICKPEA SALAD WITH CUCUMBER, CHERRY TOMATOES



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 1 can (15 oz) chickpeas, drained and rinsed</li><li>• 1 cup cherry tomatoes, halved</li><li>• 1 cucumber, diced</li><li>• 1/2 red onion, thinly sliced</li><li>• 1/4 cup crumbled feta cheese</li><li>• 1/4 cup chopped fresh parsley</li><li>• 2 tbsp olive oil</li><li>• Juice of 1 lemon Salt and pepper, to taste</li></ul>	<ol style="list-style-type: none"><li>1. Combine chickpeas, cherry tomatoes, cucumber, red onion, feta cheese, and parsley in a large bowl.</li><li>2. Whisk together the olive oil, lemon juice, salt, and pepper in a small bowl.</li><li>3. Pour the dressing over the salad and toss to combine. Serve chilled or at room temperature.</li></ol>



## CHICKEN AND VEGETABLE STIR-FRY WITH BROWN RICE



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 1 cup cooked brown rice</li><li>• 8 oz chicken breast, cut into bite-sized pieces</li><li>• Salt and pepper, to taste</li><li>• 1 tbsp avocado oil</li><li>• 1 tbsp cornstarch</li><li>• 1/4 cup liquid aminos</li><li>• 2 cups mixed vegetables (e.g., bell peppers, broccoli, carrots, snap peas)</li><li>• 2 cloves garlic, minced</li></ul>	<ol style="list-style-type: none"><li>1. Season chicken with salt and pepper. Heat 1 tablespoon oil in a skillet over medium-high heat, add chicken and cook until golden brown. Remove from skillet.</li><li>2. Add 1 tablespoon oil to the same skillet, add vegetables, and stir fry for 5 minutes.</li><li>3. Add garlic and stir fry for 30 seconds.</li><li>4. Mix liquid aminos with cornstarch and 3 tbsp water. Add to skillet. Return chicken to skillet and stir until sauce thickens.</li><li>5. Enjoy!</li></ol>



## VEGAN SUSHI BOWL WITH SUSHI RICE, AVOCADO, CUCUMBER, AND EDAMAME



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 1 cup sushi rice</li><li>• 2 cups water</li><li>• 1/4 cup rice vinegar</li><li>• 1/2 tsp salt</li><li>• 1 avocado, sliced</li><li>• 1 cucumber, julienned or thinly sliced</li><li>• 1 cup shelled edamame, cooked</li><li>• 2 nori sheets, cut into thin strips</li><li>• Liquid Aminos or tamari, for serving</li><li>• Optional toppings: pickled ginger, wasabi, sesame seeds</li></ul>	<ol style="list-style-type: none"><li>1. Rinse the sushi rice under cold water until the water runs clear.</li><li>2. In a medium saucepan, combine the sushi rice and water. Bring to a boil, then reduce heat to low, cover, and simmer for 20 minutes or until the rice is cooked and the water is absorbed. Remove from heat and let it sit, covered, for 10 minutes.</li><li>3. In a small saucepan, combine the rice vinegar, and salt. Heat over low heat, stirring until the salt dissolves. Remove from heat and let it cool slightly.</li><li>4. Transfer the cooked rice to a large bowl and gently fold in the vinegar mixture until well combined. Allow the rice to cool to room temperature.</li><li>5. To assemble the sushi bowls, divide the sushi rice between two bowls. Top with avocado, cucumber, edamame, and nori strips. Using a sushi roller or hands, roll into a long log. Seal the edges with water and then slice into pieces.</li><li>6. Serve with liquid aminos or tamari, and optional toppings like pickled ginger, wasabi, and sesame seeds.</li></ol>



## STUFFED BELL PEPPERS WITH QUINOA, BLACK BEANS, AND AVOCADO



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"> <li>• 4 large bell peppers, halved and seeds removed</li> <li>• 1 cup cooked quinoa</li> <li>• 1 can (15 oz) black beans, drained and rinsed</li> <li>• 1 cup corn kernels (fresh, frozen, or canned)</li> <li>• 1/2 red onion, finely diced 1/2 cup chopped cilantro</li> <li>• 1 avocado, diced</li> <li>• Juice of 1 lime</li> <li>• Salt and pepper, to taste Optional toppings: salsa, guacamole, vegan cheese</li> </ul>	<ol style="list-style-type: none"> <li>1. Preheat the oven to 375°F (190°C).</li> <li>2. Place the bell pepper halves on a baking sheet, cut-side up, and roast for 15–20 minutes, or until they are tender but still hold their shape.</li> <li>3. In a large bowl, combine the cooked quinoa, black beans, corn, red onion, cilantro, avocado, lime juice, salt, and pepper. Mix well.</li> <li>4. Remove the bell peppers from the oven and let them cool slightly. Stuff each bell pepper half with the quinoa mixture.</li> <li>5. Return the stuffed bell peppers to the oven and bake for an additional 10–15 minutes, or until heated through.</li> <li>6. Serve the stuffed bell peppers with optional toppings like salsa, guacamole, or vegan cheese. Enjoy!</li> </ol>

# Dinner Recipes





## BAKED LEMON HERB CHICKEN WITH ROASTED SWEET POTATOES AND GREEN BEANS

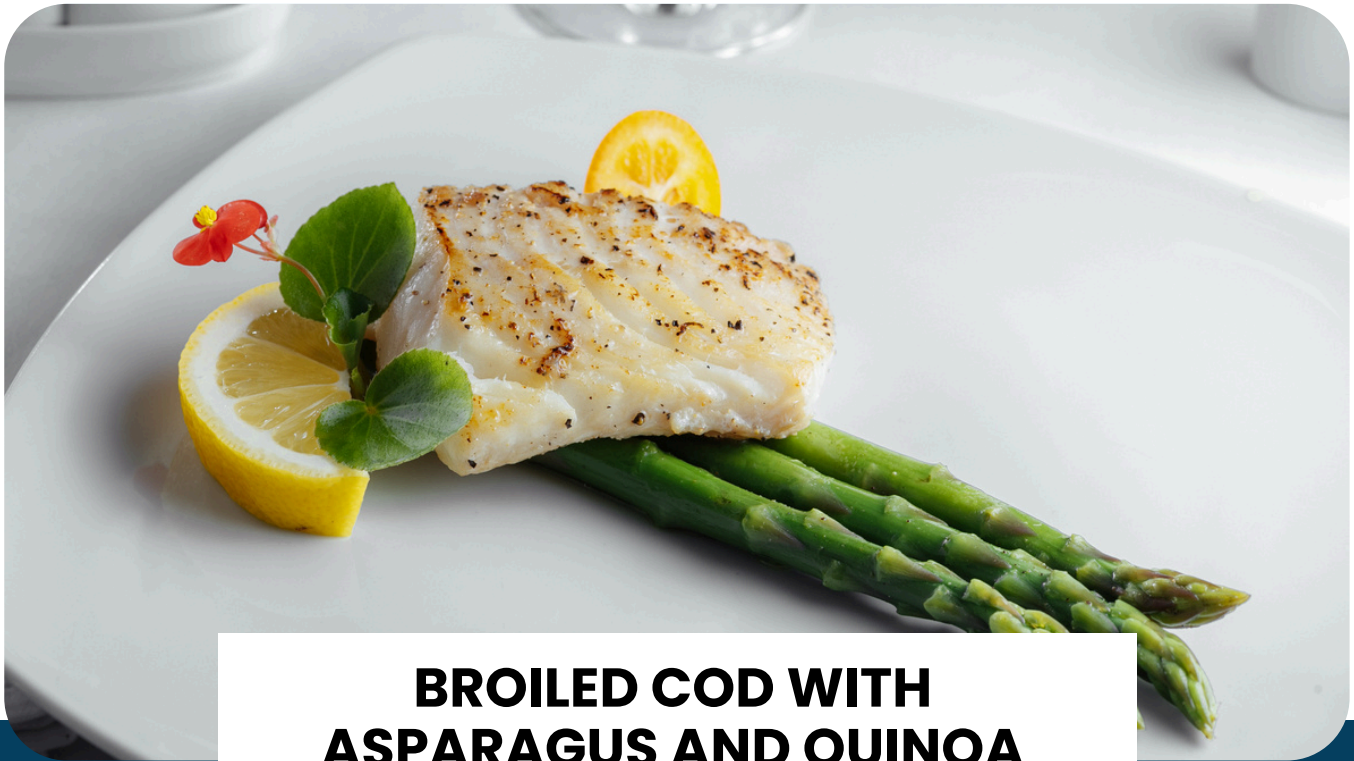


### INGREDIENTS

- For the Chicken:
- 3 tablespoons Olive oil (divided -
- 2 tablespoons for chicken marinade, 1 tablespoon for sweet potatoes)
- 2 tablespoons Lemon juice
- Zest from 1 Lemon
- 2 cloves Minced garlic
- 1 teaspoon Dried thyme
- 1 teaspoon Dried rosemary
- 1 teaspoon Salt (divided - ½ teaspoon for the chicken, ½ teaspoon for the sweet potatoes)
- Black pepper for taste
- 2 Chicken breasts (about 6-8 ounces each)
- 2 medium-sized Sweet potatoes, cubed
- ½ teaspoon Paprika

### DIRECTIONS

1. Preheat your oven to 400°F (200°C).
2. In a large mixing bowl, combine the olive oil, lemon juice, lemon zest, minced garlic, dried thyme, dried rosemary, salt, and pepper. Mix well.
3. Add the chicken breasts to the bowl and toss to coat them in the marinade. Set aside to marinate for at least 15-20 minutes. If you have time, cover and refrigerate for 1-2 hours for more flavor.
4. In a separate bowl, toss the sweet potato cubes with olive oil, paprika, salt, and pepper.
5. Place the marinated chicken breasts in the center of a large baking dish or sheet pan. Spread the sweet potatoes around the chicken.



## BROILED COD WITH ASPARAGUS AND QUINOA



INGREDIENTS	DIRECTIONS
<p><b>For the Cod:</b></p> <ul style="list-style-type: none"><li>• 4 cod fillets (about 6 ounces each)</li><li>• 2 tablespoons olive oil</li><li>• 1 lemon (juice and zest)</li><li>• 2 cloves garlic, minced</li><li>• Salt and black pepper to taste</li><li>• Fresh parsley, chopped for garnish</li></ul> <p><b>For the Asparagus:</b></p> <ul style="list-style-type: none"><li>• 1 bunch asparagus, trimmed</li><li>• 1 tablespoon olive oil</li><li>• Salt and black pepper to taste</li></ul> <p><b>For the Quinoa:</b></p> <ul style="list-style-type: none"><li>• 1 cup quinoa</li><li>• 2 cups water or vegetable broth</li><li>• 1/2 teaspoon salt</li><li>• Fresh lemon juice, optional</li></ul>	<ol style="list-style-type: none"><li>1. Preheat your broiler on high and place the oven rack about 6 inches from the heating element.</li><li>2. In a bowl, mix together the olive oil, lemon juice, lemon zest, minced garlic, salt, and pepper. Dip the cod fillets into this mixture, ensuring they're thoroughly coated.</li><li>3. Arrange the cod fillets on a broiler-safe pan. Place under the broiler and cook for about 10-12 minutes, or until the fish flakes easily with a fork and has a slightly golden top.</li><li>4. While the cod is broiling, prepare the asparagus. Toss the asparagus spears with olive oil, salt, and pepper, then spread out on a baking sheet. Once the cod has been broiling for about 5 minutes, place the asparagus in the oven with the cod. Broil for about 5-7 minutes, or until tender and slightly charred.</li><li>5. As your cod and asparagus are cooking, rinse the quinoa under cold water until the water runs clear. Place the rinsed quinoa in a pot with the water or vegetable broth and salt. Bring to a boil over high heat, then reduce the heat to low, cover, and let simmer for about 15 minutes, or until the quinoa is fluffy and the liquid has been absorbed. Remove from heat and let it sit, covered, for another 5 minutes. Fluff with a fork before serving. If desired, add a squeeze of fresh lemon juice for extra flavor.</li><li>6. Once everything is done, serve each cod fillet with a side of asparagus and quinoa. Garnish the cod with fresh parsley and serve with extra lemon wedges if desired. Enjoy your broiled cod with asparagus and quinoa!</li></ol>



## GINGER GARLIC SHRIMP WITH BROWN RICE AND BROCCOLI



### INGREDIENTS

#### For the Ginger Garlic Shrimp:

- 1 pound large shrimp, peeled and deveined
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 2 tablespoons fresh ginger, grated
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 teaspoon crushed red pepper flakes
- (optional for heat)
- 2 green onions, thinly sliced
- Fresh cilantro leaves for garnish (optional)
- 1 tablespoon sesame seeds for garnish (optional)

#### For the Broccoli:

- 4 cups broccoli florets
- 1 tablespoon olive oil
- Salt and black pepper to taste

#### For the Brown Rice:

- 1 cup brown rice
- 2 1/4 cups water
- 1/2 teaspoon salt

### DIRECTIONS

1. Start by cooking the brown rice. Rinse the rice under cold water. In a medium saucepan, bring the water to a boil. Add the rice and salt, reduce the heat to low, cover, and simmer for 45 minutes, or until the rice is tender and the water is absorbed.
2. While the rice is cooking, preheat the oven to 400°F (200°C). Toss the broccoli florets with olive oil, salt, and black pepper. Spread them on a baking sheet and roast in the preheated oven for 15-20 minutes or until they are tender and slightly crispy.
3. In a large skillet, heat 2 tablespoons of olive oil over medium-high heat. Add the garlic and ginger and sauté for 1-2 minutes until fragrant.
4. Add the shrimp to the skillet and cook for about 2-3 minutes on each side or until they are pink and opaque.
5. In a small bowl, mix together the soy sauce, honey, and crushed red pepper flakes if using. Pour this mixture over the shrimp in the skillet, and toss to combine. Cook for an additional 1-2 minutes.
6. To serve, divide the brown rice among plates, top with roasted broccoli and ginger garlic shrimp. Garnish with sliced green onions, sesame seeds, and fresh cilantro leaves if desired.
7. Enjoy your Ginger Garlic Shrimp with Broccoli and Brown Rice!



## WHOLE-GRAIN PASTA WITH ROASTED RED PEPPER SAUCE AND GRILLED CHICKEN



INGREDIENTS	DIRECTIONS
<p><b>For the Grilled Chicken:</b></p> <ul style="list-style-type: none"><li>• 2 chicken breasts</li><li>• 1 tablespoon olive oil</li><li>• Salt and pepper to taste</li><li>• 1/2 teaspoon garlic powder</li><li>• 1/2 teaspoon dried oregano</li></ul> <p><b>For the Roasted Red Pepper Sauce:</b></p> <ul style="list-style-type: none"><li>• 2 red bell peppers</li><li>• 2 tablespoons olive oil</li><li>• 4 cloves garlic, minced</li><li>• 1/2 cup chopped onion</li><li>• 1 cup vegetable broth</li><li>• 1/2 cup heavy cream (optional)</li><li>• Salt and pepper to taste</li></ul> <p><b>For the Whole-Grain Pasta:</b></p> <ul style="list-style-type: none"><li>• 8 ounces whole-grain pasta</li><li>• Salt for boiling water</li></ul>	<ol style="list-style-type: none"><li>1. Preheat your grill to medium heat. Rub the chicken breasts with olive oil, salt, pepper, garlic powder, and oregano. Grill for 6-7 minutes per side or until the internal temperature reaches 165°F (74°C). Once cooked, let it rest for a few minutes, then slice.</li><li>2. While the chicken is grilling, you can start on the pasta and sauce. Cook the whole-grain pasta according to the package instructions. Drain and set aside.</li><li>3. For the sauce, roast the red bell peppers over the flame of your gas stove, or roast them in the oven at 450°F (232°C) until the skins are blackened. Put them in a plastic bag to steam for a bit, then peel off the charred skins, and remove the stems and seeds.</li><li>4. Heat olive oil in a saucepan over medium heat. Add garlic and onion, sauté until they are soft and fragrant.</li><li>5. Add the roasted red peppers and vegetable broth into the saucepan. Let it simmer for 10-15 minutes.</li><li>6. If you like a creamy sauce, add the heavy cream. Use an immersion blender or a countertop blender to puree the sauce until smooth. Add salt and pepper to taste.</li><li>7. Toss the cooked pasta in the sauce, and top with the sliced grilled chicken.</li><li>8. Serve your Whole-Grain Pasta with Roasted Red Pepper Sauce and Grilled Chicken immediately.</li></ol>



## TURKEY MEATBALLS WITH ZUCCHINI NOODLES AND MARINARA SAUCE



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"> <li>• For the Turkey Meatballs:</li> <li>• 1 pound ground turkey</li> <li>• 1/4 cup breadcrumbs</li> <li>• 1/4 cup grated Parmesan</li> <li>• 1/4 cup finely chopped fresh parsley</li> <li>• 2 cloves garlic, minced</li> <li>• 1 large egg</li> <li>• 1/2 teaspoon salt</li> <li>• 1/2 teaspoon black pepper</li> <li>• 1 tablespoon olive oil</li> <li>• For the Zucchini Noodles:</li> <li>• 4 medium zucchinis</li> <li>• 1 tablespoon olive oil</li> <li>• Salt and pepper to taste</li> <li>• For the Marinara Sauce:</li> <li>• 2 cups marinara sauce (homemade or store-bought)</li> <li>• 1/4 cup grated Parmesan</li> <li>• Fresh basil leaves for garnish</li> </ul>	<ol style="list-style-type: none"> <li>1. Preheat the oven to 375°F (190°C).</li> <li>2. In a large bowl, combine the ground turkey, breadcrumbs, Parmesan, parsley, garlic, egg, salt, and pepper. Mix until all the ingredients are well incorporated.</li> <li>3. Form the mixture into 1-inch meatballs and place them on a baking sheet lined with parchment paper.</li> <li>4. Bake the meatballs in the preheated oven for 15-20 minutes, or until they are cooked through and lightly browned.</li> <li>5. While the meatballs are baking, prepare the zucchini noodles. Use a spiralizer to cut the zucchinis into noodle-like strands.</li> <li>6. Heat the olive oil in a large skillet over medium heat. Add the zucchini noodles, season with salt and pepper, and sauté for about 2-3 minutes, or until the noodles are slightly softened but still retain some crunch.</li> <li>7. Warm the marinara sauce in a saucepan over medium heat.</li> <li>8. To serve, divide the zucchini noodles among the plates, top with a generous helping of marinara sauce, and place the turkey meatballs on top.</li> <li>9. Sprinkle some grated Parmesan and fresh basil leaves over the dish for added flavor.</li> <li>10. Serve the Turkey Meatballs with Zucchini Noodles and Marinara Sauce immediately.</li> </ol>



# LENTIL VEGETABLE CURRY



## INGREDIENTS

### For the Lentil and Vegetable Curry:

- 1 cup dried red lentils
- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 2 teaspoons curry powder
- 1 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/4 teaspoon red pepper flakes
- 1 medium carrot, diced
- 1 bell pepper, diced
- 1 medium zucchini, diced
- 1 can (14 ounces) diced tomatoes
- 2 cups vegetable broth
- Salt and pepper to taste
- 1 cup frozen peas
- Fresh coriander (cilantro) for garnish

### For the Basmati Rice:

- 2 cups basmati rice
- 4 cups water
- 1/2 teaspoon salt

## DIRECTIONS

1. Rinse the lentils under cold water until the water runs clear. Set aside.
2. Heat the olive oil in a large pot over medium heat. Add the onion, garlic, and ginger, and sauté until the onions are translucent and fragrant.
3. Add the curry powder, cumin, turmeric, and red pepper flakes to the pot and stir to coat the onions.
4. Add the diced carrot, bell pepper, and zucchini to the pot and stir well. Cook for about 5 minutes, or until the vegetables begin to soften.
5. Add the lentils, diced tomatoes, and vegetable broth to the pot. Season with salt and pepper. Bring the mixture to a simmer, then cover the pot and reduce the heat to low. Let it simmer for about 20-25 minutes, or until the lentils and vegetables are tender.
6. While the curry is simmering, prepare the basmati rice. Rinse the rice under cold water until the water runs clear. Add the rice, water, and salt to a pot and bring it to a boil. Once boiling, reduce the heat to low, cover the pot, and let the rice simmer for about 15-20 minutes, or until all the water is absorbed and the rice is tender.
7. Add the frozen peas to the curry, stir well, and let it cook for another 5 minutes, or until the peas are heated through.
8. To serve, divide the basmati rice among the plates, and spoon the lentil and vegetable curry over the rice.
9. Garnish with fresh coriander.
10. Serve the Lentil and Vegetable Curry with Basmati Rice immediately.



## CHICKPEA AND VEGETABLE STIR-FRY WITH GLUTEN-FREE TAMARI AND CAULIFLOWER RICE



INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"> <li>• For the Chickpea and Vegetable Stir-Fry:</li> <li>• 1 can (15 oz) chickpeas, drained and rinsed</li> <li>• 2 tablespoons olive oil</li> <li>• 1 red bell pepper, sliced</li> <li>• 1 yellow bell pepper, sliced</li> <li>• 2 medium carrots, peeled and sliced diagonally</li> <li>• 1 medium zucchini, sliced into half moons</li> <li>• 1 cup broccoli florets</li> <li>• 1 cup snap peas, ends trimmed</li> <li>• 3 cloves garlic, minced</li> <li>• 1/4 cup gluten-free tamari (or to taste)</li> <li>• 1 teaspoon sesame oil</li> <li>• Red pepper flakes (optional)</li> <li>• For the Cauliflower Rice:</li> <li>• 1 medium head cauliflower</li> <li>• 1 tablespoon olive oil</li> <li>• Salt and pepper to taste</li> </ul>	<ol style="list-style-type: none"> <li>1. For the stir-fry, heat olive oil in a large pan over medium heat.</li> <li>2. Add the bell peppers, carrots, zucchini, broccoli, and snap peas. Stir-fry for about 5 minutes, or until the vegetables are tender-crisp.</li> <li>3. Add the chickpeas and garlic, and stir-fry for another 2 minutes.</li> <li>4. Pour the tamari and sesame oil over the stir-fry. Stir well to combine and coat all the ingredients. Add red pepper flakes if you like a little heat. Remove from heat.</li> <li>5. For the cauliflower rice, cut the cauliflower into florets. Add the florets to a food processor and pulse until the cauliflower resembles rice grains.</li> <li>6. Heat olive oil in a pan over medium heat. Add the riced cauliflower and season with salt and pepper. Cook for about 5-7 minutes, or until the cauliflower is tender and slightly golden.</li> <li>7. To serve, divide the cauliflower rice among plates and top with the chickpea and vegetable stir-fry.</li> <li>8. Enjoy your Chickpea and Vegetable Stir-Fry with Gluten-Free Tamari and Cauliflower Rice!</li> </ol>



# SWEET SNACK OPTIONS

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• Cherries</li><li>• Berries (blueberries, raspberries, black berries)</li><li>• Mandarin oranges</li><li>• Apples or any other fruits of your choice</li><li>• Dates</li></ul>	<p>We all have sweet teeth from time to time. During this time, I ask that you refrain from processed sugars.</p> <p>I am also including a recipe for an anti-inflammatory juice. This is great to drink in the morning or afternoon and is a natural energy booster. It will help reduce inflammation in the body and is great for gut and skin health.</p>



## ANTI-INFLAMMATORY JUICE

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 1-inch turmeric root (or ½ tsp ground)</li><li>• 1-inch ginger root</li><li>• Juice of 2 lemons</li><li>• 2 cups water</li><li>• Pinch of black pepper</li></ul>	<ol style="list-style-type: none"><li>1. Blend all ingredients until smooth.</li><li>2. Strain if desired. Refrigerate up to 3 days.</li><li>3. Drink first thing in the morning or before meals.</li></ol>

# IMPORTANT NOTES & REMINDERS

<b>× NSAIDs (Ibuprofen, Aspirin, Naproxen)</b>	Anti-inflammatory drugs blunt the healing response. Avoid unless specifically directed by your provider.
<b>× Alcohol</b>	Disrupts sleep, raises cortisol, and impairs cellular repair. Avoid entirely during this protocol.
<b>× Added Sugar &amp; Artificial Sweeteners</b>	Destabilizes blood sugar, increases inflammatory cytokines, and compromises cellular signaling.
<b>× Seed Oils (canola, corn, soybean)</b>	High in inflammatory omega-6 fatty acids. Swap for olive oil or avocado oil exclusively.
<b>× Ultra-Processed Foods</b>	Contain seed oils, hidden sugars, and additives that undermine the entire protocol.
<b>× Smoking</b>	Impairs circulation and directly reduces healing capacity.

## CONSISTENCY DETERMINES OUTCOME

EVERY MEAL, EVERY GLASS OF WATER, EVERY GOOD NIGHT OF SLEEP IS A VOTE FOR YOUR BODY'S HEALING CAPACITY. YOU ARE DOING SOMETHING POWERFUL HERE — GIVE IT EVERYTHING YOU HAVE.



Integrated Spine,  
Pain & Wellness

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