



**Nasar** *Nutrition*

Anti-Inflammatory Program

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<https://nasarnutrition.com>

Hi,

Welcome to your sample meal plan! On the next pages, you will find the customized plan I have created to show you a little bit of what I can do if we decide to work together. These recipes are put together without knowing your preferences or intolerances, so please omit anything that does not suit you. You will also find an itemized grocery list along with the 7 days of delicious recipes.

## Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

*DISCLAIMER: The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your dietitian, physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.*

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	 Paleo Sweet Potato Porridge	 Paleo Sweet Potato Porridge	 Orange Immunity Booster Smoothie	 Orange Immunity Booster Smoothie	 Sweet Cherry Steel Cut Oats	 Sweet Cherry Steel Cut Oats
Lunch	 Hearty Kale & Apple Tuna Salad	 One Pan Chicken, Golden Cauliflower & Carrot Fries	 Slow Cooker Rotisserie Chicken	 Cedar Planked Salmon with Grilled Asparagus	 Roasted Sweet Potato & Beet Salad	 Roasted Brussels Sprouts Caesar Salad
Snack 1	 Carrots & Guacamole	 Carrots & Guacamole	 Pistachios	 Pistachios	 Fresh Strawberries	 Fresh Strawberries
Dinner	 One Pan Chicken, Golden Cauliflower & Carrot Fries	 Slow Cooker Rotisserie Chicken	 Cedar Planked Salmon with Grilled Asparagus	 Roasted Sweet Potato & Beet Salad	 Roasted Brussels Sprouts Caesar Salad	 Pistachio Crusted Salmon
Snack 2	 Grapes & Cashews	 Grapes & Cashews	 Chocolate Stuffed Raspberries	 Chocolate Stuffed Raspberries	 Strawberry Ice Cream	 Strawberry Ice Cream

**Fruits**

- 1/2 Apple
- 4 Avocado
- 6 Banana
- 4 cups Grapes
- 3 1/2 Lemon
- 2 Lime
- 4 Navel Orange
- 4 cups Raspberries
- 4 cups Strawberries

**Breakfast**

- 2/3 cup Maple Syrup
- 1 cup Steel Cut Oats

**Seeds, Nuts & Spices**

- 1 1/2 tsps Black Pepper
- 1 cup Cashews
- 1/2 tsp Cayenne Pepper
- 1 1/8 tbsps Cinnamon
- 1 tsp Dried Thyme
- 1/2 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1 1/2 tsps Onion Powder
- 1 tbsp Paprika
- 1 cup Pecans
- 2 tbsps Pine Nuts
- 1/4 cup Pistachios
- 2 cups Pistachios, In Shell
- 1/2 cup Pumpkin Seeds
- 1 2/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sunflower Seeds
- 1 tbsp Turmeric

**Frozen**

- 2 cups Frozen Cherries
- 2 cups Frozen Strawberries

**Vegetables**

- 6 cups Asparagus
- 8 cups Baby Spinach
- 2 Beet
- 9 cups Brussels Sprouts
- 12 1/2 Carrot
- 1 1/2 heads Cauliflower
- 1 stalk Celery
- 1 1/2 Garlic
- 1 tbsp Ginger
- 2 cups Kale Leaves
- 1 cup Parsley
- 1/2 cup Radishes
- 6 Sweet Potato

**Boxed & Canned**

- 1 cup Organic Coconut Milk
- 1/2 can Tuna

**Baking**

- 1/4 cup Organic Dark Chocolate Chips
- 2 cups Pureed Pumpkin
- 2 tbsps Unsweetened Coconut Flakes

**Bread, Fish, Meat & Cheese**

- 1 lb Chicken Breast
- 1 lb Extra Lean Ground Chicken
- 2 lbs Salmon Fillet
- 4 lbs Whole Roasting Chicken

**Condiments & Oils**

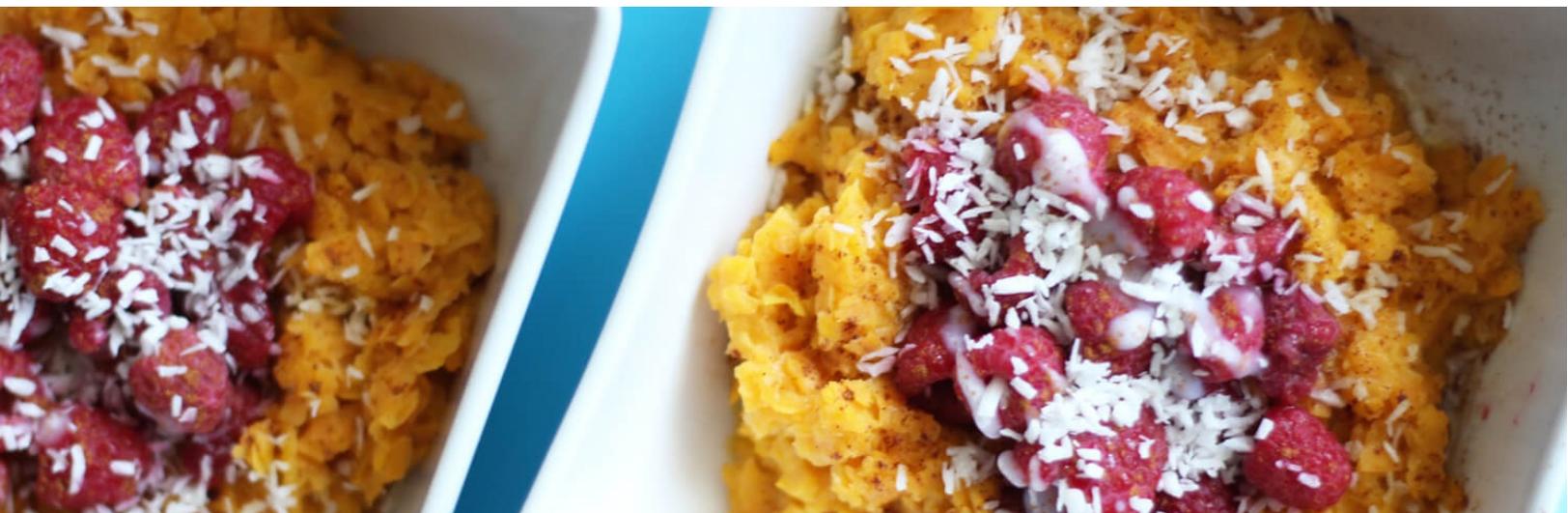
- 2 tbsps Coconut Oil
- 3 tbsps Dijon Mustard
- 1 1/4 cups Extra Virgin Olive Oil

**Cold**

- 1 1/2 cups Unsweetened Almond Milk

**Other**

- 2 Cedar Plank
- 4 cups Water



## Paleo Sweet Potato Porridge

2 servings  
20 minutes

### Ingredients

- 1 Sweet Potato
- 1/2 cup Organic Coconut Milk (canned)
- 1/2 cup Water
- 1 cup Raspberries
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 1 tbsp Unsweetened Coconut Flakes

### Directions

- 1 Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
- 2 Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
- 3 Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
- 4 Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

### Notes

**Other Toppings:** Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

**Leftovers:** Store in an airtight container in the fridge up to 3 to 4 days.



## Orange Immunity Booster Smoothie

2 servings  
10 minutes

### Ingredients

- 1 cup Pureed Pumpkin
- 1 Banana (frozen)
- 1/2 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 1/2 tsps Ginger
- 1 tbsp Ground Flax Seed
- 3/4 cup Unsweetened Almond Milk
- 2 Navel Orange (peeled and sectioned)
- 1 tbsp Maple Syrup

### Directions

- 1 Place all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

### Notes

- No Pureed Pumpkin:** Use steamed sweet potato instead.
- More Protein:** Add protein powder, hemp seeds or nut butter.
- No Maple Syrup:** Sweeten with raw honey or soaked dates instead.



## Sweet Cherry Steel Cut Oats

4 servings  
20 minutes

### Ingredients

- 1 cup Steel Cut Oats
- 3 cups Water
- 2 cups Frozen Cherries
- 1/2 cup Hemp Seeds

### Directions

- 1 In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
- 2 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
- 3 Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

### Notes

No Cherries: Any fruit will work.



## Hearty Kale & Apple Tuna Salad

2 servings  
10 minutes

### Ingredients

1/2 can Tuna (drained)  
1 stalk Celery (diced)  
2 cups Kale Leaves (finely sliced)  
1/2 Carrot (grated)  
1/2 Apple (diced)  
2 tbsps Sunflower Seeds  
1 tbsp Dijon Mustard  
1 1/2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

### Directions

1

Place all ingredients together in a large salad bowl. Add olive oil and mustard and toss well. Season with sea salt and pepper to taste. Enjoy!



## Carrots & Guacamole

2 servings

5 minutes

### Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

### Directions

- 1 Peel and slice carrots into sticks.
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 3 Dip the carrots into the guac & enjoy!

### Notes

**Leftovers:** Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

**Spice it Up:** Add chili flakes, salsa and/or chopped cilantro to the guacamole.



## Pistachios

2 servings

1 minute

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### Ingredients

1 cup Pistachios, In Shell

### Directions

- 1 Divide into bowls, peel and enjoy!



## Fresh Strawberries

4 servings

5 minutes

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### Ingredients

4 cups Strawberries

### Directions

1

Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

### Notes

**Make Them Last:** Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.



## One Pan Chicken, Golden Cauliflower & Carrot Fries

4 servings  
40 minutes

### Ingredients

4 Carrot (medium)  
1 head Cauliflower  
1/3 cup Extra Virgin Olive Oil (divided three ways)  
1 lb Chicken Breast  
2 tsps Dried Thyme  
2 tsps Turmeric (powder)  
1/4 tsp Sea Salt

### Directions

- 1 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 2 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 3 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 4 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 5 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 6 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 7 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

### Notes

Low FODMAP: Use zucchini instead of cauliflower.



## Slow Cooker Rotisserie Chicken

4 servings

4 hours

### Ingredients

- 4 lbs Whole Roasting Chicken
- 1 tbsp Sea Salt
- 2 tsps Paprika
- 1 tsp Onion Powder
- 1 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 1/2 tsp Cayenne Pepper
- 1 tsp Black Pepper
- 2 Sweet Potato (diced into 1 inch cubes)
- 4 cups Brussels Sprouts (halved and trimmed)
- 1 tbsp Extra Virgin Olive Oil

### Directions

- 1 Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
- 2 Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
- 3 In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
- 4 Place chicken (breast side up) in the slow cooker on top of the foil. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). If you have a meat thermometer, the chicken will be perfect when it has an internal temperature of 165 degrees celsius. Otherwise, you can check that it is cooked through just by making a slit in it and make sure it is no longer pink at the bone.
- 5 One hour before you are ready to eat, preheat oven to 415. Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
- 6 Remove vegetables from oven and increase heat to 450. Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
- 7 Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

**Notes**

Save the Carcass: Make our Immunity Boosting Bone Broth.

AIP-Friendly: Omit the black pepper and cayenne.



## Cedar Planked Salmon with Grilled Asparagus

4 servings  
30 minutes

### Ingredients

2 Cedar Plank  
6 cups Asparagus (woody ends snapped off)  
2 tbsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
1/4 cup Maple Syrup  
1/2 tsp Garlic Powder  
1/2 tsp Onion Powder  
1 tsp Paprika  
1 tsp Sea Salt  
1/2 tsp Black Pepper  
1 1/4 lbs Salmon Fillet  
2 Lemon (sliced into rounds)

### Directions

- 1 Ensure your cedar plank has been soaked for at least 4 hours and review the safety notes below.
- 2 Toss asparagus in olive oil, salt and pepper to taste and set aside.
- 3 In a bowl, mix together maple syrup, garlic powder, onion powder, paprika, salt and pepper. Place salmon fillets in the bowl and coat evenly with the marinade.
- 4 Preheat grill on high heat. Grill asparagus for 2 to 3 minutes until tender. Set aside.
- 5 Reduce to medium heat and place soaked plank on grill for about 3 minutes or until it begins to crackle and smoke.
- 6 Flip the plank over and place salmon fillets on top, then layer the lemon slices on top of the salmon. Place the ends of the lemon on the plank as well, cut side down. Reduce heat to low, close lid and cook until salmon flakes easily, about 15 to 20 minutes. Baste with leftover marinade at halfway mark.
- 7 Divide asparagus onto plates. Squeeze lemon over salmon, serve and enjoy!

### Notes

**Safety First:** Never leave your barbecue unattended. Do not let your barbecue go above 350°F (177°C) as the plank may catch fire. Have a spray bottle of water on hand in case of flare-ups.

**No Asparagus:** Replace with Pineapple Salsa (from Fish Tacos recipe) or any other grilled veggies.

**Likes it Spicy:** Add chili powder or red pepper flakes to the marinade.

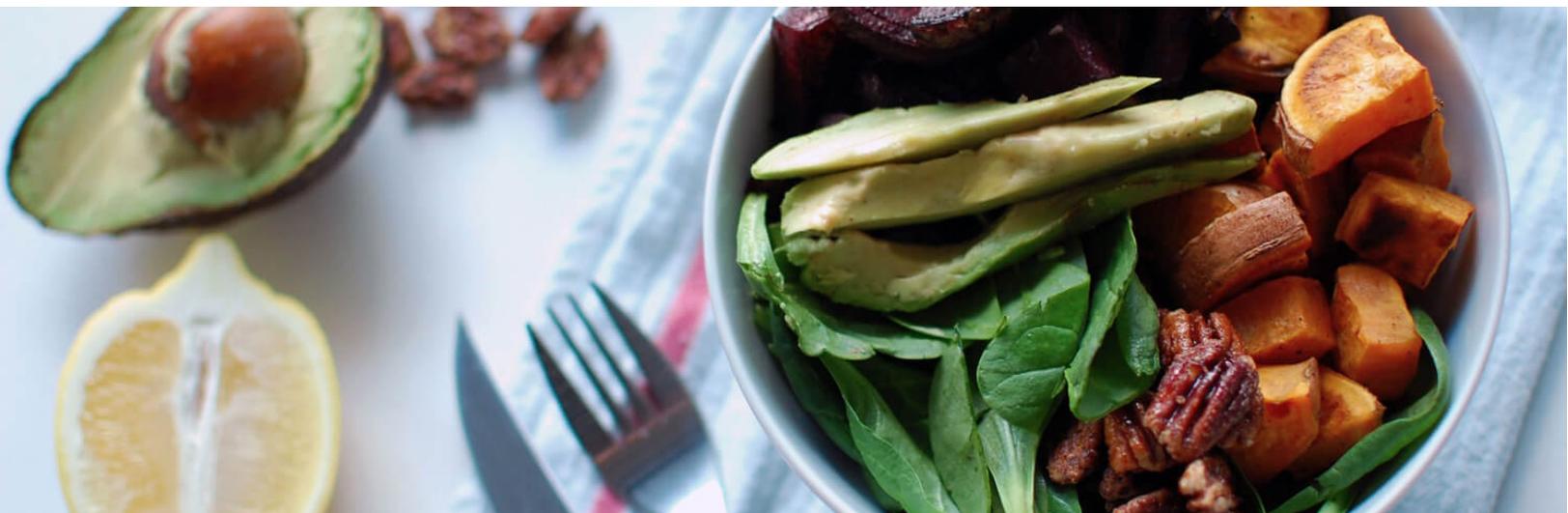
**No BBQ:** Soak plank at least 4 hrs and brush with oil. Preheat oven to 350°F (177°C) and

bake salmon on the plank until it flakes easily, about 15 to 20 minutes.

**Prep Ahead:** Soak the plank ahead of time and store in the freezer until ready to use.

**More Carbs:** Serve with quinoa, potatoes or brown rice.

**Keep it Simple:** Omit the marinade and season the salmon with olive oil, salt and pepper.



## Roasted Sweet Potato & Beet Salad

4 servings  
50 minutes

### Ingredients

- 2 Beet (sliced into 1 inch sticks)
- 2 Sweet Potato (sliced into 1 inch sticks)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 cup Maple Syrup (divided)
- 2 tsps Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1/2 Lemon (juiced)
- 1 cup Pecans
- 8 cups Baby Spinach
- 2 Avocado (sliced)

### Directions

- 1 Preheat the oven to 375°F (191°C) degrees.
- 2 Line a baking sheet with parchment paper. Toss sweet potato and beet sticks with half the olive oil, half the maple syrup, cinnamon, sea salt, and pepper. Bake for 40 to 45 minutes until slightly browned.
- 3 In the mean time, make the dressing by combining the remaining olive oil with the lemon juice. Set aside.
- 4 Put pecans in a frying pan over medium heat and stir until toasted. Add remaining maple syrup. Stir until pecans are well coated. Continue to stir until pecans become very sticky. Remove from heat and spread across a piece of wax paper. Break apart into pieces when dry.
- 5 When sweet potato and beets are finished, toss spinach in lemon & oil dressing and put a handful on each plate. Top with roasted beets and sweet potatoes. Garnish with avocado and maple pecans.



## Roasted Brussels Sprouts Caesar Salad

4 servings

1 hour

### Ingredients

1 lb Extra Lean Ground Chicken (cooked)  
5 cups Brussels Sprouts (halved)  
1/2 cup Radishes (sliced)  
1/2 cup Pumpkin Seeds  
1/3 cup Extra Virgin Olive Oil  
1 Garlic (whole head)  
1/2 Lemon (juiced)  
2 tbsps Dijon Mustard  
Sea Salt & Black Pepper

### Directions

- 1 Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 2 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 3 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 4 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

### Notes

**Leftovers:** Store in the fridge in an airtight container up to three days.

**Save Time:** Cook the ground chicken and make the roasted garlic dressing in advance.

**No Extra Lean Ground Chicken:** Use any other type of ground meat instead.

**Vegan & Vegetarian:** Use cooked lentils instead of ground meat.



## Pistachio Crusted Salmon

2 servings  
30 minutes

### Ingredients

1/4 cup Pistachios (removed from shell)  
1/8 tsp Sea Salt  
10 ozs Salmon Fillet  
2 tbsps Pine Nuts  
1/2 Garlic (clove, minced)  
1 cup Parsley (chopped)  
2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
1/2 head Cauliflower (chopped into florets)

### Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
- 3 Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
- 4 Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
- 5 Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
- 6 Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

### Notes

**More Veg:** Serve with a side of baby spinach drizzled with leftover pesto  
**Likes it Warm:** Saute the cauliflower rice in a bit of olive oil before serving



## Grapes & Cashews

2 servings

2 minutes

### Ingredients

2 cups Grapes  
1/2 cup Cashews

### Directions

- 1 Place grapes and cashews together in a bowl.
- 2 Happy munching!



## Chocolate Stuffed Raspberries

4 servings

5 minutes

### Ingredients

2 cups Raspberries (washed)  
1/4 cup Organic Dark Chocolate Chips

### Directions

1

Place a chocolate chip into the centre of each raspberry. Divide into bowls and enjoy!



## Strawberry Ice Cream

2 servings

5 minutes

### Ingredients

- 2 Banana (sliced and frozen)
- 1 cup Frozen Strawberries

### Directions

- 1 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

### Notes

**More Creamy:** Add 2 tbsp coconut milk.

**More Scoopable:** Add 1 tbsp vodka to prevent hard freeze.

**Make it Chunky:** Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.