



Anti-Inflammatory Meal Plan

Nutrition Plan

CLIENT PROFILE	NAME	Journey to Thrive Program	DIETARY PREFERENCE	Eats Most Things
	AVOIDANCES	X DAIRY X GLUTEN X SHELLFISH X SOY X NON_WHOLE30_SUGAR X GRAINS X NON_WHOLE30_LEGUMES X PROCESSED-MEATS X OILS-HIGHLY-PROCESSED X NON_WHOLE30_ADDITIVES		





Easily swap and explore more meal options, visit eatlove.is

eat Purpose Nutrition



Nutrition Plan

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

BREAKFAST



Turmeric Eggs, Tomatoes & Berries



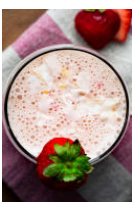
Sunshine Smoothie Bowl



Strawberry Coconut Smoothie, Strawberries



Egg White Veggie Scramble



Strawberry Coconut Smoothie, Strawberries



Sunshine Smoothie Bowl



Sweet Potato Toast - Poached Egg, Avocado & Spinach,

LUNCH



Rainbow Chard Chicken Wraps, Raspberries &



Egg White Veggie Scramble, Pumpkin Seeds



Sweet Potato, Egg & Spinach Salad, Whole Avocado



Arugula Fig Salad with Pistachios & Baked Chicken,



Rainbow Chard Chicken Wraps, Raspberries &



Egg White Veggie Scramble, Pumpkin Seeds



Rainbow Chard Chicken Wraps, Raspberries &

DINNER



Roasted Chicken Thighs with Kale & Potatoes



Braised Beef Medallions



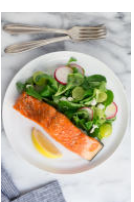
Sausage and Broccolini, Cucumber, Tomato



Kale Salad with Mushrooms & Ginger Dressing



Chicken, Kale & Orange Salad

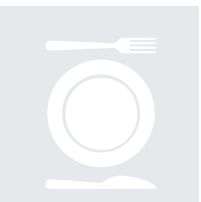


Slow-Roasted Salmon, Lemon Potatoes

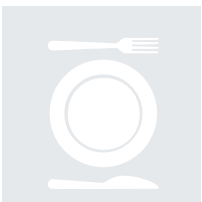
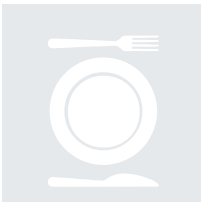


Low-Fodmap Roast Chicken, Roasted Parsnips & Carrots

SNACK



2ND SNACK



Grocery List

BAKING GOODS

- 1/8 pounds of Chia Seeds 1 package (7-8 oz) of Unsweetened Coconut Flakes

BEVERAGES

- 2 bottles (12 fl oz) of Coconut Water 1 package (16-18 oz) of Plant-Based Protein Powder
 1 bottle (750 mL) of Port Wine

CANNED / JAR GOODS

- 1 container (32 oz) of Beef Broth (Reduced Sodium) 1 can (14 fl oz) of Canned Full-Fat Coconut Milk
 1 jar (6 oz) of Kalamata Olives

DAIRY

- 1 carton (16 oz) of Egg Whites 1 half dozen Eggs

DELI

- 1 Cooked Rotisserie Chicken

FROZEN FOODS

- 2 packages (16 oz) of Frozen Pineapple

MEATS / SEAFOOD

- 1/4 pounds of Beef Tenderloin Steak 5/8 pounds of Boneless Skinless Chicken Breast
 1 3/4 pounds of Chicken Thighs (Bone-In, Skin-On) 3/8 pounds of Salmon
 1 package (16 oz) Turkey Sausage (Reduced Sodium) 1 Whole Young Chicken

PRODUCE

- 1/8 pounds of Arugula 1/2 pounds of Asparagus
 5 Avocados 4 packages (8 oz) of Baby Portabella Mushrooms
 1 pound of Baby Potatoes 



Grocery List

PRODUCE

- | | |
|---|---|
| <input type="checkbox"/> 1 quart of Blueberries | <input type="checkbox"/> 1 bunch of Broccoli |
| <input type="checkbox"/> 2 Carrots | <input type="checkbox"/> 3 pints of Cherry Tomatoes  |
| <input type="checkbox"/> 1 Cucumber  | <input type="checkbox"/> 3 bunches of Curly Kale  |
| <input type="checkbox"/> 1/4 pounds of Figs | <input type="checkbox"/> 1 bunch of Fresh Cilantro |
| <input type="checkbox"/> 1/4 ounces of Fresh Ginger | <input type="checkbox"/> 1 bunch of Fresh Thyme |
| <input type="checkbox"/> 1 bulb of Garlic | <input type="checkbox"/> 2 Gold Potatoes  |
| <input type="checkbox"/> 2 Green Apples  | <input type="checkbox"/> 3 Green Bell Peppers  |
| <input type="checkbox"/> 1/4 pounds of Green Grapes  | <input type="checkbox"/> 1 Kiwi |
| <input type="checkbox"/> 4 Lemon | <input type="checkbox"/> 2 Oranges |
| <input type="checkbox"/> 2 Parsnip | <input type="checkbox"/> 1 Radicchio |
| <input type="checkbox"/> 1 bunch of Radishes | <input type="checkbox"/> 3 pints of Raspberries |
| <input type="checkbox"/> 5 bunches of Raw Spinach  | <input type="checkbox"/> 2 Red Onions |
| <input type="checkbox"/> 1 Shallots | <input type="checkbox"/> 1 quart of Strawberries  |
| <input type="checkbox"/> 4 Sweet Potatoes | <input type="checkbox"/> 1 bunch of Swiss Chard |
| <input type="checkbox"/> 1 Yellow Bell Peppers  | <input type="checkbox"/> 2 Yellow Onions |

SNACKS

- | | |
|--|--|
| <input type="checkbox"/> 1 bag (8 oz) of Pistachios | <input type="checkbox"/> 1/8 pounds of Pumpkin Seeds (Pepitas) |
| <input type="checkbox"/> 1/8 pounds of Sunflower Seeds | <input type="checkbox"/> 1/8 pounds of Unsalted Cashews |

SPICES / CONDIMENTS

- | | |
|---|--|
| <input type="checkbox"/> 1 jar (2-3 oz) of Chili Powder | <input type="checkbox"/> 1 jar (8 oz) of Dijon Mustard |
| <input type="checkbox"/> 1 jar (0.1-1 oz) of Dried Basil | <input type="checkbox"/> 1 jar (3 oz) of Garlic Powder |
| <input type="checkbox"/> 1 jar (0.85 oz) of Herbs de Provence | <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil |
| <input type="checkbox"/> 1 jar (1 oz) of Paprika | <input type="checkbox"/> 1 jar (1-2 oz) of Red Pepper Flakes |



Grocery List

SPICES / CONDIMENTS

- | | |
|--|--|
| <input type="checkbox"/> 1 bottle (12 fl oz) of Red Wine Vinegar | <input type="checkbox"/> 1 jar (1 oz) of Sesame Seeds |
| <input type="checkbox"/> 1 jar (0.5-1 oz) of Turmeric | <input type="checkbox"/> 1 bottle (12 fl oz) of White Wine Vinegar |



A DAY IN THE LIFE OF JOURNEY TO THRIVE



RISE AND SHINE!

Take a breath and slowly rise! Getting up at the same time helps regulate your sleep cycle.



BREAKFAST

Turmeric Eggs, Tomatoes & Berries

MINDFULNESS

Take a moment to acknowledge something you're grateful and set a positive tone for the day.

WATER
REMEMBER TO DRINK 8 GLASSES OF WATER PER DAY, MORE IF YOU EXERCISE.

MAKE IT YOUR OWN

Make EatLove your own by adding your own recipes, choosing recipes for your Favorites, and tailoring the Grocery List for easy shopping.



LUNCH

Rainbow Chard Chicken Wraps, Raspberries & Sunflower

SNACK
EAT A SNACK TO HELP YOU POWER THROUGH THE DAY.



GET MOVING

EXERCISE

Be more active by taking the stairs or walking during one of your calls. Track your exercise in the Daily Log.



TIME FOR BED

Slowly unwind from the long day you had. Take a few moments to consider what you were thankful for today. Sweet dreams!

CONNECTION
Savor time in the evening for family and friends. Turn off distractions and focus on sharing the day's highlights.



MEAL PREP



DINNER

Roasted Chicken Thighs with Kale & Potatoes



To see your meal plan and grocery list, visit eatlove.is



Rainbow Chard Chicken Wraps

BY A DASH OF MEGNUT

🕒 10 MINS | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

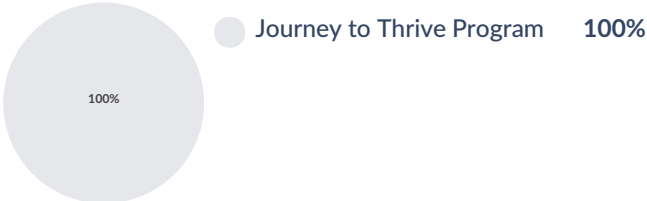
INGREDIENTS

- 2 leaves swiss chard
- 1/4 cucumber julienned
- 3/4 cup cooked chicken shredded
- 1/4 bell pepper julienned
- 1/2 sweet potato peeled, chopped
- 1/4 avocado sliced

NUTRITION INFORMATION PER SERVING

Carbs 21g	Saturated Fat 3.02g
Calories 328kcal	Sodium 345mg
Vegetables 2.26 servings	Fiber 5.9g
Protein 33g	Added Sugar 0g
Total Fat 14g	Fruits 0 servings

PORTIONS



Method

COOKING THE SWEET POTATO

1. Wash and peel the sweet potato.
2. Chop into large chunks.
3. Fill a pot about half full with water (just enough water to cover the sweet potatoes). Bring water to a boil. When boiling, toss in the sweet potato pieces.
4. Cover the pan and cook sweet potatoes for 10-12 minutes or until just tender on the outside (for softer potatoes, cook for 25-30 minutes).
5. Remove the lid from the pan and carefully pour the sweet potatoes into a colander as you drain off the water. Run cold water over the potatoes to quick-cool before building the wraps.

MAKING THE WRAPS

1. Lay out your swiss chard. Chop off the end of the stems (you can save them to roast with other vegetables).
2. With the blade of a knife, carefully trim off the top of stem, cutting from center of the leaf to the bottom of the stem. Be sure to not rip through the leaf.
3. Place your fillings on the right half of the swiss chard. Example: you can use 3/4 cup chicken, 1/4 piece of avocado, 1/2 piece of cooked sweet potato and a few slices each of cucumber and bell pepper.
4. Fold the top and bottom of the swiss chard inwards. Roll the chard from right to left, tucking tightly. (Think like rolling a burrito.)
5. Place seam side down and use a toothpick to hold it together.





Raspberries & Sunflower

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 cup raspberries
- 2 tablespoons sunflower seeds

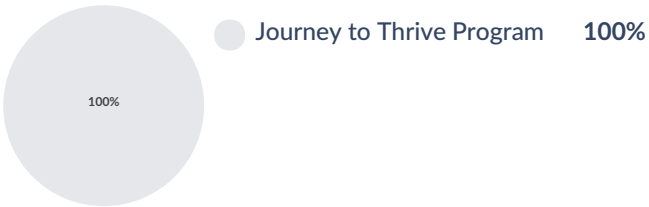
NUTRITION INFORMATION PER SERVING

Carbs 18g	Saturated Fat 0.8g
Calories 166kcal	Sodium 2.81mg
Vegetables 0 servings	Fiber 9.5g
Protein 5.1g	Added Sugar 0g
Total Fat 9.8g	Fruits 1 servings

Method

1. Wash raspberries. Serve with sunflower seeds.

PORTIONS





Roasted Chicken Thighs with Kale & Potatoes

BY NICKI SIZEMORE

🕒 15 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- | | |
|---------------------------------------|-------------------------------------|
| 1 onion diced | 1 dash salt |
| 1/2 pound kale stems removed, chopped | 1 dash black pepper |
| 1 pound baby potatoes halved | 4 chicken thighs, skin-on, bone-ins |
| 4 cloves garlic peeled, smashed | 1 teaspoon paprika |
| 1 tablespoon fresh thyme | 1 teaspoon lemon zested |
| 2 tablespoons olive oil, divided | 1 lemon sliced |

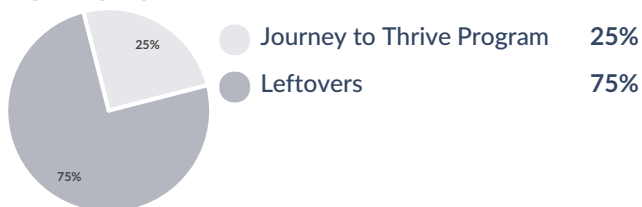
NUTRITION INFORMATION PER SERVING

Carbs 31g	Saturated Fat 9.8g
Calories 624kcal	Sodium 219mg
Vegetables 2.02 servings	Fiber 5.8g
Protein 37g	Added Sugar 0g
Total Fat 40g	Fruits 0.26 servings

Method

1. Preheat the oven to 500°F. Line a large baking sheet with aluminum foil.
2. In a large bowl, combine the onion, kale, potatoes, garlic and half of the thyme. Add half the olive oil and season well with salt and pepper. Toss well to coat. Transfer to the baking sheet and spread in an even layer.
3. In the same bowl (no need to clean) add the chicken thighs, the remaining thyme, the paprika and lemon zest. Add the remaining olive oil and season with salt and pepper. Toss to coat. Arrange the chicken, skin side up, on top of the vegetables.
4. Roast the chicken for 15 minutes. Transfer the chicken to a plate and gently stir the vegetables, then spread in an even layer. Rearrange the chicken on top. Roast 10-15 minutes longer, or until the chicken juices run clear and the skin is golden brown. Squeeze a wedge or two of fresh lemon juice over top. Let sit 5 minutes.
5. Transfer the chicken to plates and spoon the vegetables alongside. Serve with lemon wedges.

PORTIONS





Turmeric Eggs, Tomatoes & Berries

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- | | |
|--------------------------------------|--------------------------|
| 1 teaspoon olive oil | 3 eggs |
| 1 clove garlic minced | 1 tablespoon water |
| 2 cups spinach rinsed | 1 teaspoon turmeric |
| 12 cherry tomatoes rinsed and halved | 1 pinch pepper |
| | 1 cup blueberries rinsed |

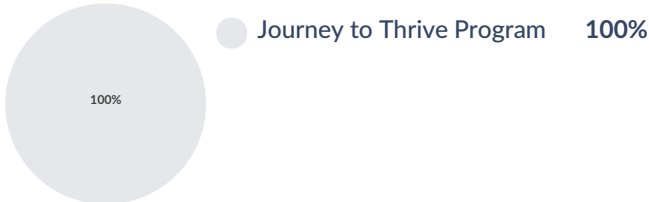
NUTRITION INFORMATION PER SERVING

Carbs 31g	Saturated Fat 5.5g
Calories 383kcal	Sodium 245mg
Vegetables 2.11 servings	Fiber 7.1g
Protein 23g	Added Sugar 0g
Total Fat 20g	Fruits 1.13 servings

Method

1. Heat olive oil in a non-stick pan over medium heat. Lightly fry the garlic and tomatoes for 3 minutes, then add the spinach leaves and cook 2 minutes until wilted.
2. In a small bowl, whisk the eggs with water and turmeric.
3. Add eggs to the pan with the spinach and stir continuously for 5-7 mins until the scrambled eggs reach desired consistency.
4. Serve eggs with berries.

PORTIONS





Sunshine Smoothie Bowl

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 cup coconut water
- 1 avocado pitted and peeled
- 2 cups spinach
- 2 tablespoons chia seeds
- 2 cups frozen pineapple chunks
- 1/4 cup raspberries
- 1/4 cup unsweetened coconut flakes

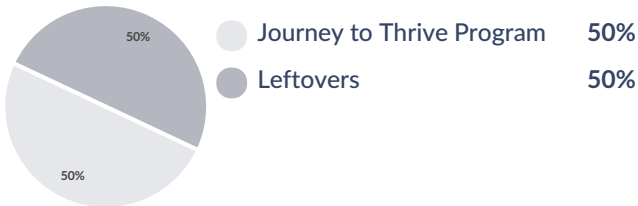
NUTRITION INFORMATION PER SERVING

Carbs 42g	Saturated Fat 6.1g
Calories 343kcal	Sodium 67mg
Vegetables 0.5 servings	Fiber 15g
Protein 7.1g	Added Sugar 0g
Total Fat 19g	Fruits 1.13 servings

Method

- Place coconut water, avocado, spinach, chia and pineapple into a high performance blender. Make sure the lid is secure and blend for 1 minute. Stop blending and use a wooden spoon to push the ingredients down closer to blades. Continue to blend as needed. Add a few teaspoons of water if needed to reach desired consistency.
- Top with raspberries and coconut flakes.

PORTIONS





Egg White Veggie Scramble

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 tablespoon olive oil
- 10 cherry tomatoes halved
- 1/2 red onion diced
- 1/2 cup Egg Whites
- 1 green bell pepper diced
- 1 teaspoon Herbs de Provence
- 1 1/4 cups blueberries

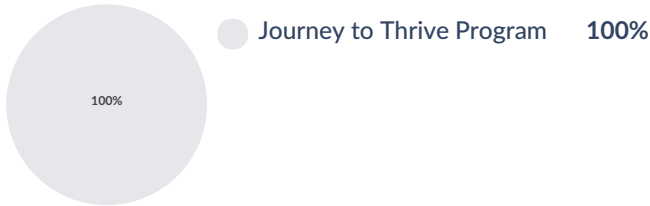
NUTRITION INFORMATION PER SERVING

Carbs 43g	Saturated Fat 2.03g
Calories 365kcal	Sodium 219mg
Vegetables 2.37 servings	Fiber 9.7g
Protein 18g	Added Sugar 0g
Total Fat 15g	Fruits 1.41 servings

Method

1. Heat oil in a large skillet over medium heat. Add onion and cook until tender.
2. Stir in bell pepper and cherry tomatoes. Cook until tomatoes start to soften.
3. Add egg whites and seasoning. Once the eggs start to turn white around the edges, use a spatula to push the edges toward the center to scramble the eggs. Continue stirring until the eggs are cooked to your preference.
4. Serve with blueberries.

PORTIONS





Pumpkin Seeds

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Pour pumpkin seeds into a bowl and serve.

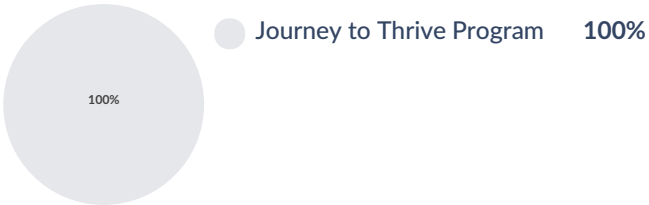
INGREDIENTS

1 ounce pumpkin seeds

NUTRITION INFORMATION PER SERVING

Carbs 3.04g	Saturated Fat 2.45g
Calories 158kcal	Sodium 1.98mg
Vegetables 0 servings	Fiber 0g
Protein 8.6g	Added Sugar 0g
Total Fat 14g	Fruits 0 servings

PORTIONS





Braised Beef Medallions

BY COOKOLOGY

🕒 15 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

beef

- 1 tablespoon olive oil
- 1/4 onion sliced
- 4 ounces beef tenderloin chunked
- 1 teaspoon paprika
- 1/2 teaspoon chili powder
- 1/2 teaspoon dried basil
- 1 pinch salt
- 1 pinch pepper
- 1/4 cup port wine
- 1/2 cup reduced sodium beef stock

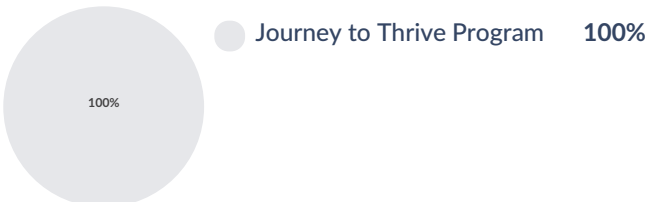
serve with

- 1 sweet potato
- 1/2 pound asparagus
- 2 teaspoons olive oil, divided
- 1 clove garlic minced
- 1 dash salt
- 1 dash pepper

NUTRITION INFORMATION PER SERVING

Carbs 42g	Saturated Fat 11g
Calories 724kcal	Sodium 948mg
Vegetables 1.94 servings	Fiber 9.7g
Protein 31g	Added Sugar 0g
Total Fat 43g	Fruits 0 servings

PORTIONS



Method

1. Preheat oven to high broil. Toss asparagus with garlic, oil, salt, and pepper. Broil for 12 minutes or until tender.
2. Pierce the sweet potato several times and microwave on high for 8-10 minutes or until fork tender.
3. Heat pan to medium heat with oil.
4. Add onion and keep stirring them over medium heat for 6 minutes or until dark brown and caramelized. Add port wine.
5. Add beef and sear for 3 minutes, stirring constantly.
6. Add beef stock, herbs and spices and bring to a simmer.
7. Once simmering, remove from heat, cover and let sit for 5 minutes.





Strawberry Coconut Smoothie

BY LAURA DORITY MS, RDN, LDN

🕒 5 MINS | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 3 strawberries
- 1/2 cup canned coconut milk
- 1 scoop protein powder
- 1/2 cup water
- 2 tablespoons unsweetened coconut flakes

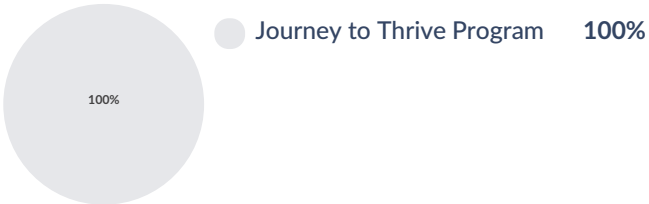
NUTRITION INFORMATION PER SERVING

Carbs 17g	Saturated Fat 28g
Calories 437kcal	Sodium 272mg
Vegetables 0 servings	Fiber 5.9g
Protein 23g	Added Sugar 0g
Total Fat 36g	Fruits 0.24 servings

Method

1. Add all ingredients in a blender and mix for 30 to 60 seconds until well combined.

PORTIONS





Strawberries

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash, slice and serve.

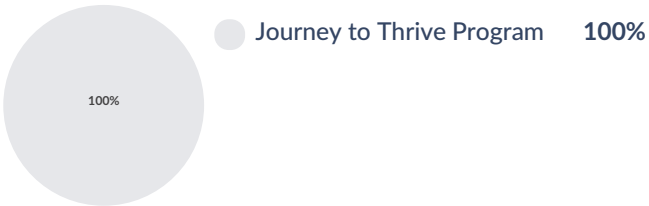
INGREDIENTS

1 1/4 cups whole strawberries

NUTRITION INFORMATION PER SERVING

Carbs 15g	Saturated Fat 0.03g
Calories 61kcal	Sodium 1.9mg
Vegetables 0 servings	Fiber 3.8g
Protein 1.27g	Added Sugar 0g
Total Fat 0.57g	Fruits 1.25 servings

PORTIONS





Sweet Potato, Egg & Spinach Salad

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

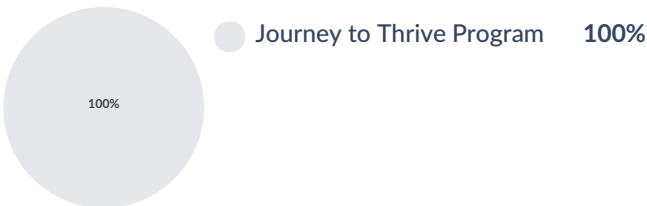
- 1/2 cup sweet potatoes chopped
- 1 pinch pepper
- 2 teaspoons olive oil divided
- 2 cups Raw Spinach
- 1 egg
- 1/2 tablespoon lemon juiced
- 1/4 teaspoon dijon mustard
- 1 dash salt

NUTRITION INFORMATION PER SERVING

Carbs 18g	Saturated Fat 2.86g
Calories 231kcal	Sodium 320mg
Vegetables 1 servings	Fiber 3.74g
Protein 9.3g	Added Sugar 0.01g
Total Fat 14g	Fruits 0.05 servings

- ## Method
1. Preheat oven to 400°F.
 2. Place sweet potatoes on a baking sheet and toss with pepper and 1/3 of the oil. Spread out on the baking sheet and roast for 30-40 minutes until crispy on the outside and tender inside.
 3. Meanwhile, place egg in a saucepan and add water to cover the egg by an inch. Cover with a lid and bring to a boil over high heat.
 4. When the water has reached a rolling boil, reduce heat to medium-high and boil for 6-7 minutes for a creamy yet firm hard-boiled egg. Drain and rinse under cold water or place in a bowl of ice water to prevent further cooking. Cut into quarters.
 5. Make the dressing: whisk together remaining olive oil, salt, lemon juice, and mustard.
 6. Place spinach in the bottom of a bowl and top with sweet potatoes and egg. Drizzle dressing over top and serve.

PORTIONS





Whole Avocado

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1 avocado sliced

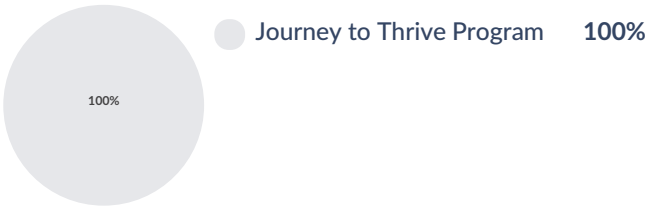
NUTRITION INFORMATION PER SERVING

Carbs 12g	Saturated Fat 2.89g
Calories 227kcal	Sodium 11mg
Vegetables 0 servings	Fiber 9.2g
Protein 2.67g	Added Sugar 0g
Total Fat 21g	Fruits 0 servings

Method

1. Serve as a side. Can also scoop with a spoon to eat.
2. TIP: Know when an avocado is ripe and ready to eat by gently squeezing in your hand. A slight give means it ready and a firm avocado may need another day or two.

PORTIONS






Sausage and Broccolini

BY EVERYDAY EATLOVE

 5 MINS |  1 SERVINGS

 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1/2 pound broccolini
- 1 clove garlic minced
- 1 tablespoon olive oil
- 1 pinch red pepper flakes
- 3 1/2 ounces low sodium turkey sausage sliced
- 1 teaspoon lemon juiced

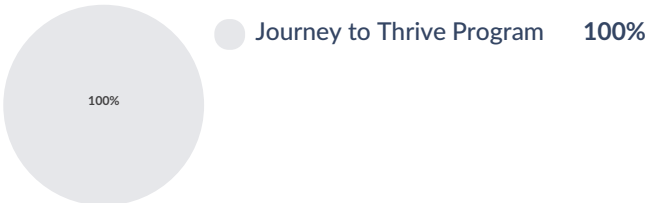
NUTRITION INFORMATION PER SERVING

Carbs 27g	Saturated Fat 2.88g
Calories 370kcal	Sodium 505mg
Vegetables 2.58 servings	Fiber 5.3g
Protein 28g	Added Sugar 0g
Total Fat 19g	Fruits 0.03 servings

Method

1. Bring a pot of water to a boil and blanch broccolini for 2 minutes. Drain immediately and cool under cold running water. Gently squeeze the broccolini and pat dry. Chop and set aside.
2. Heat oil in a medium skillet over medium high heat. Add sausage and cook for 2 minutes.
3. Flip sausages over, add garlic and red pepper flakes, and cook another 2 minutes, stirring often so the garlic doesn't burn.
4. Add broccolini and cook until tender, about 3 minutes.
5. Remove skillet from heat and stir in lemon juice.

PORTIONS





Cucumber, Tomato & Olive Salad

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 cup cucumbers diced
- 10 cherry tomatoes halved
- 2 tablespoons red onion diced
- 4 Kalamata Olives diced
- 1 tablespoon olive oil
- 1 teaspoon lemon juiced

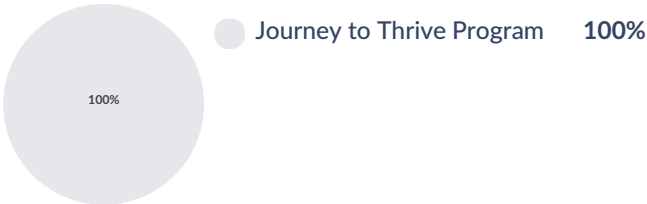
NUTRITION INFORMATION PER SERVING

Carbs 12g	Saturated Fat 2.13g
Calories 183kcal	Sodium 104mg
Vegetables 2.1 servings	Fiber 2.98g
Protein 2.24g	Added Sugar 0g
Total Fat 15g	Fruits 0.03 servings

Method

1. Add cucumbers, tomatoes, red onion, and olives to a bowl.
2. Whisk together olive oil and lemon juice and pour over vegetables. Toss to combine.

PORTIONS





Arugula Fig Salad with Pistachios & Baked Chicken

BY RANELLE KIRCHNER, CHEF RDN

🕒 10 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

Salad

- 1 chicken breast
- 1/2 tablespoon olive oil
- 1 pinch salt
- 1 pinch pepper
- 1/4 teaspoon lemon zest
- 1 1/4 ounces arugula
- 2 figs quartered
- 2 tablespoons pistachios shelled and chopped

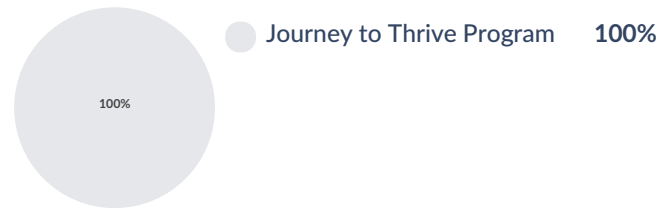
Dressing

- 1/4 lemon zested and juiced
- 1/2 tablespoon shallots minced
- 1 dash salt
- 1 dash pepper
- 1 tablespoon olive oil

Method

1. Preheat oven to 425°F.
2. In a baking dish, toss chicken breasts in olive oil, lemon zest, salt, and pepper. Bake for about 20 minutes or until thermometer reads 160°F. Allow to rest 10 minutes when done.
3. Meanwhile, combine all dressing ingredients in a jar. Cover with a fitted lid and shake. If you don't have a jar, whisk in a small bowl until combined. Set aside.
4. When chicken is ready: Assemble the greens by tossing with figs, pistachios, and dressing. Serve alongside chicken.

PORTIONS



NUTRITION INFORMATION PER SERVING	
Carbs 27g	Saturated Fat 5.3g
Calories 683kcal	Sodium 677mg
Vegetables 0.97 servings	Fiber 5.7g
Protein 66g	Added Sugar 0g
Total Fat 35g	Fruits 1.26 servings





Kiwi

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash, peel and serve.

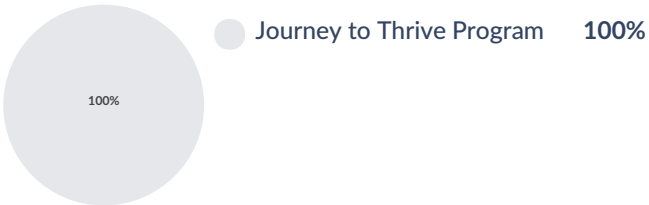
INGREDIENTS

1 kiwi peeled

NUTRITION INFORMATION PER SERVING

Carbs 10g	Saturated Fat 0.02g
Calories 42kcal	Sodium 2.07mg
Vegetables 0 servings	Fiber 2.07g
Protein 0.79g	Added Sugar 0g
Total Fat 0.36g	Fruits 0.5 servings

PORTIONS





Kale Salad with Mushrooms & Ginger Dressing

BY MARIA USHAKOVA

🕒 15 MINS | 🍴 2 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

For the Topping:

2 tablespoons sesame seeds

For the Sautéed Mushrooms:

1 tablespoon olive oil

2 pounds cremini mushrooms

1 teaspoon garlic powder

1 pinch salt

1 dash pepper to taste

For the Salad:

1 bunch kale chopped

1/2 cup radishes chopped

2 apples (sour variety such as Granny Smith)s chopped

1/2 lemon juiced

For the Ginger Dressing:

1 inch ginger peeled, grated

3 tablespoons olive oil

2 tablespoons red wine vinegar

1/8 teaspoon salt

NUTRITION INFORMATION PER SERVING

Carbs 56g	Saturated Fat 4.76g
Calories 562kcal	Sodium 440mg
Vegetables 9.1 servings	Fiber 17g
Protein 17g	Added Sugar 0g
Total Fat 35g	Fruits 1.25 servings

Method

1. To toast sesame seeds, heat a pan over medium heat.
2. Add the sesame seeds and toast them for about 2 to 3 minutes until they become fragrant and start to turn golden. Make sure to constantly stir them so that they don't burn.
3. Once the sesame seeds are toasted, transfer them to a plate and set aside.
4. Heat 1 tablespoon of olive oil in a pan over medium heat.
5. Add the mushrooms, garlic powder, salt, and pepper and sauté, stirring occasionally, until the mushrooms shrink in volume, turn brown, and the liquid has evaporated, for about 10 minutes.
6. In the meantime, pour the lemon juice over apples making sure apple pieces are evenly covered in the lemon juice.
7. Place the kale in a large salad bowl and massage it with your hands for a few minutes. This will break down the fibers and make the kale easier to chew and digest.
8. Add the apples and radishes and mix to combine.
9. To make the ginger dressing, add the grated ginger, olive oil, wine vinegar, and salt to a small bowl and mix well.
10. Pour the dressing over the veggies and toss to combine.
11. When ready to serve, place the kale salad in serving bowls, top with mushrooms, and sesame seeds.





Chicken, Kale & Orange Salad

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 orange segmented
- 1/4 cup olive oil
- 2 tablespoons white wine vinegar
- 6 cups kale stems removed and leaves cut into pieces
- 2 cups radicchio sliced
- 1 cup rotisserie chicken diced
- 1/4 cup cashews chopped

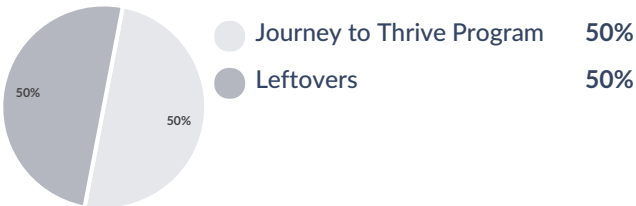
NUTRITION INFORMATION PER SERVING

Carbs 25g	Saturated Fat 6.7g
Calories 556kcal	Sodium 200mg
Vegetables 3.38 servings	Fiber 6.5g
Protein 27g	Added Sugar 0g
Total Fat 41g	Fruits 0.5 servings

Method

1. Place kale leaves in a bowl and massage for a few minutes to tenderize the leaves.
2. In a medium bowl, combine the orange slices, olive oil, vinegar to make the dressing. Squeeze out some juice from the oranges to flavor the dressing.
3. Add the kale, radicchio, and chicken.
4. Top with cashews.

PORTIONS





Slow-Roasted Salmon

BY THE SIMPLE FARE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Preheat oven to 275° F.
2. Line a cookie sheet or shallow pan with foil. Brush some of the olive oil on the foil.
3. Place salmon on the pan, skin side down. Drizzle olive oil and sprinkle salt and pepper over the salmon. Bake for 18 to 20 minutes.
4. Meanwhile, whisk olive oil, lemon juice, salt and pepper for salad. Toss in spinach, radishes and grapes.
5. Serve salmon and salad with a wedge of lemon.

INGREDIENTS

- 2 3-oz fillets salmon fillet, cut into two pieces, skin on
- 2 tablespoons extra virgin olive oil
- 1 pinch salt
- 1 pinch freshly ground black pepper
- 1 wedge lemon, optional

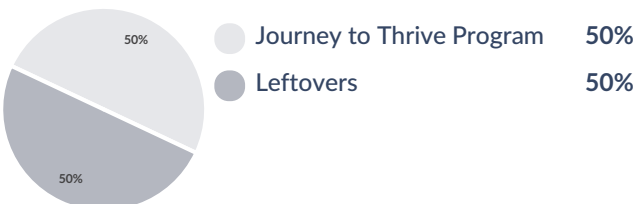
Side Salad

- 4 cups raw spinach
- 2 radishes sliced
- 1/2 cup green grapes halved
- 1 tablespoon olive oil
- 1 teaspoon lemon juiced
- 1 pinch salt
- 1 pinch freshly ground black pepper

NUTRITION INFORMATION PER SERVING

Carbs 9.7g	Saturated Fat 3.86g
Calories 342kcal	Sodium 533mg
Vegetables 1.04 servings	Fiber 1.89g
Protein 20g	Added Sugar 0g
Total Fat 25g	Fruits 0.53 servings

PORTIONS





Lemon Potatoes

BY RANELLE KIRCHNER, CHEF RDN

🕒 15 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

Potatoes

- 2 yukon gold potatoes
- 1 tablespoon olive oil

Sauce

- 2 tablespoons olive oil
- 1 tablespoon garlic minced
- 1/4 cup cilantro chopped
- 1 tablespoon paprika
- 1 pinch salt
- 1 pinch pepper
- 1/2 lemon zested and juiced

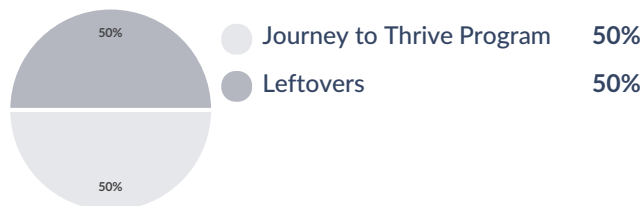
Method

1. Cut the potatoes into bite size pieces and put in a pot of water, bringing it to a boil.
2. Cook the potatoes until slightly tender and drain. Allow to cool and dry before advancing.
3. In the meantime, prepare the sauce by adding all the (sauce) ingredients to a bowl and mix.
4. When the potatoes are slightly cool, heat olive oil in a frying pan and add potatoes, allowing them to brown slightly.
5. Mix sauce with potatoes and serve.

NUTRITION INFORMATION PER SERVING

Carbs 42g	Saturated Fat 2.93g
Calories 364kcal	Sodium 198mg
Vegetables 0.01 servings	Fiber 6.4g
Protein 5.3g	Added Sugar 0g
Total Fat 21g	Fruits 0.25 servings

PORTIONS





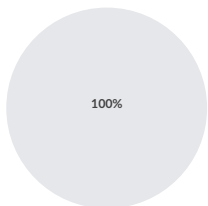
INGREDIENTS

1/2 sweet potato	1 cup water
2 cups spinach chopped	1/4 teaspoon white wine vinegar
1 teaspoon olive oil	1/2 avocado sliced
1 egg	1/2 teaspoon red pepper flakes

NUTRITION INFORMATION PER SERVING

Carbs 18g	Saturated Fat 3.68g
Calories 282kcal	Sodium 148mg
Vegetables 1 servings	Fiber 7.3g
Protein 10g	Added Sugar 0g
Total Fat 20g	Fruits 0 servings

PORTIONS



● Journey to Thrive Program 100%

Sweet Potato Toast - Poached Egg, Avocado & Spinach

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

Sweet Potato Toast

1. Preheat your oven to 450°F. Using a baking sheet, add a cookie grate or rack.
2. Slice the ends off of the sweet potato, no need to peel it. Cut the sweet potato length-wise into 1/4 inch slices.
3. Spray the rack with cooking spray. Spread the sweet potato toasts evenly out so they do not touch.
4. Cook for 15-20 minutes total until they are golden brown, but turn over every 4-5 minutes.
5. Finish off the toasts on broil for the last minute watching them closely as the toasts tend to burn quickly.

Spinach

1. Sauté the spinach for 1-2 minutes with olive oil in a pan.
2. Remove from the heat and set aside.

Poached Egg

1. Crack egg into a bowl or cup.
2. Bring a pan of water to a boil. Add 1/2 teaspoon of white wine vinegar and swirl it around.
3. Stir the water to create a gentle whirlpool to help the egg white wrap around the yolk.
4. Slowly tip the egg into the center. Make sure the heat is low enough not to throw the egg around.
5. Cook for 3-4 minutes or until the egg white is set.
6. Lift the egg out with a slotted spoon.

Assembly

[recipe continues on the next page](#)



Continued

1. With the Sweet Potato Toast as the base, add the avocado slices, spinach, and poached egg.
2. Sprinkle with red pepper flakes.





Orange

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash and slice orange. Serve.

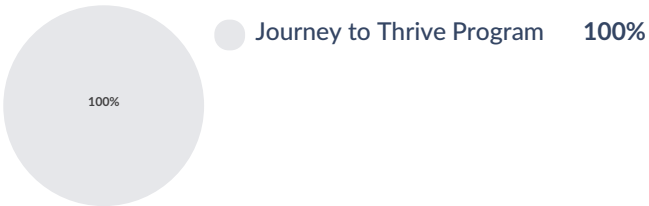
INGREDIENTS

1 orange sliced

NUTRITION INFORMATION PER SERVING

Carbs 25g	Saturated Fat 0.06g
Calories 100kcal	Sodium 3.18mg
Vegetables 0 servings	Fiber 7.2g
Protein 2.07g	Added Sugar 0g
Total Fat 0.48g	Fruits 1 servings

PORTIONS





Low-Fodmap Roast Chicken

BY EATLOVE

🕒 10 MINS | 🍴 6 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 4 pounds whole chicken
- 1 sprig thyme (optional)
- 1 teaspoon olive oil
- 1 dash salt , to taste
- 1/2 lemon juiced
- 1 dash pepper, to taste
- 1 lemon, for garnish sliced

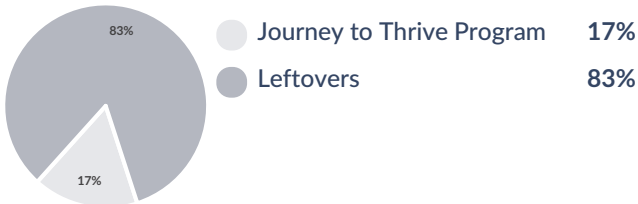
NUTRITION INFORMATION PER SERVING

Carbs 1.48g	Saturated Fat 9g
Calories 453kcal	Sodium 170mg
Vegetables 0 servings	Fiber 0.48g
Protein 38g	Added Sugar 0g
Total Fat 32g	Fruits 0.25 servings

Method

1. Preheat oven to 400°F.
2. Season chicken with lemon, thyme, salt, and pepper.
3. Turn down to 375 degrees when you put in chicken.
4. Note: will need to cook more than 1 hour and to check that temperature is 165°F at its thickest part before serving.
5. Allow chicken to cool slightly then shred meat.

PORTIONS





Roasted Parsnips & Carrots

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 cup parsnips peeled and cut into 3-inch pieces
- 1 cup carrots peeled and cut into 3-inch pieces
- 1/2 tablespoon olive oil
- 1 dash salt
- 1 pinch garlic powder
- 1 pinch pepper

NUTRITION INFORMATION PER SERVING

Carbs 37g	Saturated Fat 1.05g
Calories 216kcal	Sodium 257mg
Vegetables 2 servings	Fiber 10g
Protein 2.97g	Added Sugar 0g
Total Fat 7.5g	Fruits 0 servings

Method

1. Preheat oven to 400°F.
2. Toss the parsnips and carrots with oil, salt, garlic powder, and pepper.
3. Place in a single layer on a large baking sheet and roast for 20-30 minutes, stirring halfway through. The vegetables should be caramelized and blistered when done.

PORTIONS

