



## Anti-inflammatory - 3 days

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Allison Madigan  
allison@allisonmadigannutritionist.com

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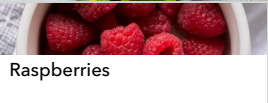



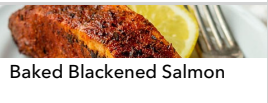


Here are 3 days worth of anti-inflammatory recipes.

I challenge you to follow this anti-inflammatory plan for the 3 days and see how you feel.

To reduce cooking - pick the lunches & dinners that appeal most to you and make enough at dinner that you have leftovers for the next day.

Enjoy!

Allison

	Mon	Tue	Wed
Breakfast	 <p>Green Kiwi Smoothie</p>	 <p>Egg Muffins- Arugula &amp; Tomato</p>	 <p>Raspberry Cauli Smoothie</p>
Lunch	 <p>Shrimp &amp; Avocado Salad</p>	 <p>Chicken Salad with Lemon Garlic Tahini Dressing</p>	 <p>Chicken, Kale &amp; Avocado Bowl</p>
Snack 2	 <p>Apple with Almond Butter</p>	 <p>Raspberries</p>  <p>Pistachios</p>	 <p>Hummus Dippers</p>
Dinner	 <p>Chicken &amp; Broccoli Casserole</p>	 <p>Baked Blackened Salmon</p>  <p>Grilled Asparagus</p>	 <p>Spicy Shrimp, Quinoa &amp; Spinach</p>

### Fruits

- 1 Apple
- 1 Avocado
- 1/2 Banana
- 1 Kiwi
- 1 1/4 Lemon
- 2 tbsps Lemon Juice
- 1 1/2 tps Lime Juice
- 1 cup Raspberries

### Breakfast

- 1 tbsps All Natural Almond Butter

### Seeds, Nuts & Spices

- 1/8 tsp Black Pepper
- 1/4 tsp Cayenne Pepper
- 1/4 cup Chia Seeds
- 2 tps Chili Powder
- 1 tsp Cumin
- 1/3 tsp Dried Thyme
- 3/4 tsp Garlic Powder
- 1/8 tsp Onion Powder
- 1/2 tsp Oregano
- 1 tsp Paprika
- 1/2 cup Pistachios
- 1 1/3 tps Sea Salt

### Frozen

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries

### Vegetables

- 6 cups Arugula
- 3 cups Asparagus
- 13 cups Baby Spinach
- 5 cups Broccoli
- 3/4 Carrot
- 1 stalk Celery
- 1/2 Cucumber
- 2 Garlic
- 2 cups Kale Leaves
- 2 tbsps Radishes
- 1 head Romaine Hearts
- 1 Tomato
- 3 White Button Mushrooms
- 1/4 Yellow Bell Pepper
- 1/2 Yellow Onion

### Boxed & Canned

- 3/4 cup Organic Chicken Broth
- 1 1/4 cups Organic Coconut Milk
- 1/2 cup Quinoa

### Baking

- 1/8 tsp Honey
- 1 1/2 tbsps Nutritional Yeast
- 1 tbsps Tapioca Flour

### Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 1 lb Chicken Thighs
- 4 ozs Extra Lean Ground Chicken
- 1/4 cup Hummus
- 10 ozs Salmon Fillet
- 1 1/4 lbs Shrimp

### Condiments & Oils

- 1 1/16 tbsps Avocado Oil
- 1/4 tsp Coconut Aminos
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Tahini

### Cold

- 10 Egg
- 1 3/4 cups Unsweetened Almond Milk

### Other

- 2 Ice Cubes
- 2 servings Vanilla Protein Powder
- 2 1/8 cups Water



## Green Kiwi Smoothie

1 serving  
5 minutes

### Ingredients

1 Kiwi (small, peeled)  
1/2 Banana (frozen)  
1 serving Vanilla Protein Powder  
(ensure 20-25 grams of  
protein/serving)  
2 tbsps Chia Seeds  
1 cup Baby Spinach  
1 cup Water  
2 Ice Cubes

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Chia Seeds:** Use flax seed instead.  
**No Protein Powder:** Use hemp seeds instead.





## Egg Muffins- Arugula & Tomato

6 servings  
30 minutes

### Ingredients

1 1/2 tps Avocado Oil  
4 cups Arugula  
8 Egg  
1 Tomato (chopped)  
1/3 cup Unsweetened Almond Milk  
1/4 tsp Sea Salt

### Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 2 In a non-stick skillet over medium-low heat, cook the arugula until just wilted, and then remove from heat.
- 3 In a medium-sized bowl, crack the eggs and then add the arugula, tomato, almond milk and sea salt. Whisk everything together.
- 4 Pour the egg mixture into the muffin cups until they are about 3/4 of the way filled.
- 5 Bake for 20 to 22 minutes. Remove from the oven, let cool and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to two egg cups.

**No Arugula:** Use spinach instead.

**Dairy-Free:** Omit the cheese or use nutritional yeast instead.

**Nut-Free:** Use whole milk, coconut milk or oat milk instead of almond milk.

**More Flavor:** Use sun dried tomatoes instead of regular tomato.



## Raspberry Cauli Smoothie

1 serving  
10 minutes

### Ingredients

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1 serving Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Protein Powder:** Use 1/4 cup hemp seeds per serving instead.



## Shrimp & Avocado Salad

1 serving  
20 minutes

### Ingredients

- 1/2 tsp Avocado Oil
- 4 1/2 ozs Shrimp (large, peeled, deveined)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Lime Juice
- 1/8 tsp Honey
- 1/4 tsp Coconut Aminos
- 2 cups Arugula
- 1/2 Carrot (shredded)
- 2 tbsps Radishes (thinly sliced)
- 1/2 Avocado (sliced)

### Directions

- 1 In a skillet over medium heat, add the avocado oil and shrimp. Cook for 3 minutes each side, or until cooked through. Set aside.
- 2 While the shrimp cook, add the extra virgin olive oil, lime juice, honey, and coconut aminos to a small jar and shake to combine.
- 3 Add the arugula, carrot and radishes to a bowl. Top with the cooked shrimp, the dressing and avocado. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Add chopped cilantro or chopped peanuts to the dish.

**No Coconut Aminos:** Use tamari or soy sauce instead.

**More Flavor:** Marinate the shrimp in a combination of lime, honey & coconut aminos 15 minutes before cooking.





## Chicken Salad with Lemon Garlic Tahini Dressing

2 servings  
45 minutes

### Ingredients

8 ozs Chicken Breast  
1 1/2 tsps Extra Virgin Olive Oil  
1/4 tsp Sea Salt (divided)  
2 Egg  
2 tsps Tahini  
2 tsps Water (warm)  
2 tsps Lemon Juice  
1 Garlic (clove, small, minced)  
1 1/2 tsps Nutritional Yeast  
1 head Romaine Hearts (chopped)  
1/2 Cucumber (chopped)

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper. Place the chicken breast in the prepared baking dish. Drizzle with the oil and season with half of the salt. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Remove the chicken from the oven and let cool.
- 2 Meanwhile, bring a pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place the eggs in a bowl of ice water for 10 minutes or until cool.
- 3 Whisk the tahini, water, lemon, garlic, nutritional yeast and remaining salt together in a mixing bowl.
- 4 To assemble the salad, chop the cooked chicken breast into cubes and cut the hard-boiled egg in half. Divide the lettuce and cucumber between bowls and top with the chicken and the egg. Drizzle the tahini dressing overtop and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Top with nutritional yeast, nuts, seeds or other chopped veggies.

**Meal Prep Option:** Cook the chicken breast and hard-boil the egg ahead of time.



## Chicken, Kale & Avocado Bowl

1 serving  
20 minutes

### Ingredients

- 1/4 tsp Avocado Oil
- 3 White Button Mushrooms (sliced)
- 2 cups Kale Leaves (chopped)
- 1/16 tsp Sea Salt (divided)
- 4 ozs Extra Lean Ground Chicken
- 1/8 tsp Dried Thyme
- 1/8 tsp Onion Powder
- 1/16 tsp Oregano
- 1/16 tsp Garlic Powder
- 1/2 Avocado (sliced)

### Directions

- 1 Heat a large skillet over medium heat and add the avocado oil and then the mushrooms. Cook for 8 to 10 minutes, until cooked through. Add the kale leaves and stir, cooking until just wilted. Season with half of the sea salt. Remove from the skillet and set aside.
- 2 In the same skillet, over medium heat, add the chicken, thyme, onion powder, oregano, garlic and the remaining sea salt. Cook for 10 to 12 minutes or until cooked through.
- 3 Add the mushrooms, kale and chicken to a bowl and top with sliced avocado. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Season the mushrooms and kale with additional spices or herbs.

**Additional Toppings:** Top with fresh herbs such as parsley.

**No Avocado Oil:** Use olive or coconut oil instead.



## Apple with Almond Butter

1 serving  
3 minutes

### Ingredients

1 Apple  
1 tbsp All Natural Almond Butter

### Directions

- 1 Cut apple into slices and remove the core. Dip into almond butter and enjoy!

### Notes

**Keep it Fresh:** To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.





## Raspberries

**1 serving**  
**3 minutes**

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### Ingredients

1 cup Raspberries

### Directions

- 1 Wash berries and enjoy!

### Notes

**Tip:** Do not wash until ready to eat, as washed berries spoil more quickly.





## Pistachios

**1 serving**

**1 minute**

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### Ingredients

1/2 cup Pistachios (in the shell)

### Directions

- 1 Divide into bowls, peel and enjoy!



## Hummus Dippers

1 serving  
15 minutes

### Ingredients

- 1/4 Yellow Bell Pepper
- 1/4 Carrot
- 1 stalk Celery
- 1/4 cup Hummus

### Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with 1/4 cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

### Notes

**Homemade:** Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

**Mix it Up:** Substitute in different veggies like cucumber or zucchini.



## Chicken & Broccoli Casserole

4 servings  
50 minutes

### Ingredients

1 lb Chicken Thighs (boneless, skinless)  
1/4 tsp Sea Salt (divided)  
1 tsp Avocado Oil  
5 cups Broccoli (cut into florets)  
1/2 Yellow Onion (thinly sliced)  
1 1/4 cups Organic Coconut Milk (full fat, from the can)  
1 tbsp Nutritional Yeast  
1 tbsp Tapioca Flour  
1/2 tsp Garlic Powder  
3/4 cup Organic Chicken Broth

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Season the chicken thighs with half of the sea salt. Heat a skillet over medium heat and add the avocado oil. Working in batches, add the chicken and cook for 6 to 7 minutes per side or until cooked through. Remove the chicken and set aside to cool. Once cool, shred the chicken with two forks.
- 3 In the same skillet, using the fat from the chicken, add the broccoli and yellow onion and cook for 3 to 4 minutes until the broccoli is bright green. Remove from the pan.
- 4 Meanwhile, in a saucepan over medium-low heat, add the coconut milk, nutritional yeast, tapioca flour, garlic powder and remaining sea salt. Whisk to combine. Bring to a simmer, then turn off the heat and add the chicken broth.
- 5 Add the chicken thighs to an oven-safe dish and top with the broccoli and onions. Add the coconut milk sauce on top and give it a stir. Place it in the oven and bake for 20 to 25 minutes. Remove, let it cool slightly and then serve. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add chopped bacon or mushrooms to the dish. Season with your favorite dried herbs.

**Additional Toppings:** Serve with rice or cauliflower rice.

**No Tapioca Flour:** Use arrowroot flour or corn starch.





## Baked Blackened Salmon

2 servings  
20 minutes

### Ingredients

- 1 tsp Paprika
- 1/2 tsp Oregano
- 1/4 tsp Garlic Powder
- 1/4 tsp Dried Thyme
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1/8 tsp Cayenne Pepper
- 10 ozs Salmon Fillet
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 Lemon (cut into wedges, optional for serving)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small bowl combine the paprika, oregano, garlic, thyme, salt, black pepper and cayenne pepper.
- 3 Rub the salmon with the oil on all sides and place on the prepared baking sheet. Coat the top sides of the salmon with the spice mixture.
- 4 Bake for 12 to 15 minutes or until salmon is cooked through and flakes easily. Season with additional salt if needed and serve with lemon wedges, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** For a spicier salmon use more cayenne pepper. For a smoky flavor, used smoked paprika instead.

**Make it a Meal:** Serve with roasted veggies and potatoes or on top of a salad.





## Grilled Asparagus

4 servings  
15 minutes

### Ingredients

3 cups Asparagus (woody ends trimmed)  
1 1/2 tps Extra Virgin Olive Oil  
1/4 tsp Sea Salt (or more to taste)

### Directions

- 1 Preheat grill over medium-low heat.
- 2 Toss asparagus in the olive oil. Place asparagus directly on the grill or on a grill mat. Grill for 10 to 12 minutes, rolling at the halfway point.
- 3 Remove from grill and season with salt. Enjoy!

### Notes

**No Grill:** Roast in the oven instead at 425°F (218°C) for 12 to 15 minutes.



## Spicy Shrimp, Quinoa & Spinach

4 servings  
20 minutes

### Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Garlic (clove, minced)
- 2 tps Chili Powder
- 1 tsp Cumin
- 1/8 tsp Cayenne Pepper
- 1/8 tsp Sea Salt
- 1 lb Shrimp (raw, peeled, deveined)
- 12 cups Baby Spinach

### Directions

- 1 Combine the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce the heat to a simmer and cover with a lid. Let it simmer for 12 minutes, or until all the water is absorbed and the quinoa is tender.
- 2 In a mixing bowl combine the oil, garlic, chili powder, cumin, cayenne and sea salt. Add the shrimp to the bowl and toss to coat evenly in the marinade.
- 3 Heat a large non-stick pan over medium-high heat. Add the shrimp and the marinade to the hot pan and cook for 4 to 5 minutes stirring often until the shrimp are cooked through. Season with additional salt if needed. Transfer the shrimp to a dish.
- 4 Reduce the heat to medium and to the same skillet add the remaining oil. Add the baby spinach and sauté just until wilted.
- 5 Divide the shrimp, spinach and quinoa between plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add more cayenne, red pepper flakes or black pepper to the shrimp marinade for more spice. Serve with lime wedges.

**Grain-Free:** Use cauliflower rice instead of quinoa.