



**Ozark**  
HOLISTIC CENTER

# 7 DAY MEAL PLAN

NAME

START DATE



## You're starting an important journey!

This 7-day meal plan is the product of 10 years in practice working with thousands of clients. I've worked very hard to balance all the trial and error with my own love for good food.

In my practice, I use diet and nutrition as a way to improve and support the health of my clients. In my years practicing, I've encountered almost every diet plan out there: keto, paleo, Weight Watchers, vegan, vegetarian, pescatarian, gluten-free, organ meat-based, low-carb, zero-carb, low-sodium, zero sugar, zero greens, antifungal--you name it. Each of them yield positive and negative effects on the individual. I began to think: Could it be that many of these plans are too restrictive, too extreme?

So, with time, I sought to put together something that covered more ground. I wanted a plan that didn't make people feel guilty for snacking or eating "forbidden foods." I wanted something that didn't leave my clients feeling ashamed of their slip-ups or "cheat days;" however, I still needed this plan to require a high degree of attention to the food itself. I wanted to see a meal guide that was nutritious and helpful, but that didn't take all the fun out of eating.

Based on my work with clients from a range of health backgrounds, I came to three central principles for diet: to focus first on eating whole foods, second on diversifying and rotating the components of our meals, and third on enhancing our meals with herbs and spices. Through these principles, we can come to love food again, enjoy the things we eat, and ensure that we are nourished by them. We can make a healthy connection with our food, not a fear or shame-based one.

In this meal plan, we focus on simple foods and simple recipes. I, too, recognize the need for convenience in a modern life. With that in mind, we emphasize things that can be made quickly and without long periods of prep time. (However an afternoon of food prep for the week can be an immense time saver.)



The applications of this diet are far-reaching; we've designed it to work for most people in most situations. We diversify and rotate foods so that we can reach a wide range of nutrients and as well as reduce the likelihood of having a strong reaction or a sensitivity to any one particular food. That trigger food will only frequent your diet every so often, minimizing the possibility of buildup. By frequently exposing the body to certain foods regularly instead of fully purging or binging them, our bodies can often adapt to be able to process them. This rotation also helps us to create a meal plan that is well-balanced in vitamin and mineral content. Sometimes the plan might need to be modified if we know of a true allergy to a food, such as wheat or dairy. But this is the beauty of diversifying the food options: because the meal plan is not dependent on only a few ingredients, it makes it much easier to either alter a recipe or replace it altogether with a more fitting one. Coupled with the other efforts of exercise, breathing, gratitude journaling, and, if necessary, herbal and supplemental, we have room to individualize. If you have a food allergy and are unsure as to how to proceed, feel free to contact my office and we will be able to help you make the substitutions as necessary.

Finally, we balance carbohydrate, protein, and fat intake. By monitoring these macromolecules, we are able to help manage inflammation levels, benefit our heart health, and support a wide variety of other body systems. Too often diets only focus on one system at a time, leaving the neglected systems to deteriorate under the radar.

I'm so excited to present you with this tool. The feedback we have gained when using this diet has been fantastic, encouraging, and humbling. Clients who have tried it tout its simplicity and ease of implementation. They love the way they feel and the results they've gotten in their own life. Foremost, we focus on helping people find energy and motivation in their lives and an overall feeling of health— this is how we do it. I ask you to look over it, consider it, and read the principles we have laid out. I hope that you can start your journey in building a healthy and joyful relationship with food that sustains you, drives you, and gives you energy.

*Dr. Ovie Quinn, D.C.*

Ozark Holistic Center  
Fayetteville, Arkansas

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# Guiding Principles

*The principles outlined below give insight into how we crafted this program. Each of the 9 principles below played a crucial role in our decision-making process when developing an effective, flexible, and affordable meal plan.*

## Diversify & Rotate

This is one of the leading principles behind the logic of our meal plan. Diversifying and rotating means that we keep foods moving in and out of our diets on a regular basis. It's important to include a wide variety of foods in a cycle to promote diversity in the gut microbiome and to increase resilience of the whole body. This means you are eating something different every day. It's okay to have habits and comfort foods, but we want to avoid having pasta with red sauce and ground beef three nights in a row. Doing this can build up byproducts from that particular meal in your systems. Engaging with a wide spectrum of nutritious foods allows us to reach a wide spectrum of nutrients, while also reducing the likelihood of violent sensitivities.

## Balance

Daily balance is just as important as weekly balance—you're experiencing your life day by day and that means your body is, too! We take care to include day-to-day plans that are well balanced, avoiding any wide gaps in essential macronutrients or micronutrients. We've plotted these seven days to yield a caloric intake of about 2000-2500kcal per day; this way you don't have to be burdened with counting calories, but can instead just enjoy your meals. These calories come from a macronutrient balance of about 40% proteins, 40% carbohydrates, and 20% fats, and level intake of micronutrients like vitamins, iron, zinc, potassium, and more. The goal is to avoid any serious gaps: no days without protein, no days without fats, no days without magnesium, etc. We cover everything. A little bit. Everyday.



## Real, Whole Food

Our plan is developed with real food in mind. This element demands a high degree of conscious decision-making, and is therefore often the most difficult shift for people to institute, despite appearing very simple. What do we mean by “real” food? This means you’re buying ingredients and not ready-made meals. It means you have control over what goes into what you eat. This element requires a commitment to buying and preparing food at your own home instead of relying on quick, convenient solutions. It requires valuing yourself and your health enough to schedule the time in your week to prepare meals; when you do this, you can be confident that you’re eating something healthy and nutritionally balanced no matter where life takes you. Choose to buy the whole bunch of green beans instead of the canned or frozen and chopped option. Choose to make your lunches for the week ahead of time instead of buying a week’s worth of frozen meals.

## Herbs & Spices

An excellent way to make food more fun, creative, and nutritious is to incorporate a variety of herbs & spices into the meal plan--and we encourage it! Humans have long used herbs and spices from their local environments to enhance their food. For example, in India and southeast Asia chili peppers were originally added to dishes for preservation. The antimicrobial properties in the chilis helped keep food safe and palatable in hot, humid climates before refrigeration; though, this eventually developed into a staple of the cuisines. Chili peppers, in turn, can serve as antimicrobial agents in the body. The story is true for many herbs and spices—they make our food enjoyable and serve us medicinally. Ginger and turmeric, both delicious, have antiinflammatory and digestion-soothing properties. Seeds of plants in the carrot family (fennel, cumin, caraway, anise, etc.) all have carminative properties (gas and bloating reduction). Chili and cayenne peppers can act as diaphoretics (promote sweat), and can help stimulate the GI tract for efficient elimination. Herbs in the mint family all have a variety of aromatic compounds that can calm the nervous system, improve digestion, and improve cognitive clarity. In addition, many of these herbs and spices contain potent antioxidant compounds, including polyphenols (usually associated with bright colors), which can support a healthy gut microbiome and may even reduce cancer risk. We want you to eat healthier, yes, but don’t forget that you should also be enjoying your food!

## The 80/20 Rule

We've laid out this meal plan for seven days, but we are not militant. We leave room for the necessary flexibility required by having a modern life. Our principle expectation is that you are following the best dietary guidelines at least 80% of the time. The other 20% can be freed up for the inevitable social outings or treats. Going to a wedding and don't want to miss out on the cake? Want to enjoy popcorn at the movies with friends? Sure you can! We encourage moderation without shame. Make the most of these special occasions. The social bonds that can grow and strengthen in these activities with friends and family can more than offset potential health impacts of sometimes eating not-so-healthy foods. As long as the other days of the week follow the plans, there is plenty of room for fun.

## Varied Veggies

Vegetable and vegetable fibers are a crucial part of a diet. While you move through this plan, keep diversity in mind: the more different types of plant fibers we eat, the more diverse our gut microbiome will be. The list of edible vegetation the earth has to offer goes on and on, and each has unique properties, minerals, vitamins, fibers, and flavors that are healing to us. Vegetables also have exceptionally high water content. The water in plants like cucumbers, watermelons, bell peppers, and squashes, for example, is high quality and rich in minerals and electrolytes; what's more, the body is actually more primed to absorb water from vegetables than from drinking.

## Organoleptic Feedback

It's important to taste and smell our food before we eat it. These are important sensory cues that often get overlooked (especially when we are in a hurry or eating on the go), but they are mechanisms our bodies use to tell us if a food is right for us or not (ie, olfactory cues like mold, rot, or individual taste). They also prepare our body for digestion. In fact, the first step of digestion is the food choice itself. We see this disparity when we take a supplement for nutrients versus eating a meal. Say you come home and smell that your spouse is cooking fajitas. The bold smell of the peppers and onions in the air trigger your brain to direct your salivary glands to get working: your mouth waters, and at the same time your stomach begins producing hydrochloric acid (which breaks down food) in preparation for the dinner to come. Swallowing a capsule bypasses the senses in a way that fails to prepare our enzymes and gastric juices to accept, properly break down, and assimilate the incoming nutrients. Supplements are very helpful to fill in gaps, but even the most potent super-food blend on the planet won't do nearly as much good for the body if it comes from a pill.

## Bioindividuality

The 7-day diet plan also aims to balance out the various sources of proteins in order for each individual to find their best ratio of plant to animal foods. With vegetarian meals mixed in with omnivorous meals, you will be able to determine how each meal affects your energy levels, mood, and cognitive capabilities. Some might feel more strong and grounded after eating an animal source of protein, whereas others may feel sluggish and lethargic. In contrast, some people may do better on more plant-based meals, while others may walk away feeling undernourished. This comes down to bioindividuality—your body's specific needs due to chemical makeup, genetic factors, and lifestyle. Theoretically, people whose ancestry comes from northern latitudes with long winters and limited availability of plant foods may do better with more animal proteins and fats. Conversely, people with ancestry in the tropics may tend to do better with a higher percentage of plant foods in the diet, where access to fresh fruits and vegetables is available year round. This diet is a way to help you devote some attention to how your body and mind might respond to different food sources. If after one week of trying the diet you find you feel better after a certain type of meal, you can use that information for future planning.

## Love Eating Food

Following a diet plan can sound very daunting and restrictive, but we want it to be an educational process. We want to offer you time to learn how your body handles each thing you give it, while also supplying you with new things to try. It can be a lot of fun to go on a food adventure in your own home. Some of the most memorable moments with food can come when blending together hodgepodge ingredients in the kitchen, experimenting with new combinations of herbs and spices to get exciting levels of sweet, sour, spicy, and salty, and eventually building the confidence to make something novel, delicious, and nourishing. You will be surprised at how creative you can be in the kitchen, even with a small, somewhat limited list of foods and ingredients. We've structured this program for one week so that you can handle these changes in small doses; uprooting all of one's routines at once for long periods of time often leads to relapsing of the unhealthy habits. To make this even easier, we've selected the foods for you; you can proceed knowing that the foods you are selecting within the diet plan are "healthy," in that they are whole foods as nature intended them. Know that you are not only creating something new and tasty, but also nourishing your body, mind, and spirit all at the same time.



# Ingredient List

## Vegetables:

Romaine lettuce  
Cucumbers  
Carrots  
Green beans  
Broccoli  
Zucchini  
Sweet potato  
Garlic  
Onions  
Celery  
Bell peppers  
Roma tomatoes  
Avocados  
Asparagus  
Mixed salad greens  
Spinach  
Butternut squash

## Grains:

Wheat  
Amaranth  
Quinoa  
Oats  
Teff  
Rice

## Protein (animal):

Bacon  
Chicken breast  
Ground beef  
Salmon  
Steak  
Ham  
Eggs

## Fats & Oils:

Butter/Ghee  
Coconut oil  
Coconut cream  
Heavy cream  
Olives  
Olive oil  
Walnuts  
Pecans  
Avocados

## Protein (plant):

Black beans  
Kidney Beans  
Chickpeas  
Lentils  
Pinto Beans  
White Beans  
Sunflower seeds  
Pumpkin seeds  
Chia seeds  
Almonds

## Sweeteners:

Honey  
Molasses  
Maple syrup  
Succanat  
Monk fruit

## Fruits:

Blueberries  
Strawberries  
Oranges  
Apples  
Bananas  
Grapes  
Plantain  
Limes



# Meal Options

## Breakfast

## Lunch

## Dinner

Yogurt Bowl

Bacon & Eggs

Teff Pancakes

Chia Pudding

Overnight Oats

Plantain & Black Beans

Amaranth Porridge

Avocado Chicken Salad

Hummus Wrap

Tuna Salad Sandwich

Lentil & Squash Soup

Cobb Salad & Quiche

Burgers & Sweet Potato Fries

Chicken Lettuce Wraps

Three Bean Chili

Steak & Veggies

Chicken Curry

Baked Salmon

Stir Fry

Tacos

Spaghetti & Meatballs



# Shopping List

## Protein:

<i>Item</i>	<i>Quantity</i>
Bacon // <i>uncured, nitrate free</i>	12 oz
Chicken breast // <i>organic, free-range</i>	2 lb
Ground beef // <i>uncured, nitrate free</i>	2 lb
Sockeye salmon // <i>wild caught</i>	1 fillet
Steak // <i>ribeye or sirloin, organic, grass-fed</i>	6-12 oz
Ham // <i>organic, deli-sliced</i>	1 lb
Eggs // <i>organic, free-range</i>	1 dozen

## Dairy:

<i>Item</i>	<i>Quantity</i>
Greek yogurt // <i>organic, grass fed</i>	16 oz tub
Shredded cheese // <i>organic, free-range</i>	1 lb
Heavy Whipping Cream // <i>organic, grass-fed</i>	1 small carton
Butter // <i>organic, grass-fed</i>	1 lb

## Having trouble eating better? Start here!

We've created a shopping list to help guide you into a healthier, more comprehensive diet, focusing on whole foods made at home. Feel free to make adjustments based on your preferences or advice from your practitioners. With our diet, we don't ask you to give up everything you love about food and eating. We want you to think of it as nourishment for every part of you! That means engaging in the joy of **eating well and being mindful** of what you're consuming. Go for fresh produce instead of frozen or canned. As much as you can, **buy organic** meats and produce, especially those of which you eat the outside peel.

Part of maintaining a whole food diet is knowing what goes into your food--and the best way to know what goes into your food is to cook it yourself! If cooking is new to you, embrace this process--have fun! Resources for beginning cooks can be found at the end of the booklet.





# Shopping List

## Produce:

<i>Item</i>	<i>Quantity</i>
Romaine lettuce	1 head
Cucumbers	2
Carrots	2 lb
Green beans	1/2 lb
Broccoli	1 lb
Zucchini	2-3
Sweet potato	2-3
Garlic	1 bulb
Onions	3-4
Celery	1 lb
Bell peppers	1 of each color
Roma tomatoes	5-6
Asparagus	1 lb
Mixed salad greens	1 large box
Spinach	1 bunch
Butternut squash	1 lb
Blueberries	1 pint
Strawberries	1 lb
Oranges	1 bunch
Apples	1 lb
Bananas	1 small carton
Grapes	1 lb
Lemons	1 bunch
Limes	1 lb
Avocados	1 small carton
Plantain	1 lb

## Encouragement!

This first shopping trip will feel expensive, but afterwards--after you've learned what your body needs--you will only need to restock particular items as needed or begin buying in bulk.

If cooking every day feels like too much, you'll find some tips on meal prepping the back of this booklet! Either way, the first week will likely feel a little difficult and potentially overwhelming--but you can do it! And you will feel better and so accomplished and confident afterwards!



# Shopping List

## Extras etc

<i>Item</i>		
Baking soda	Black beans	2 cans
Sea salt	Kidney beans	1 can
Cinnamon	Chickpeas/Garbanzo beans	1 can
Vanilla extract	Lentils	1 dry bag
Quinoa	Refried beans	1 can
Oats // <i>rolled</i>	White beans	1 can
Teff flower	Ezekeil sprouted bread	1 loaf
Amaranth seed	Vegetable stock	1 carton
Tortillas	Crushed tomatoes	2 15-oz cans
Coconut oil // <i>organic</i>	Canned salmon	2 cans
Olives	Diced tomatoes	15 oz can
Sunflower seeds // <i>unsalted, shelled</i>	Tomato paste	3 cans
Pumpkin seeds/pepitas	Strained tomatoes	15 oz can
Chia seeds	Salsa	
Almond butter	Granola	1 lb
Walnuts/pecans	Raisins	
Honey // <i>local</i>	Hummus	
Maple syrup	Tzatziki	
Molasses	Primal Kitchen mayo	1 jar
	Whole-grain mustard	

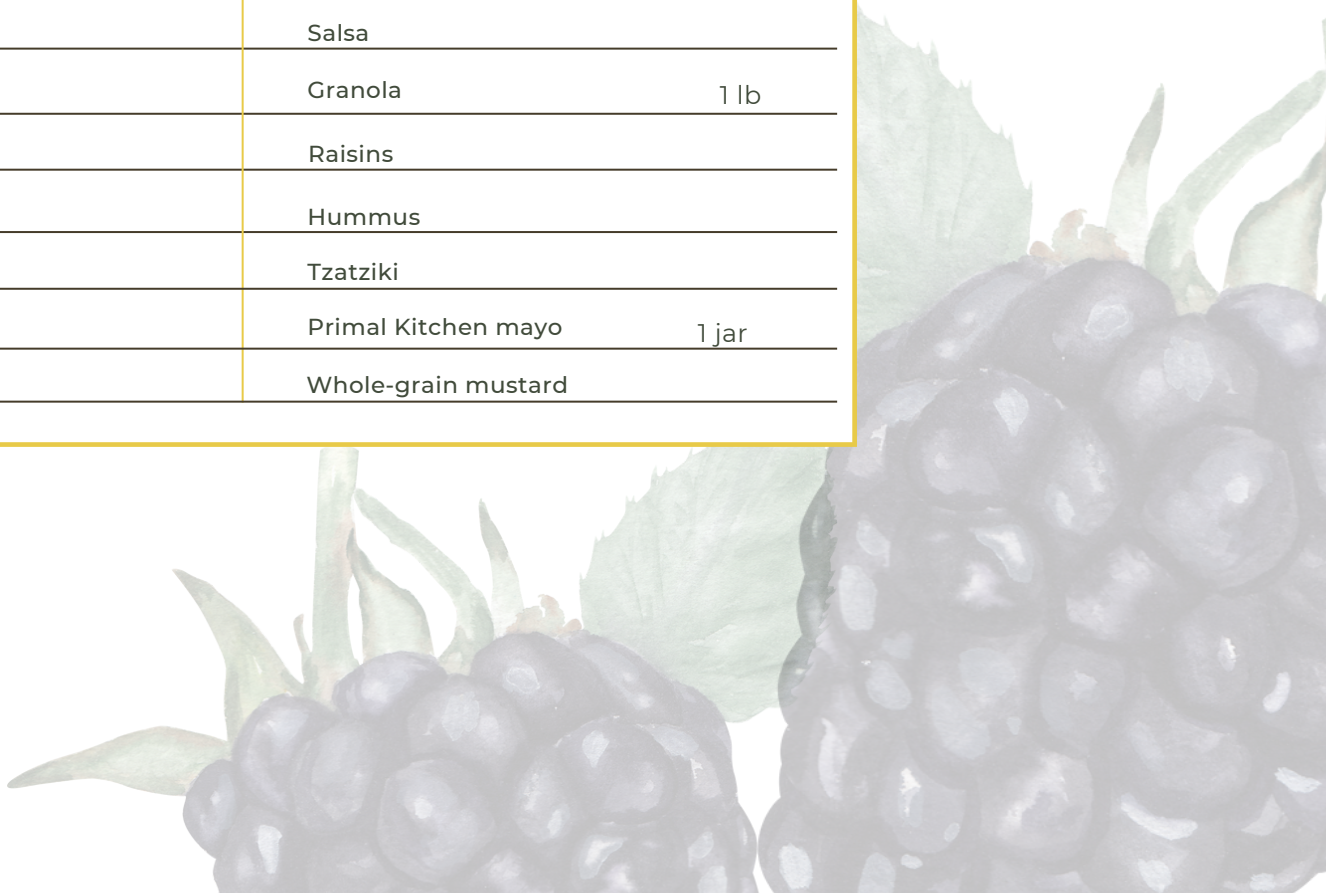
## Already stocked?

If your pantry already has many of these essentials, don't feel the need to buy new ones unless you just like to plan ahead and have back ups.

We've curated this list to feed **1 person 3 meals for 7 days**. When calculating expenses, consider that this is 21 fully-formed meals. You will need to adjust the quantities if you are feeding more than just yourself.

Instructions how to properly store and freeze leftovers can be found in the appendix.

Don't forget we also have select **herb blends and tea** for sale in the office if you want to spice up these recipes!



# Recipes: Breakfast

## Amaranth Porridge

1/2 c amaranth seeds  
1.5 c water  
1 tsp molasses  
1 T butter  
2 oz pumpkin seeds/pepitas  
4-6 strawberries

Combine amaranth and water in small saucepan, bring to a boil.  
Reduce heat to low, cover, simmer 30 minutes, stirring occasionally (seeds will stick to the bottom!)  
Stir in molasses & butter, top with pepitas & strawberries!

## Bacon & Eggs (and company)

4 slices of bacon  
3 eggs, your way  
3 oz spinach  
1 T olive oil  
1 tomato, sliced

Cook bacon in skillet at med-low heat  
Remove bacon. Cooks eggs in leftover bacon grease (or poach in separate pot)  
Add a T water to hot skillet and cook spinach, cover and let simmer until soft  
Serve on top of tomato slices.

## Chia Pudding (overnight)

2 T chia seeds  
2 oz coconut milk  
1/2 c water  
1 oz pecans, walnuts or hazelnuts  
1 banana, sliced

Combine chia seeds and water in mason jar and let sit in refrigerator overnight  
In the morning, stir in coconut milk, nuts, and fruit.

## Overnight Oats

1 c rolled oats  
1/2 c raisins  
1 T honey  
3 T sunbutter  
1/4 cinnamon

Combine In a large bowl or pyrex dish, add oats and enough water to submerge and cover them.  
Let soak overnight.  
In the morning, heat oats in small pot (or don't! Oats can be enjoyed cold!) and add toppings.





## Plantains & Black Beans

1 medium plantain, green  
1 cup black beans, cook or canned  
4 T salsa  
1 T coconut oil  
handful mixed greens  
1 tsp Caribbean jerk spice blend

Heat coconut oil in skillet at medium heat

Slice green plantain, add to skillet. Stir regular to prevent sticking.

Once plantains are soft, add black beans and seasoning.

Serve over mixed greens & tops with salsa!

## Teff Pancakes

1 3/4 c teff flour  
1 tsp baking soda  
1/4 tsp salt  
1/4 tsp cinnamon  
1 banana  
1 egg  
1/2 tsp vanilla extract  
1/4 c water

Whisk together dry ingredients.

Separately, mix wet ingredients in food processor or whisk vigorously

Combine wet and dry mixtures. Add water as needed to achieve semi-runny batter.

At medium heat, ladle 1/4c batter at a time into skillet. Cook 3-5 minutes on each side, until toasted.

Top with fruit, heavy cream, yogurt, nuts, or maple syrup.

## Yogurt Bowl

8 oz whole fat greek yogurt  
5oz blueberries  
1 oz walnuts, pecan, or hazelnuts  
handful of granola

Top yogurt and enjoy!



# Recipes: Lunch

## Avocado Chicken Salad

5 oz boneless, skinless chicken  
1/2 T coconut oil  
1 avocado  
1 bell pepper, diced  
3 oz mixed greens  
1 T olive oil  
1/2 lemon, juiced  
salt to taste

Heat coconut oil in skillet at medium heat

Slice chicken and sauté 3-4 minutes on each side.

Transfer chicken to bowl of greens, sliced avocado, and peppers. Drizzle with olive oil and salt to taste

## Burger & Sweet Potato Fries (lettuce wraps)

1 8oz sweet potato  
2 T coconut oil  
6 oz ground beef patty  
1 T Primal Kitchen mayo  
8 leaves of iceberg or romaine lettuce  
Condiments of your choice (mustard, pickles, ketchup, etc.)

Preheat oven to 375.

Slice sweet potato in 1/8 inch discs. Melt 1 T of oil and toss together in large bowl. Massage oil into slices. Salt and pepper to taste.

Bake chips on baking sheet with parchment paper for 30 minutes, flipping halfway through.

While chips are cooking: With your hands, form ground beef into patty shape. Be gentle but firm--don't squish the beef.

Heat coconut oil in skillet over medium heat.

Cook patty 3-6 minutes on each side, or until internal temperature reaches 145.

Sandwich patty between lettuce leaves and dress with condiments. Serve with fries.

## Cobb Salad

4 oz deli ham, diced  
2 soft or hard boiled eggs  
3 oz mixed greens  
1 avocado  
4 oz diced tomatoes  
2 oz cheese

Combine ingredients in bowl and drizzle with olive oil. Salt & pepper to taste



## Hummus Wrap

3 oz carrots, shredded  
3 oz zucchini, spirized  
handful mixed greens  
1 flour tortilla  
1 tsp Primal Kitchen mayo  
1 cup hummus \*(see recipe in "Others")

Spread mayo over tortilla

Combine all ingredients in tortilla, wrap, and enjoy!

## Lentil & Squash Soup

1/4 c olive oil  
2 cups lentils, canned or pre-soaked  
2 stalks celery  
1 package frozen butternut squash, or 12 oz fresh squash, cubed  
1 onion, chopped  
2 cloves of garlic, minced or whole  
1 T Italian seasoning  
1 14.5 oz can crushed tomatoes  
1 c spinach or kale  
1/2 lemon, juiced  
8 c water, veggie stock, or bone broth

Whisk together dry ingredients. Heat oil in large soup pot over medium heat.

Cook onions, celery, and garlic until onions turn translucent.

Add herbs and lentils.

Add stock/water, squash, and tomatoes. Bring to a boil, reduce to a simmer until lentils are tender (about 1 hour).

Just before serving, stir in kale/spinach.

After serving, drizzle with lemon juice. Salt & pepper to taste. Can be made prior to consuming.





## Mediterranean Chicken Wrap

5 oz boneless, skinless chicken  
1 T olive oil  
4 large leaves romaine lettuce  
4 T tzatziki (store bought or  
homemade\*)  
3 oz sliced cucumber  
3 oz olives  
1 flour tortilla

Slice chicken and sauté chicken in olive oil.

Lay chicken in tortilla and pile on other ingredients. Drizzle with lemon juice, salt & pepper. Wrap and enjoy.

Optional: To toast, lay wrap on oiled skillet for 2-3 minutes per side, beginning with the seam down.

## Tuna/Salmon Salad Sandwich

1 6oz can tuna or sockeye salmon  
1 T Primal Kitchen mayo  
3 oz chopped celery  
2 slices Ezekiel sprouted 4:9 bread  
1 tsp paprika

Combine celery, mayo, paprika, and fish in bowl. Salt & pepper to taste.

Spread over toasted bread and serve.



# Recipes: Dinner

## Baked Salmon

6-8 oz salmon filet  
3 medium carrots  
10-12 broccoli florets  
2 T butter  
1 tsp dried dill  
1 T fresh dill, plucked  
1 tsp crush black pepper  
2 cloves minced garlic  
1/2 lemon, juiced  
1 c rice  
1 T water

Preheat oven to 350. Prepare 2 baking dishes with 1 T butter and place in over for a few minutes to melt. Cook rice.

Remove both dishes once butter is melted. Chop veggies and roast in oven on prepared dish 25-35 minutes.

While veggies are cooking, massage salmon with salt, garlic, dill, and pepper.

Add 1 T water and salmon to second baking dish.

About 10-12 minutes before veggies are done, place salmon in oven.

Serve with rice and garnish with dill and lemon juice.

## Chicken Curry (5 servings)

2lb boneless, skinless chicken  
1 tsp salt  
2 T coconut oil  
2 T curry powder  
1/2 onion, thinly sliced  
1 can coconut milk, room temp  
1 8 oz can stewed tomatoes  
1 4 oz can tomato paste  
1 T honey  
1/2 bunch cilantro  
2 limes, quartered

Season chicken on a plate with salt and pepper.

Heat oil and curry powder in large soup pot over medium heat, about 2 minutes.

Stir in onions and garlic, cook about 1 minute.

Add chicken, tossing lightly with seasoned oil.

Reduce heat to medium, cook for 7-10 minutes, or until chicken is cooked all the way through (internal temp 165).

Add in coconut milk, all tomatoes, and honey and combine.

Cover and let simmer about 30-40 minutes, stirring occasionally.

Sever over rice and garnish with lime and cilantro



# Spaghetti & Meatballs

1 whole egg  
1/4 c ground almonds or almond butter  
sea salt  
1 T coconut oil  
1 tsp turmeric  
1 tsp chili powder  
1 lb grass-fed, organic ground beef or bison  
1 14.5 oz can whole peeled tomatoes  
1 14.5 oz can crushed tomatoes  
2 T Italian seasoning  
3 bay leaves  
2 T olive oil  
1/2 package gluten-free pasta (chickpea, lentil, or brown rice)

## Meatballs:

Preheat the oven to 320 ° F.

Combine the egg, nuts, 1/2 teaspoon salt, oil, turmeric, and chili powder and mix into the meat by hand to thoroughly combine.

Form the meat into small balls the size of a ping-pong ball and place on a rimmed baking sheet lined with foil.

Sprinkle salt on the meatballs before placing them in the oven.

Bake for 20 to 25 minutes, depending on the size of the meatball.

## Sauce

Combine all ingredients in a sauce pot, bring to a rolling boil, reduce heat and simmer for 30 minutes. Add to the pasta of your choice.

# Steak & Veggies

6-8 oz steak  
12 spears of asparagus & any other vegetable you'd like to add  
1 large sweet potato  
2 T unsalted butter

Preheat oven to 400. Wrap sweet potato in foil and place on baking sheet. Cook 40 minutes.

After 30 minutes of baking, melt butter and massage into asparagus with salt and pepper. Place on the baking sheet beside potato.

Pour 2-4 oz water into a skillet, enough to cover the bottom. Bring to a simmer and place steak in center. cover and cook 5 minutes on both sides.



## Stir Fried Quinoa

1 can chickpeas, drained  
1/2 cup quinoa  
1 onion, diced  
2 cloves garlic, diced  
1 zucchini, chopped  
2 carrots, chopped  
2 T olive oil or butter

Bring 1 cup of water to a boil and add the quinoa and a little bit of olive oil. Reduce heat, cover, and let simmer for 20 minutes (keep an eye on it and add more water if needed)

Add olive oil or butter to a skillet over medium heat. Add onions and carrots and cook until onions are translucent.

Add garlic and zucchini, stir. Add in the garbanzo beans, keep stirring.

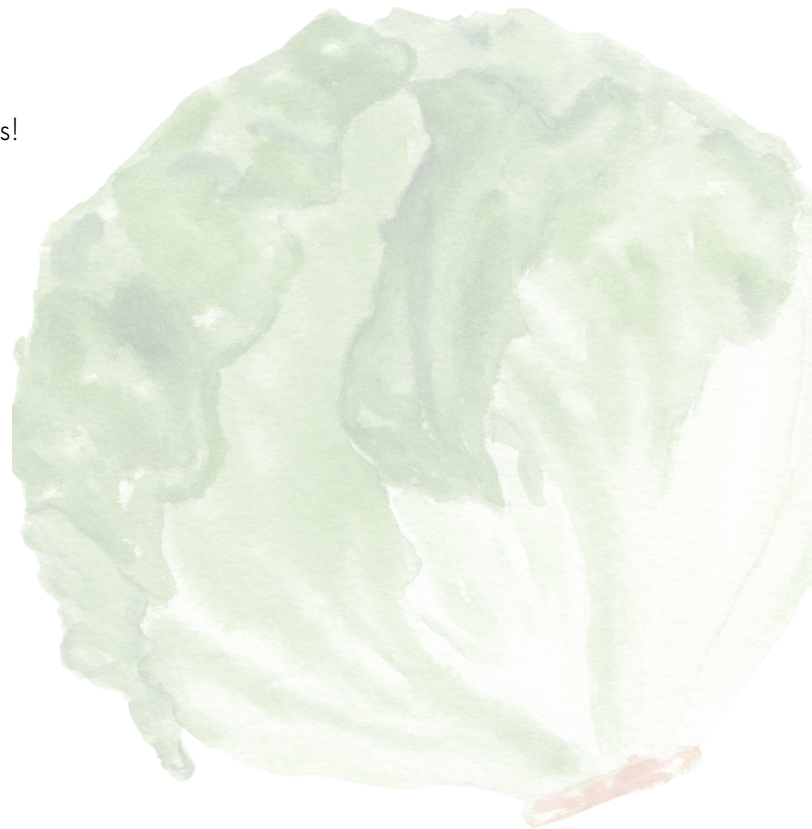
Season to taste and combine the cooked quinoa with stir fry

## Taco Night!

1/4 lb ground beef, chicken, pulled pork, or bison  
1/2 can black beans  
1 avocado  
shredded cheese  
corn or flour tortillas  
salsa  
sour cream  
lettuce, chopped

Brown the protein in a skillet

Process all veggies and toppings, then build your tacos!





# Three Bean Chili

1/2 c olive oil  
1 green bell pepper, chopped  
2 carrots, chopped  
1 onion, chopped  
2 cloves garlic, minced  
1 T chili powder  
1 14.5 oz can diced tomatoes  
2 T tomato paste  
1 can black beans (unsalted, drained)  
1 can kidney beans (unsalted, drained)  
1 can white beans (unsalted, drained)  
1/2 bunch cilantro (optional)  
4 c water, veggie stock, or bone broth  
shredded cheese or sour cream (optional)

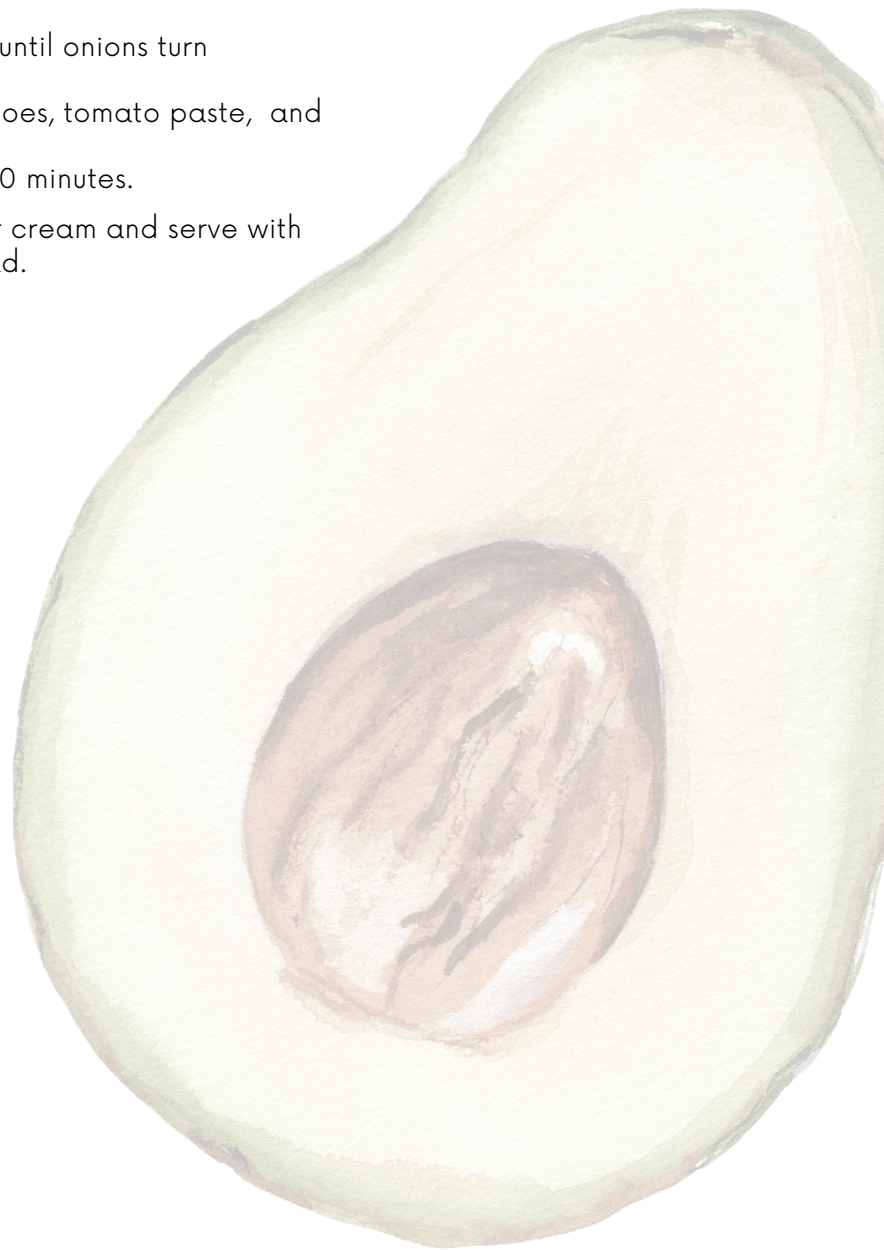
Heat oil in large soup pot over medium heat.

Add onions, green peppers, and carrots. Cook until onions turn translucent.

Stir in all beans, add water/stock, diced tomatoes, tomato paste, and chili powder.

Bring to a boil. Reduce and let simmer about 30 minutes.

To serve, top with cilantro, cheese, and/or sour cream and serve with tortilla chips, crackers, brown rice, or cornbread.



# Workbook

*Each night, take 5-10 minutes to reflect on the food you ate that day.*

Day 1

How did it go? How did you feel? Was anything easier or more difficult than you expected? Did any foods seem to particularly energize you or slow you down, or otherwise? What did you notice today?

Day 2

Day 3



Day 4

Day 5

Day 6



Day 7

## Overall

Will you keep this up after today? What changes, if any, need to be made to fit your lifestyle and body? How will you proceed? Did you have cravings? If so, how did you deal with them? What did you learn about yourself and your body?



# Notes







# Appendix

## glossary

### **Bioindividuality**

This is the idea that our ancestry plays a roll in our habits and nutritional needs in the modern day. Some us come from lineages that were, due to a number of factors like climate and availability, included more meat in their ancient diets; others of us come from ancestors who survived in temperate climates that supplied edible vegetation throughout the year. These individuals may notice that they feel their best after meal with high vegetative content, while someone whose ancestors lived in colder or more arid regions my feel their best after meals with a higher meat content.

### **Macronutrients**

fats, proteins, carbohydrates

### **Microbiome**

Everybody's body houses a particular populations of bacteria and microorganisms. There are several microorganisms that are found in almost everyone, but may populate the gut with a variety of concentrations. This can be due to over or under saturation of certain foods, pH in the Gi tract, infection, or otherwise, and can also change over time. "Microbiome" refers to each person's unique population of microorganisms.

### **Micronutrients**

vitamins and minerals

### **Organoleptic**

engaging the use of your sensing organs like your nose.

# helpful tips

## tips for food prepping

When you come home from the store, go ahead and process (peel, chop, and sort) your veggies and store them in separate containers in the fridge. That way, when you are ready to cook a dish that involves sweet potatoes tomorrow, you don't also have to chop all those sweet potatoes. Then, take a bit of masking tape and date each container. You can also write which dishes each item is intended for. To make a pull tab on the tape for easy removal, fold the outmost quarter inch of the tape onto itself.

If you want to freeze some prepped items, chop your meat or vegetable into cubes, then lay it all out on cookie sheets lined with parchment paper. Place the cookie sheets in the freezer, making sure the pieces do not touch. When the chopped items are frozen (1-2 days), label a ziplock bag with a sharpie and pour the contents into it. It can be tempting to chop all the vegetable and throw them in a bag together, but this will allow you to scoop out what you need in the future instead of committing to thawing and using the whole bag.

For some vegetables, it can be best to chop and blanch before freezing.

If you don't have time when you get home from the store, it can be immensely helpful to set aside an hour or two at the beginning of the week to chop, mix and sort anything you can that will help you save time. If you want to go further, you can cook all day long and make, say, several of your lunches for the week and sort them into separate containers. That way, you've made yourself a healthy grab-n-go situation.

## “How to Stock a Modern Pantry” by Julia Moskin

<https://cooking.nytimes.com/guides/56-how-to-stock-a-modern-pantry>

This is a great guide for beginner cooks! It can also help you continue keeping your kitchen stocked for all your nourishing food adventures well after you finish the meal plan.

## “Five Meal Prep Tips” by Pro Home Cooks

<https://youtu.be/xAlerfe3m8U?si=IIBlgV-JNhoqt8n->

Great tips for streamlining your week full of cooking. You can take these tips and apply them to the meals and recipes we've provided you.

## *Salt, Fat, Acid, Heat* by Samin Nosrat

A fantastic resource for beginner and advanced cooks alike. This book will also teach you how to improvise and use the best versions of the food around you.

# extra recipes

## Hummus

1 can chickpeas, reserve some water  
1/4 cup olive oil  
1/2 lemon, juiced  
season to taste

Blend chickpeas, lemon juice and seasoning in food processor.  
Slowly stream in oil.

## All-purpose herb & yogurt sauce

Fresh herbs: cilantro, mint, parley, whatever you choose  
3 cloves of garlic  
Fresh cracked pepper  
Salt  
Acid: about 1/3 cup lemon juice, apple cider vinegar,  
or other vinegar of your choice  
About 1/3 cup of olive oil  
About 1/2 cup of yogurt

Chop herbs and garlic and add to food processor.  
Slowly stream in olive oil and add salt, pepper, and  
acid. Then add yogurt. This can be used on any dish  
to which you want to add a creamy, acidic pop! Put in  
a squeeze bottle for easy use.

## Stock

Any chicken or beef bones  
Onion, carrots, celery, or other aromatic vegetables  
Handful of spices like coriander, bay, fennel, black  
pepper, etc  
Water

Bring the bones to a boil. Then drain off the murky  
water full of impurities. The cover with water again  
and simmer for a few hours. An hour before you turn  
the stock off, toast a handful of herbs and add them to  
the pot. Add any vegetable scrap like carrot peels,  
celery leave, or onion ends and continue simmering for  
1 hour. For those wanting vegetarian stock, you can do  
this without the bones and still get a strong flavor that  
will make a great base for soups or sautees.

