

ANTI-INFLAMMATORY DIET

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- **Eat small, frequent meals** (e.g. breakfast, snack, lunch, snack, dinner, snack).
- **Focus on whole, fresh, organic, local and seasonal foods.**
- Poultry and red meat should be free range and without hormones or antibiotics and fed organic feed or grass
- **Avoid sugar, high fructose corn syrup, full strength fruit juices, refined carbohydrates such as those containing white flour (cakes, cookies, doughnuts, etc.), white rice and other refined grains.**
- Avoid **known** food allergens or sensitivities e.g. dairy, gluten, corn, soy, nuts etc.
- Avoid partially hydrogenated oils and trans fats
- Use extra virgin olive oil (low heat), Spectrum walnut or almond oil (higher heat), Spectrum canola oil (higher heat), coconut oil for cooking.
- Ensure adequate water intake
- Ensure digestion is adequate (i.e. normal bowel habits and minimal gas or bloating after meals). Take digestive aids as needed and prescribed.
- **DETOX DRINK:** hot water, lemon, cayenne, cinnamon, ginger and honey
- Use fresh garlic, onions, ginger, turmeric, red chili, basil, rosemary, fennel, anise, coriander, cinnamon and cloves.
- Supplement with high potency multiple vitamin/mineral.
- Eat a rainbow of foods every day. Eating colorful foods ensures you're getting a wide range of vitamins, minerals and phytonutrients.
- Athletes and people with active lifestyles may have to increase serving sizes and the amount of whole grains and/or starchy vegetables to ensure adequate caloric intake (e.g. include brown rice, Quinoa, whole grain pasta and multi grain bread). Adjust portions according to level of energy, weight loss/gain and mood.

Carbohydrates

Fruits (especially berries)
Non-starchy vegetables
Limit:
-Sugar/HFCS (avoid)
-Grains/cereals
-Potato
-Corn

Protein

Meat/poultry
Fish
Egg whites
Nut butter
Beans, legumes & lentils
Yogurt
Tempeh
Whey, Casein

Fats

Oils (olive, canola)
Avocado
Raw Nuts & seeds
Coconut milk/oil
Egg yolks

Supplements:

1. ACES + Zinc: take one 2x/day
2. Meriva (Curcumin): take two 2x/day
3. Bromelain: take two 3x/day **AWAY FROM FOOD**
4. C/Bioflavonoids: take 1000 mg of each 2x/day
5. Inflammation Balance: take two soft gels 1-3x/day

MEAL PLAN

BREAKFAST: (choose one)

SMOOTHIE: (unsweetened almond milk, 1 cup frozen berries, whey protein powder-15-20g, 1 tbsp ground flax or hemp seeds, 1 cup raw spinach, local honey)

- ½ cup slow-cooked oatmeal with ¼ cup blueberries
 - Raw almonds
 - Whey protein powder- 10-20g
 - Green tea or water
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- Omelet made with 2-3 eggs
 - Sliced tomato, onion, avocado
 - ½ cup blueberries
 - Green tea or water
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- 6 oz plain yogurt or full fat cottage cheese
 - ½ cup strawberries
 - Hazelnuts
 - Green tea or water
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- 2 poached eggs
 - ½ cup slow-cooked oatmeal
 - ½ cup blueberries
 - Green tea or water
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- Salmon/Halibut burger or whole foods chicken or turkey sausage
 - 2-inch wedge water melon or ½ cup berries
 - Green tea or water

- Scrambled eggs with 3 egg with onions and spinach
- 2- inch wedge of water melon or ½ cup berries
- Green tea or water

LUNCH: (choose one)

- 4-6 oz broiled turkey burger (no bun)
- Lettuce and tomato
- ½ cup bean salad
- Green tea or water

- 4 oz grilled chicken salad (with dill, red onion, garlic and olive oil)
- ½ cup steamed broccoli
- ½ cup strawberries
- Green tea or water

- 4 oz salmon or Tuna salad (dress with lemon juice, olive oil and dill)
- Romaine lettuce, mixed greens or spinach
- Green tea or water

- Stir fried vegetables with poultry or seafood (home made/Thai/Chinese)
- ½ apple
- Green tea or water

- 3-4 oz can water-packed tuna
- ½ cup lentil soup
- Romaine lettuce salad with tomato, red onion, olive oil and lemon
- Green tea or water

- 4-6 oz grilled chicken
- ½ cup vegetable barley soup
- Large green salad with tomatoes, avocado and red onion
- 2 inch-wedge of water melon or ½ cup berries
- Green tea or water

Fast Food Options

- Poultry or Seafood (grilled or stir fried) with stir fried vegetables
- Mixed vegetables with beans and lentils
- Soups with vegetables and poultry or fish and a mixed salad
- Green tea or water

DINNER: (choose one)

- 4-6 oz broiled salmon
 - 1 cup lentil soup
 - Tossed green salad with olive oil and lemon juice
 - ½ cup steamed spinach
 - Green tea or water
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- 4-6 oz grilled halibut
 - 1 cup chicken-vegetable soup
 - Mixed greens or romaine lettuce, avocado, tomato, red onion and celery; dress with olive oil and balsamic vinegar
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- 4-6 oz broiled or grilled grass fed beef
 - ¼ cup green beans
 - Spinach salad with mushrooms, red onion, and ¼ cup chickpeas; dress with olive oil and lemon juice
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- 6 oz filet of sole, cod or snapper
 - 8 steamed, then stir fried Brussels Sprouts with garlic
 - Romaine lettuce salad with 2 oz chickpeas; dress with olive oil, garlic, Dijon mustard and lemon juice
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- 1 roasted chicken breast (without skin)
 - ½ cup grilled zucchini
 - ½ cup mixed bean salad
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- 4-6 oz grilled halibut
 - Greek salad (Romaine lettuce, fresh olives, ½ cucumber, 4 cherry tomatoes, red onion; dressed with olive oil, lemon juice and oregano)
 - Steamed or grilled asparagus
 - 2-inch wedge cantaloupe

EATING OUT

- Protein (e.g. poultry, fish, beans, meat)
- Vegetables
- Try to avoid bread, rice, pasta and starchy grains

SNACKS:

- 2 oz sliced turkey or chicken
- **Raw nuts** (6-8) - almonds, cashews, hazelnuts, walnuts, seeds, macadamia
- Carrot and celery sticks
- Celery sticks with almond butter
- Carrots, celery, red pepper with hummus or guacamole
- Hard boiled egg
- ½ cup cottage cheese with 2 tablespoons berries
- **Fruit:** oranges, pink grapefruit apples, pears, berries, grapes, mango, papaya, melon
- 6 oz plain yogurt (Greek style is higher in protein) with berries
- 2 oz grilled chicken breast with 4 olives
- 4 cherry tomatoes
- Smoothie (see breakfast)
- 1 cup fruit salad
- 1 cup Edamame beans lightly salted
- Mixed salad with tomato, cucumber, spinach, onion, peppers; dress with olive oil and lemon juice
- 2 oz smoked salmon
- 1 cup Lentil or bean soup
- 1 ½ **dark** chocolate (70% or greater); Cocoa (non-alkali) sweetened with honey
- Green tea, black tea, cocoa (Non-Dutch processed sweetened with honey)
- Baked walnut-cinnamon apples
- 1 tablespoon almond or cashew/macadamia nut butter
- Veggie burger (no bun)

POWER FOODS

- Fruit- apples, berries, grapefruit, plums, watermelon, pomegranate; Figs, cranberries
- Extra virgin olive oil
- Vegetables- dark. Green, leafy e.g. chard, kale, spinach; broccoli, Brussels sprouts, cauliflower, tomato, Garlic/onion/ginger, avocado
- Legumes, lentils and beans
- Nuts/nut butters- walnuts, almonds, pecans, peanuts, pumpkin, flax, sesame
- Cold water fish- salmon, halibut, tuna, cod ; Grass fed beef, lean poultry, wild game
- Dairy (if tolerant)- whey protein powder, plain yogurt ; eggs
- Herbs- cinnamon, pepper (black, cayenne, chili), cinnamon, turmeric

- Tea (green and black), dark chocolate (>70%), local honey (in moderation)

In Moderation

- Red wine/stout beer
- Coffee
- Dark Chocolate