



CentreSpringMD
INTEGRATIVE MEDICINE BY DR. TAZ

JUMPSTART YOUR HEALTH

ANTI-INFLAMMATORY 3-DAY MEAL PLAN

A photograph of a person's midsection. They are wearing a white ribbed tank top under a light pink, textured cardigan. Their hands are pressed against their lower abdomen, suggesting pain or discomfort. The background is a neutral, light gray.

Are You Dealing with Chronic Inflammation?

You're likely familiar with the pain, swelling, and redness that accompanies inflammation from a cut or scrape.

It's a healthy part of immune function.

But the kind of inflammation that occurs deep within your cells is a problem that many cannot see or feel until it's too late.

This is chronic inflammation, and it's hidden in many triggers all around us.

Fortunately, there are ways to both reduce chronic inflammation, and find out if your levels are elevated.

At CentreSpringMD we offer:

- C-Reactive Protein Testing
- Food Sensitivity Testing
- Genetic Tests
- Nutrient Deficiency Screening

Schedule Your Free Consultation Now

Reducing Inflammation

The main goal in eating an anti-inflammatory diet is to consume fewer processed, refined foods and sugar, and more whole, nutrient dense foods.

When comparing anti-inflammatory recipes, you'll notice a pattern of common beneficial nutrients that help your body resolve inflammation and calm the root cause of chronic disease at its source, like.

- **Antioxidants and polyphenols**
- **Quality proteins**
- **Omega-3 fats from fish and flax**
- **Minerals**
(like magnesium, potassium, selenium, and zinc)



By adding more of these anti-inflammatory foods, and removing the foods that keep you inflamed, you can positively impact your immune system and help your body properly resolve inflammation that's a key factor in most modern diseases.

"Which Foods Should I Eat?"

A breakdown of macronutrients and
simple eating guide

An Anti-Inflammatory Whole-Foods Diet

20-30%
QUALITY
PROTEINS

30%
HEALTHY FATS



40-50%
MINIMALLY PROCESSED
CARBOHYDRATES

ANTI-INFLAMMATORY ***3-Day Meal Plan***

Day 1

Breakfast

Balancing Berry Smoothie

Packed full of antioxidants and micronutrients, a smoothie is an easy way to get a healthy serving of veggies in before you even begin your day. Leafy greens and berries provide antioxidant protection, while ground flax seeds provide omega-3s and fiber.

Don't forget your favorite collagen powder, as these amino acids provide support for healthy gut repair.



ANTI-INFLAMMATORY ***3-Day Meal Plan***

Ingredients:

Serves 1

- 1 cup non-dairy milk (coconut, almond, or cashews are my favorite)
- 1 cup of dark leafy greens
- 1/2 cup frozen berries
- 1/2 banana or avocado (if you like extra creamy smoothies - freeze first!)
- 1 scoop collagen powder
- 1 tbsp ground flax seeds
- Optional: nut butter for added protein, dark chocolate chips for sweetness, or vanilla extract and cinnamon

Combine all ingredients and blend until smooth.



ANTI-INFLAMMATORY *3-Day Meal Plan*

Lunch

Garam Masala Root Vegetables Over Turmeric Rice

Complex and rich spices give this rice dish flavor and plenty of antioxidant phytonutrients. Bring a little Middle-Eastern flair to your dinner table with this anti-inflammatory meal.

RICE

- 1 cup water
- 1/2 cup brown basmati rice
- 1/4 cup raisins
- 1 tsp olive oil
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp ground turmeric
- 1/4 tsp ground cinnamon
- 1/4 tsp ground black pepper
- 1/8 tsp. salt



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VEGETABLES

- 2 tsp coconut oil or ghee
- 1 tsp garam masala or Indian curry powder
- 1 tsp honey
- 1/4 tsp salt
- 2 tbsp lemon juice
- 1-2 cups roasted root vegetables (sweet potato, beet, turnip, radish)
- 2 tbsp plain yogurt or tahini
- Chopped fresh herbs, such as mint, dill, parsley, and/or cilantro, for garnish

To prepare rice: Combine all ingredients in medium saucepan and bring to a boil. Cover, reduce heat to maintain a gentle simmer and cook until the liquid is absorbed, 35 to 40 minutes. Remove from heat and let stand, covered, for 10 minutes.

To prepare vegetables: Heat coconut oil (or ghee) in a medium skillet over medium heat. Stir in garam masala and cook until fragrant, about 1 minute. Then, add roasted root vegetables, honey, and salt and pepper. Cook until heated through, stirring often, 2 to 4 minutes. Stir in lemon juice.

Serve the vegetable mixture over the rice, topped with yogurt or tahini. Garnish with herbs, if desired.

ANTI-INFLAMMATORY ***3-Day Meal Plan***

Dinner

Walnut Crusted Salmon with Honey & Rosemary

A great source of omega-3 fats and protein, salmon is one of the most beneficial anti-inflammatory foods. Walnuts also provide beneficial fats to keep you satisfied.

Serve over a bed of greens or with your favorite sautéed veggies. Pairs well with asparagus or steamed broccoli.



ANTI-INFLAMMATORY

3-Day Meal Plan

Ingredients:

Serves 2

- 2 salmon filets
- 2 tbsp Dijon mustard
- 2 tbsp honey
- 1 clove garlic, finely minced
- ¼ tsp lemon zest
- 1 tsp lemon juice
- 1/3 cup chopped walnuts
- 1 tsp dried or fresh rosemary
- Pinch of salt

Preheat the oven to 425°F. Line a large rimmed baking sheet with parchment paper. Combine mustard, garlic, lemon zest, lemon juice, rosemary, honey, and salt in a small bowl.

Combine rosemary, walnuts in another small bowl. Place salmon on the prepared baking sheet, skin side down. Spread the mustard mixture over the fish and sprinkle with the walnut mixture, pressing to adhere. Bake until the fish flakes easily with a fork, about 8 to 12 minutes, depending on thickness

ANTI-INFLAMMATORY ***3-Day Meal Plan***

Day 2

Breakfast

Coconut & Flax Porridge

Traditional oatmeal can spike blood sugar, which increases inflammation throughout the body, but this higher fiber version is both lower in carbohydrates and contains healthy fats that slow the release of glucose into the bloodstream.

Additionally, ground flaxseeds contain alpha-linolenic acid (ALA) a type of fatty acid that, while not directly active in the body, does contribute a small amount of omega 3 fats.



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3-Day Meal Plan

Ingredients:

Serves 2

- ½ cup coconut flour
- 2 tbsp flaxseed meal
- 1 cup non-dairy milk of choice (cashew or coconut work well)
- Pinch of sea salt
- Optional: fresh or frozen blueberries, chopped raw nuts, drizzle of pure maple syrup, cinnamon

Combine coconut flour and flaxseed meal in small bowl. Bring non-dairy milk to a boil in a small saucepan. Turn the heat to low, add the coconut flour-flax mixture and stir until thick and creamy, or about 1 minute.



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Lunch

Best Beet Salad

Beets pull double duty as a rich source of anti-inflammatory compounds like betaine, as well as providing support for your detox pathways in your liver.

S A L A D

- 3 large beets, peeled and chopped into cubes
- 5 ounces seasonal salad greens (this is about one small clamshell package)
- 1/3 cup crumbled goat cheese or feta (option to substitute non-dairy cheese or omit)
- Pumpkin or sunflower seeds
- 1, 15 oz can chickpeas



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V I N A I G R E T T E

Combine $\frac{1}{4}$ each:

- orange juice
- balsamic vinegar
- extra virgin olive oil.
- Add $\frac{1}{4}$ tsp salt.
- Add 2 tsp sugar or monk fruit sweetener if desired.

Whisk until combined.

Add beets to vegetable steamer basket inside a pot. Add sufficient water to the bottom and bring to a boil. Cook beets, covered, until tender--about 12-15 minutes. When finished, cool in the refrigerator.

Rinse the salad greens if not pre-washed, and add to a large bowl. Add cooled beets, crumbled cheese, and chickpeas.

Make the dressing by combining the orange juice, balsamic vinegar, olive oil, sugar (optional) and salt in a small bowl and whisk.

Drizzle over the salad just before serving. Top with pumpkin or sunflower seeds for added crunch (and protein!).

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Dinner

BYO Bowl

Build-Your-Own Bowl! With these basics, you'll be able to add ingredients on hand from your fridge or pantry for a fast, easy, nutritious meal any time you like.



ANTI-INFLAMMATORY

3-Day Meal Plan

Ingredients:

Serves 1

- Step 1: Healthy carbohydrates - Chopped sweet potato, cooked quinoa, brown rice, barley, rice noodles.
- Step 2: eggies - Sliced or spiralized zucchini, squash, raw spinach, grated carrots, sliced red or green cabbage, peppers, cucumber, avocado, peas, kale, romaine lettuce, radish.
- Step 3: Protein - Nuts, seeds, legumes, organic tofu, lentils, beans, shrimp, chicken, grass fed beef.
- Step 4: Sauce - Your favorite dressing works great for added flavor and a serving of healthy fat. Try something new, like an avocado aioli, or a cilantro-lime sauce!
- Optional: Garnishes - Cilantro, onion, sesame seeds, crushed nuts, hemp seeds, sunflower seeds

Arrange all ingredients in a sizable bowl.
Drizzle sauce or dressing of choice, and dig in!

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3-Day Meal Plan

Day 3

Breakfast

Fluffy Turmeric Eggs

Turmeric contains one of the strongest natural anti-inflammatories, a naturally-occurring compound known as curcumin. Curcumin has dozens of studied benefits for inflammation, gut health, and antioxidant function throughout the body.

Egg yolks are a rich source of vitamin D (at about 44 IUs per egg), which is also essential for modulating inflammation within your immune system. Studies show that people with low vitamin D are at increased risk of infection, and the development of autoimmune diseases.



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3-Day Meal Plan

Ingredients:

Serves 1

- 2 eggs
- 2 tbsp milk of choice
- ¼ tsp ground turmeric
- 1 tbsp pastured butter or ghee
- Salt and pepper to taste
- Garnish with chives, parsley, and dill

Whisk together eggs, milk, and spices. Melt 1 tablespoon butter over skillet on medium heat. Add eggs to skillet and lightly scramble. When cooked, transfer to plate and top with desired garnish.



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3-Day Meal Plan

Lunch

Shrimp Wrap

High in protein and a great source of zinc, shrimp is a healthy choice for the whole family. Serve these over steamed cauliflower rice to keep the overall glycemic index lower, or use a grain-free tortilla or wrap.

Ingredients:

Serves 2

- 2 limes
- 1 red bell pepper, cored and sliced in strips
- 1 yellow bell pepper, cored, and sliced in strips
- ½ large yellow onion, thinly sliced
- 2 tsp plus
- 1/3 cup olive or avocado oil, divided
- 2 cloves garlic
- 1 tsp himlayan or sea salt
- ½ tsp dried oregano
- ½ tsp red chili flakes
- ½ tsp cayenne pepper
- ½ tsp paprika
- ¼ tsp cumin
- 1 lb raw shrimp, deveined and shelled
- 6 low carb wraps or tortillas
- Sour cream or Greek yogurt for serving

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Directions:

Preheat the oven to 400 degrees. Lay sheet pan next to your workspace. In a large bowl, toss onions and peppers in 2 teaspoons of oil until coated, then scatter in single later on baking sheet. Place in oven to roast for 10 minutes. Juice 1 and ½ of the limes into a blender. Slice the remaining half lime into wedges to use for serving

Add garlic and remaining oil to blender. Then add salt and spices. Pulse once to combine. In large ziplock back or medium bowl, pour mixture over shrimp and marinate for 15 minutes. When peppers and onions are finished roasting, remove shrimp from marinade and space evenly on the baking sheet. Roast the shrimp and veggies for 8 more minutes, or until shrimp are pink. Serve over cauliflower rice, with a low-carb tortilla (Siete makes my favorite!) Add Greek yogurt, lime wedges, extra cilantro, or hot sauce!



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Dinner

Veg & Protein

Broccoli and bok choy are rich in sulforaphane, which plays a role in the production of glutathione, your body's most powerful antioxidant. Plus, they're a good source of fiber.



Serve these alongside your protein of choice, like fish, or roasted chickpeas.

Ingredients:

- 1 lb baby bok choy (12-14 pieces)
- 1/2 lb broccoli (1/2 head)
- 2 tbsp olive oil
- ½ tsp garlic powder (or 1 clove finely minced)
- Salt and pepper
- Garnish: sesame seeds and/or squeeze of lemon juice

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For Balsamic Glaze:

Heat 2 cups quality balsamic vinegar with ½ cup brown sugar. Bring to a gentle boil, then reduce to medium-low heat and simmer, stirring occasionally, until the vinegar coats the back of a spoon and is reduced to about ½ cup -or 8-10 minutes.

For Broccoli and Bok Choy:

Preheat oven to 450°F. Cut 1/2 inch off ends of bok choy, and cut in half lengthwise. Tear off any leaves that are wilted or brown. Cut stems off broccoli and cut florets in half or into smaller pieces. Add broccoli florets and bok choy to a large bowl.

Line baking sheet with foil and set aside. Drizzle broccoli and bok choy with oil and spices, and gently toss to coat. Then place in single layer on baking sheet, and roast for 6-8 minutes or until slightly brown.

Remove from oven. Transfer to platter. Drizzle with balsamic glaze and sprinkle with toasted sesame seeds and squeeze of lemon if desired.