

Nutritionally Yours
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21 DAY ANTI INFLAMMATORY DIET

AVOID: processed foods, processed meats, margarine, eggs, high-fructose corn syrup, white bread products, fried foods, alcohol, artificial sweeteners, dairy, gluten grains (wheat, rye, oat, spelt, Kamut), nightshades (eggplant, bell peppers, white potato, mushrooms, tomato)

BREAKFAST IDEAS (breakfast is just another meal...)

Cook quinoa and use it like a hot cereal, it cooks great in a rice cooker. Add a cut up apple and sunflower seeds for good fat.

Turkey burger + chopped up and baked butternut squash

Grass fed beef burger + sweet potato and green beans.

Opti cleanse GHI – mix 1 packet into 1 cup unsweetened almond or coconut milk and the rest water to equal 16+ oz. Blend. Drink slowly as a meal. This product has everything you need to take for an anti-inflammatory drink.

Left over baked chicken + hummus + cut up carrots, cucumber, celery, zucchini

Here is an order link for the Opti cleanse GHI product -

<http://www.wholescripts.com/register/PAL30075-ALANE>

LUNCH IDEAS

3 cups of salad (avoid tomato and mushroom) + 10-20 grams of protein + olive oil and vinaigrette, dairy free dressing.

Healthy Stir Fry – cut up veggies (broccoli, cauliflower, green beans, zucchini, onion, carrots) + 10-20 grams of healthy protein + a low sodium, gluten free, sugar free sauce of any kind. Coconut aminos are a good choice or a low sodium, gluten free teriyaki or soy sauce.

Ezekiel bread wrap + hummus + cut up veggies and some protein.

Vegetable soup (find a base of vegetable broth that is low sodium, gluten free

Put it on the stove and add some vegetables (zucchini, carrots, onion, celery, Swiss chard, turnips. Then add precooked protein like organic chicken or turkey. Add some precooked short grain brown rice if you want.

SNACK IDEAS

If you did not drink the Opti cleanse GHI for a meal, drink it for a snack

DINNER IDEAS

Choose a protein (organic chicken, grass fed beef, bison, wild caught salmon, mahi)

Healthy Stir Fry – cut up veggies (broccoli, cauliflower, green beans, zucchini, onion, carrots) + 10-20 grams of healthy protein + a low sodium, gluten free, sugar free sauce of any kind.

Coconut aminos are a good choice or a low sodium, gluten free teriyaki or soy sauce.

Organic Chicken Breast cooked to your liking + greens + a root vegetable (sweet potato, acorn or butternut squash, beets, carrots, turnips, parsnips)

Grass Fed Beef or Bison cooked like a burger + a side of healthy greens or a salad – if you need more add root veggies

Ground Turkey Burger + zucchini and yellow squash mix + sweet potato

Salad and 20 grams of protein and oil / vinaigrette dressing

SOME OF OUR FAVORITE BRANDS

Pacific Foods Broths and Soups

Canyon Bakery Gluten free Bread

Ezekiel Bread

Coconut Aminos

Gluten Free Teriyaki Sauce

Primal Kitchen Products

Maya Kimal Products (dairy free options)

Saffron Road Simmer Sauces

Birchbenders PALEO pancake and waffle mix

Kevin's Natural Foods Keto and Paleo Simmer Sauces

Almond Butter – no sugar added

Sunflower Butter – no sugar added

100 % fruit jelly

Rx Bars

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**To personalize your anti-inflammatory diet, order our IgG / IgA Food Intolerance +
Gluten Test Kit**

<https://nutritionallyyourstestkits.com/food-allergy-testing/>