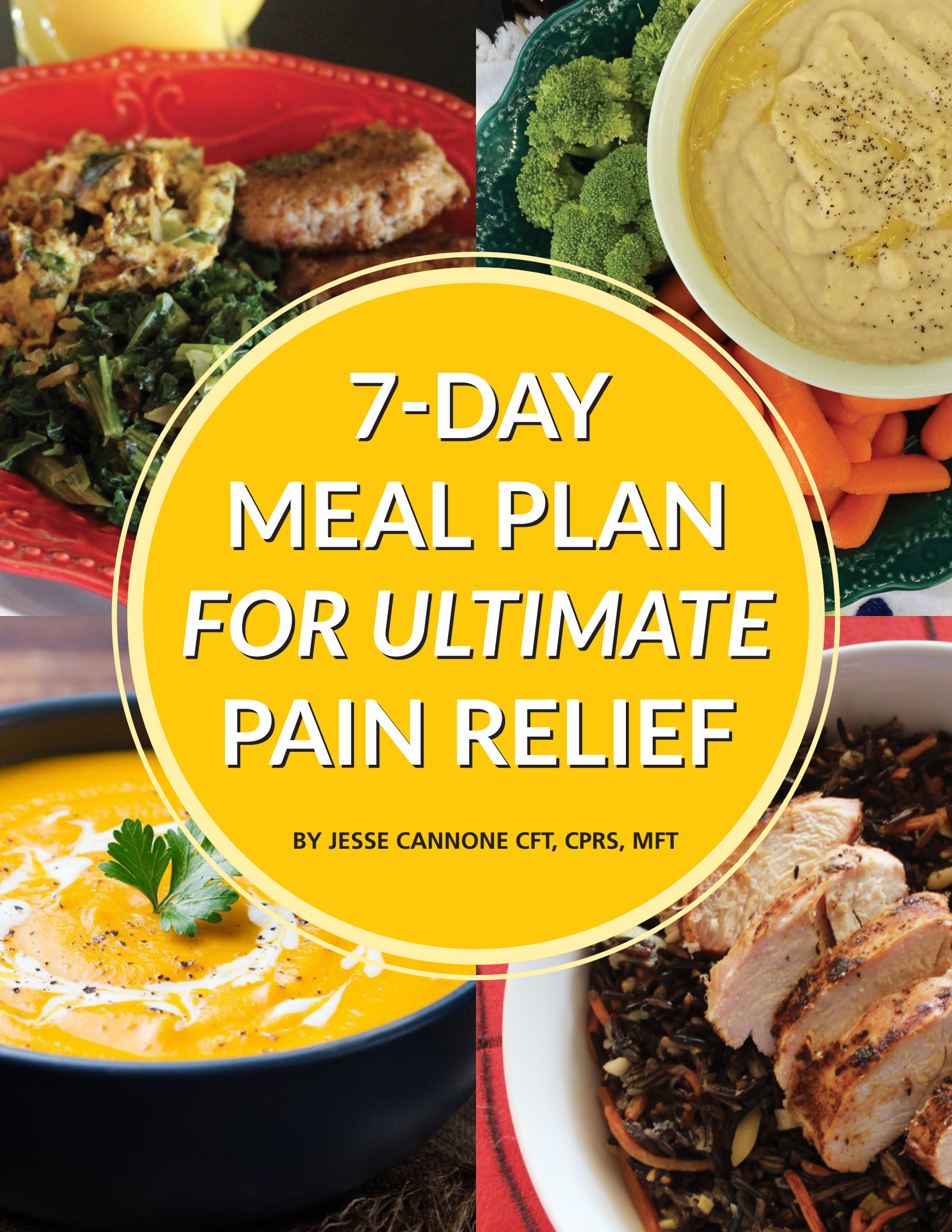




7-DAY MEAL PLAN FOR ULTIMATE PAIN RELIEF

BY JESSE CANNONE CFT, CPRS, MFT

Eating an anti-inflammatory diet is one of the best things you can do to reduce inflammation and pain.

There are other health benefits to incorporating anti-inflammatory foods into your diet, too. It will dramatically improve your overall health and well-being. You'll start to feel better within days.

But it can be tough to figure out exactly what foods to choose and how to put it all together. Especially when so many “healthy” foods can actually CAUSE inflammation and make your pain worse!

It's easy to see why so many people give up, even when they know that the right anti-inflammatory diet plan can make a world of difference in how much pain they feel.

I believe that *everyone* deserves to live a life without pain. It's why I founded the Healthy Back Institute.

It's also why I created the “7-Day Meal Plan for Ultimate Pain Relief.”

I want to make it as easy as possible for you to get started on your journey to a pain-free life. (And I've loaded this anti-inflammatory diet meal plan with delicious recipes... so you'll never feel like you're sacrificing great taste.)

WHAT IS INFLAMMATION ANYWAY?

You probably already know that what you eat plays a huge role in how much pain you feel. That's because some foods naturally cause inflammation and other foods have anti-inflammatory properties that fight inflammation. Some of those foods might surprise you.

**DISCOVER
THE 5
WORST
FOODS FOR
ARTHRITIS
[HERE.](#)**

Now, inflammation isn't always a bad thing. It's actually a natural part of your body's healing process.

But when your body gets stuck in a state of chronic inflammation, that's when the problems begin...

That's when we start to see the onset of disease... everything from heart disease and cancer to arthritis and diabetes.

That's when we begin to see the signs of premature aging...

It's also when we experience chronic pain.

And it's no wonder so many of us are stuck in a state of chronic inflammation. The modern Western diet is loaded with inflammatory foods.

Sure, you probably already know that packaged, processed foods and refined carbs cause inflammation. But there are a lot of other foods – even foods we normally think of as being part of a healthy eating lifestyle – that can cause inflammation to spike.

And not all people have the same trigger foods. Some people have found that eliminating just ONE trigger food wipes away their pain for good. (I discuss this in greater detail in [The Live Pain Free® Cookbook](#))

My “7-Day Meal Plan for Ultimate Pain Relief” makes starting an anti-inflammatory diet easy. It contains 28 delicious recipes – breakfasts, lunches, dinners and snacks – proven to fight inflammation and eliminate pain.

I've taken the guesswork out of it for you. I've even included a printable grocery list to make shopping a breeze.

The “7-Day Meal Plan for Ultimate Pain Relief” is great for anyone looking to reduce pain and improve their overall health.

QUICK TIPS FOR STARTING AN ANTI-INFLAMMATORY DIET

1. **Go organic.** Organic fruits and vegetables are not only higher in nutritional value, they're free of pesticides, hormones, antibiotics and other toxins that cause inflammation. Your best source for organic produce is your local farmers market.
2. **Get more omega-3s.** A typical Western diet is loaded with omega-6 fatty acids, and we don't get enough omega-3s. Omega-3 fatty acids fight inflammation. You can find them in foods like salmon, sardines, walnuts, spinach and grass-fed beef.
3. **Boost your enzymes.** Enzymes are essential for digestion and for every other process in your body. You can get food-based enzymes from foods like raw organic papaya and pineapple, raw honey, organic extra virgin olive oil and organic coconut oil. Enzymes play a vital role in inflammation and reducing pain. You can read more about that [here](#).)

But it's only the beginning.

For the full strategy – including 40 complete anti-inflammatory diet recipes and tips on everything from meal-planning to prepping – be sure to check out [*The Live Pain Free® Cookbook*](#).

Living with pain is NOT normal. And if you follow the steps laid out in this book, you'll notice a dramatic change in your pain levels in just *days*.

No pills... no weird or fad diets... no crazy exercise program.

You can read more about it by [clicking this link](#).

And make sure to check out this [free video](#) I've put together about the worst foods for pain and arthritis. The information contained in the video is so important for anyone who wants to live a pain-free life – and I don't want you to miss out!



Jesse Cannone, CFT, CPRS, MFT

Co-Founder, Healthy Back Institute

A handwritten signature in black ink that reads "Jesse Cannon". The signature is written in a cursive, flowing style.

MEAL CALENDAR

DAY	BREAKFAST	SNACK	LUNCH	DINNER
DAY 1	All-natural peanut butter and sliced bananas on sprouted grain bread topped with shredded coconut	Bowl of fresh pineapple, ¼ cup walnuts and ginger tea	Avocado Cucumber Salad with Apple Cider Vinaigrette	Jerk Chicken Skewers with Garlic Ginger Broccoli
DAY 2	Raisin bran with rice or almond milk	Mean Green Smoothie	Mediterranean Tuna Salad Wraps	Carrot Soup With Turmeric and Ginger
DAY 3	Breakfast tacos: Scrambled organic eggs in a whole-grain tortilla, topped with salsa, avocado slices and cilantro	Trail mix and green tea	Fig, Chorizo and Goat Cheese Salad	Baked Salmon (seasoned with dill weed) and baked butternut squash (drizzled with coconut oil and sprinkled with cinnamon)
DAY 4	Goji Turkey Breakfast Sausage, Wilted Spinach and Pesto Eggs	Red Power Smoothie	Grilled Chicken and Blueberry Salad	Grilled grass-fed beef (cut of your choice) and Brussels sprouts (halved and sauteed with garlic and bacon)
DAY 5	Greek yogurt (plain) with blueberries, raspberries and blackberries. Drizzle with raw organic honey.	White Bean and Sunbutter Hummus served with carrots and celery sticks	Sweet Potato and Sausage Frittata	Pecan-crusted Chicken with Sauteed Asparagus and Mushrooms
DAY 6	Oatmeal with walnuts, apples and cinnamon	Kiwi Cashew Kale Smoothie	Pineapple Three Bean Salad	Lemon Garlic Shrimp
DAY 7	Coconut Blueberry Quinoa With Lime	Apple slices with sunbutter and a cup of Rooibos tea (available online or at your local health food store)	Chicken & Wild Rice Bowl (Page 109 of the Live Pain Free® Cookbook)	Baked chicken breasts (topped with orange slices and marjoram) and a leafy green salad with beets, marjoram, sesame seeds and an orange vinaigrette

Shopping List

MEAL PLANS



Today's snack features pineapples, a fabulous source of the [proteolytic enzyme](#) bromelain. Bromelain not only functions as a digestive aid, it also breaks down excess fibrin in your body – a major source of your pain. The walnuts are rich in omega-3 fatty acids, known for their heart- and brain-health benefits.

Breakfast

All-natural peanut butter and sliced bananas on sprouted grain bread topped with shredded coconut

Snack

Bowl of fresh pineapple, ¼ cup walnuts and ginger tea

Lunch

[Avocado Cucumber Salad with Apple Cider Vinaigrette*](#)

Dinner

[Jerk Chicken Skewers with Garlic-Ginger Broccoli*](#)



There's a lot of wholesome goodness packed into today's meals, from the tasty antioxidant-rich smoothie to the Mediterranean-inspired tuna wraps. But the real winner on today's menu is the carrot soup. It's infused with two of Mother Nature's most powerful inflammation fighters – the wonder herbs ginger and turmeric.

Breakfast

Raisin bran with rice or almond milk

Snack

[Mean Green Smoothie*](#)

Lunch

[Mediterranean Tuna Salad Wraps*](#)

Dinner

[Carrot Soup With Turmeric and Ginger*](#)



.....

Tonight's baked salmon won't just fill your belly, it'll deliver a powerful punch of omega-3s. In fact, salmon is one of the best sources of omega-3s you'll find. Research shows that omega-3s not only fight inflammation, they may improve muscle strength in older adults. (And that butternut squash – which packs a whole day's worth of vitamin A in one serving – tastes more like a dessert than a veggie!)

Breakfast

Breakfast tacos: Scrambled organic eggs in a whole-grain tortilla, topped with salsa, avocado slices and cilantro

Snack

Trail mix and green tea

Lunch

[Fig, Chorizo and Goat Cheese Salad*](#)

Dinner

Baked Salmon (seasoned with dill weed) and baked butternut squash (drizzled with coconut oil and sprinkled with cinnamon)



.....

Start your day off right with one of my favorite recipes from [*The Live Pain Free® Cookbook*](#). It's got a little bit of everything – it's loaded with protein, healthy greens and a superfruit called goji berries. Goji berries are loaded with anti-inflammatory properties and antioxidants. Several Asian cultures, where they've been consumed for centuries, claim that regular ingestion of this wonder fruit increases longevity.

Breakfast

[Goji Turkey Breakfast Sausage, Wilted Spinach and Pesto Eggs*](#)

Snack

[Red Power Smoothie*](#)

Lunch

[Grilled Chicken and Blueberry Salad*](#)

Dinner

Grilled grass-fed beef (cut of your choice) and Brussels sprouts (halved and sauteed with garlic and bacon)

.....



.....

Today's breakfast is easily packable and great for people on the go. Easy AND healthy? Oh, yes! Greek yogurt is packed with probiotics, the berries are rich in antioxidants (not to mention that blueberries have incredible brain-boosting power), and the raw organic honey contains something called phenolic compounds, which have been shown to be beneficial in the prevention of cancer.

Breakfast

Greek yogurt (plain) with blueberries, raspberries and blackberries.
Drizzle with raw organic honey.

Snack

[White Bean and Sunbutter Hummus](#) served with carrots and celery sticks*

Lunch

[Sweet Potato and Sausage Frittata](#)*

Dinner

[Pecan-crusted Chicken with Sauteed Asparagus and Mushrooms](#)*

.....



My Kiwi Cashew Kale Smoothie is a great way to energize yourself before a workout. The cashews provide you with all the protein you need and the kiwi kicks up your vitamin C levels. Did you know kiwi has five times as much vitamin as an orange?

Breakfast

Oatmeal with walnuts, apples and cinnamon

Snack

[Kiwi Cashew Kale Smoothie](#)*

Lunch

[Pineapple Three Bean Salad](#)*

Dinner

[Lemon Garlic Shrimp](#)*

.....



I love quinoa because it's high in fiber, protein, and a cornucopia of vitamins and minerals that your body needs to stay balanced and pain-free. It's also extremely versatile. Try it for breakfast with coconut milk, blueberries and lime for a sweet take on this popular superfood.

Breakfast

[Coconut Blueberry Quinoa With Lime*](#)

Snack

Apple slices with sunbutter and a cup of Rooibos tea (available online or at your local health food store)

Lunch

[Chicken & Wild Rice Bowl*](#) (Page 109 of the [Live Pain Free® Cookbook](#))

Dinner

Baked chicken breasts (topped with orange slices and marjoram) and a leafy green salad with beets, marjoram, sesame seeds and an orange vinaigrette*



PLAN RECIPES

AVOCADO CUCUMBER SALAD WITH APPLE CIDER VINAIGRETTE

Salad

- 2 avocados, cubed (toss with a little lemon juice immediately to keep them from browning)
- Juice of ½ lemon
- 1 cucumber, washed and diced
- ½ red onion, diced

Dressing

- garlic clove, minced
- 1 Tbsp Dijon mustard
- 1/4 cup raw apple cider vinegar
- 2 Tbsp fresh lemon juice
- 1-2 Tbsp raw honey, as needed for sweetness
- 1/3 cup extra virgin olive oil
- salt and pepper, to taste

Whisk vinaigrette ingredients together in a bowl or combine in a blender or food processor. Toss with salad ingredients.

JERK CHICKEN SKEWERS WITH GARLIC GINGER BROCCOLI

- 1 head organic broccoli, chopped
- 1 2-inch piece organic ginger, minced
- 2-3 cloves garlic, minced
- 1-2 Tbsp coconut amino acids
- 1-2 chicken breasts, cut in strips
- Jamaican Allspice

Preheat the oven to 400. Wash and rinse the broccoli. Chop it into small bite-sized pieces and place in a bowl. Add minced garlic and ginger. Add coconut aminos and toss all ingredients, to thoroughly coat. Pour broccoli mixture into a greased or nonstick baking dish and bake for approximately 20-25 minutes, or until broccoli has reached desired crispy consistency.

For the chicken skewers, cut one or two chicken breasts into strips (depending on how many people you're serving) and spike them on bamboo skewers. Sprinkle with Jamaican Allspice and place on a baking sheet lightly coated with cooking spray (I prefer a neutral oil like avocado for these). Bake at 350 degrees until fully cooked, about 15 minutes. Flip halfway through.

MEAN GREEN SMOOTHIE

- 1 cup packed kale leaves, stems removed
- 1 cup packed spinach leaves
- juice of 1/2 lemon
- 1 green apple, cored and diced (approx. 1 1/4 cups)
- 1/2 cucumber, diced
- 1/2 tsp agave nectar (or raw honey)
- 1/2 cup filtered water
- 3 ice cubes

I use a juicer at home, but you can make this one in a blender. Cut the cucumber in quarters lengthwise then slice off the inner corner of each one to remove the seeds. Roughly chop it then add to the blender along with the remaining ingredients. Blend on high until smooth.

MEDITERRANEAN TUNA SALAD WRAPS

- 2 (5-oz) packages of albacore tuna in water pouch
- ½ cup kalamata olives
- ½ cup feta cheese
- 2 small bell peppers
- ½ red onion, chopped
- 1 can (15.5-oz) chickpeas, rinsed and drained
- Zest and juice of one lemon
- 1 Tbsp dijon mustard
- 1 Tbsp extra virgin olive oil
- 2 tsp fresh mint, chopped
- 1 tsp sea salt
- 1 pint grape tomatoes, halved
- Bib lettuce

In a large mixing bowl add tuna, kalamata olives, feta cheese, bell peppers, red onion, chickpeas, zest and juice of one lemon, dijon mustard, olive oil and sea salt. Stir well to combine. Add tomatoes. Place a scoop of the tuna mixture in a large piece of lettuce and wrap up.



CARROT SOUP WITH TURMERIC AND GINGER

- 4 carrots, peeled and chopped
- 1 parsnip, peeled and chopped
- 1 yellow onion, roughly chopped
- 4 garlic cloves, crushed
- 2 tsp virgin coconut oil
- 3 cups low sodium vegetable broth, warm
- 1 tsp turmeric powder
- 1-inch ginger knob, peeled and grated
- Juice from 1/2 of a lemon
- Pinch cayenne pepper
- Fresh parsley, Greek yogurt, black sesame, coconut flakes, to serve

Preheat the oven to 350°F. Line a baking sheet with parchment paper. Add the carrots, parsnip, onion and garlic, then season with turmeric and cayenne, drizzle with coconut oil and toss to coat evenly. Roast for 15 minutes, then remove from the oven and transfer into a blender with the vegetable broth, lemon juice and ginger. Blend the ingredients until smooth and creamy.

Pour the soup into serving bowls, garnish with fresh parsley, sesame and coconut flakes, drizzle with Greek yogurt and serve warm.

FIG, CHORIZO AND GOAT CHEESE SALAD

(Page 118 in [*The Live Pain Free® Cookbook*](#))

- 1 small bunch organic kale
- 1 cup fresh figs, quartered
- 1 shallot, sliced thin
- 1 log of hard chorizo (cooked), sliced in bite-sized chunks
- Goat cheese in bite-sized chunks, to taste
- Juice of 1 lemon
- Sea salt, to taste
- Coarse ground black pepper, to taste

Crisp kale in a large saucepan over high heat until edges darken. Remove from heat and toss in a salad bowl with all remaining ingredients to combine thoroughly. Serve at room temperature.



GOJI TURKEY BREAKFAST SAUSAGE, WILTED SPINACH AND PESTO EGGS

(Page 99 in [*The Live Pain Free® Cookbook*](#))

Goji Turkey Breakfast Sausage

- 1 organic red apple, deseeded and grated
- 1-2 Tbsp dried organic goji berries, chopped
- 1-2 Tbsp dried organic tart cherries, chopped
- 1 pound organic turkey breakfast sausage
- 1 Tbsp organic extra virgin olive oil for cooking

Roughly chop the goji berries and cherries and put them in a bowl. Grate the apple and mix in with the berries. Remove any apple seeds that may have fallen in the mix. Add the turkey breakfast sausage and mix all ingredients besides the olive oil with your hands until everything is incorporated.

Wash your hands and pour a little olive oil into a frying pan. Pat the sausage into small, flat,

round patties and cook over medium-high heat for 3-4 minutes on each side or until there is no pink in the middle. Set cooked patties on a paper towel to drain. Serve warm with wilted spinach and pesto eggs.

Wilted Spinach

- 1 clove garlic, minced
- ½ white onion, diced
- ½ pound frozen spinach
- 1 Tbsp extra virgin olive oil for cooking

Cook minced garlic and diced onion in olive oil over medium-high heat 4-5 minutes until they become translucent. Be careful not to burn them. Add frozen spinach and cook over medium heat 6-8 minutes until wilted but not browned. Serve warm with breakfast sausage and pesto eggs.

Pesto Eggs

- 1 tsp extra virgin olive oil for cooking
- 2-3 organic eggs
- 1 tsp *pesto

Heat olive oil over medium-high heat. Scramble eggs and pour into the hot oil, turning gently as the egg starts to cook. Add a teaspoon of pesto or more to taste. Continue to fold the pesto into the egg as it cooks, 1-2 minutes. When the eggs are firm, remove from heat. Serve warm with breakfast sausage and greens.

**Pesto. If you buy premade pesto from the store, look for the one that is greenest in color as it contains more herbs than fat (oils or cheeses). If you make pesto at home, use a blend of garlic, pine nuts, basil and olive oil.*



RED POWER SMOOTHIE

- 1 large beet (or 2 small beets)
- 4 mandarin oranges
- 1 frozen banana
- 1/2 cup pineapple chunks
- Juice of 1/2 a lemon
- Beet greens and stems (or 2 cups spinach or kale)
- 2 cups water (or coconut water)

Wash and peel the beets raw. Blend the greens and water until smooth. Add the remainder of the ingredients and blend until smooth.

GRILLED CHICKEN AND BLUEBERRY SALAD

Salad

- 5 cups mixed greens
- 1 cup blueberries
- ¼ cup slivered almonds
- 2 cups cubed chicken breasts, cooked

Dressing

- ¼ cup extra virgin olive oil
- ¼ cup apple cider vinegar
- ¼ cup blueberries
- 2 Tbsp raw honey
- salt and pepper to taste

Toss salad ingredients in a bowl. Blend dressing ingredients in a blender or whisk and toss with salad.



WHITE BEAN AND SUNBUTTER HUMMUS

(Page 113 of the [*Live Pain Free® Cookbook*](#))

- 2 cans (15-oz each) organic white cannellini beans
- 3-4 cloves garlic
- 1 tsp cumin
- 1 dollop sunbutter
- Juice of 1-2 limes
- ¼-½ cup of organic extra virgin olive oil

Blend everything together in a Vitamix or food processor at high speed. You can adjust the consistency to make it thinner by adding more olive oil as needed. Adjust ingredients according to personal taste. Chill and serve cold.

SWEET POTATO AND SAUSAGE FRITTATA

- 2 large organic eggs, whisked
- ½ cup sweet potato, peeled into thin strips with veggie peeler
- 1 precooked chicken sausage, chopped (or, really, whatever kind of meat you want)
- 2 Tbsp chopped onion
- Salad greens, for serving

Set oven to broil on high. On stovetop, coat small skillet with olive oil over medium heat. Add veggies to hot skillet and cook, stirring occasionally, until tender, about 3 minutes. Add eggs and cook until top begins to bubble but is still runny, 3 minutes more.

Remove skillet from stove top and place on top rack under broiler. Cook until frittata gets puffy and starts to brown slightly, about 3 minutes.

Serve with salad greens.

PECAN-CRUSTED CHICKEN WITH SAUTEED ASPARAGUS AND MUSHROOMS

- 1 cup raw unsalted pecans
- 1 tsp ground coriander
- 1 tsp ground black pepper, divided
- ½ tsp each onion powder and garlic powder
- 3/8 tsp sea salt, divided
- 1 large egg
- 2 Tbsp plain unsweetened almond milk
- 4 (4-oz) boneless, skinless, chicken breasts, pounded to ½-inch thickness
- 2 Tbsp avocado oil, divided
- 1 shallot, diced
- 6 shiitake mushrooms, stemmed and sliced
- 1 bunch asparagus, trimmed

Grind pecans in a food processor until they are the consistency of a coarse flour. Season with coriander, ½ tsp pepper, onion powder, garlic powder and 1/8 tsp salt.

Whisk egg and milk in a large shallow dish. Place pecan flour into another large shallow plate. Dip each chicken piece into the egg and then into the pecan mixture, coating both sides.

Heat ½ Tbsp oil in a large nonstick skillet on medium-high. Add half of chicken and cook 3 minutes, flip and cook another 3 minutes. Transfer to a parchment-lined baking sheet. Heat ½ Tbsp oil, add remaining chicken and repeat; transfer to sheet. Bake at 350 for 5-7 minutes, until no longer pink inside.

Return skillet to heat and add remaining 1 Tbsp oil. Add shallots, mushrooms and asparagus. Season with remaining ½ tsp pepper and ¼ tsp salt. Sauté for 5 minutes.

KIWI CASHEW KALE SMOOTHIE

(Page 138 of [*The Live Pain Free® Cookbook*](#))

- 1-2 cups cashew milk
- 1-2 cups organic kale
- 1-2 kiwi fruits, peeled
- 1 Tbsp sunbutter
- 1 tsp raw organic honey

Combine in blender.

ORANGE VINAIGRETTE

Whisk together juice of 1 ½ oranges, ½ tbsp. raw honey, 2 Tbsp white wine vinegar, ½ tbsp olive oil, ¼ tsp sea salt and ¼ tsp black pepper and pour over salad. You can also mix ingredients in a food processor or blender.

PINEAPPLE THREE BEAN SALAD

- 1 (15-oz) can black beans, drained and rinsed
- 1 (15-oz) can chickpeas, drained and rinsed
- 1 1/2 cups grape tomatoes, halved
- 1 cup shelled edamame, thawed if frozen (organic if possible)
- 1 cup corn kernels (organic if possible)
- 1 cup pineapple, finely chopped
- 1/2 cup cilantro, finely minced
- 2 tsp garlic, minced
- 1 tsp chili powder
- 1/2 tsp sea salt, plus more to taste
- 1/4 tsp cumin
- 1/4 tsp pepper
- Chips for serving (optional)

Combine black beans, chickpeas, tomatoes, edamame, corn, pineapple and cilantro in a large bowl. Stir, then add garlic, chili powder, salt, cumin and pepper.

LEMON GARLIC SHRIMP

(Page 133 of [*The Live Pain Free® Cookbook*](#))

- 1 ½-2 lbs shrimp, peeled and deveined
- 2-3 Tbsp organic extra virgin olive oil
- 4-5 Tbsp grass-fed organic butter, melted
- 3-4 garlic cloves, minced
- Juice of 2-3 organic lemons
- 1 tsp coconut aminos
- 1 tsp lemon pepper seasoning
- 3-4 Tbsp chopped fresh parsley

Preheat oven to 400. Rub shrimp in olive oil then place in a shallow baking dish. Pour all remaining ingredients in a bowl except the parsley and stir to combine. Pour mixture over the shrimp and bake 8-10 minutes or until the shrimp have cooked through. Serve with a sliced avocado over field greens or in your favorite pasta.

COCONUT BLUEBERRY QUINOA WITH LIME

- 2 cups cooked quinoa
- ½ cup coconut milk
- Juice of 2 limes
- 1 cup fresh blueberries
- Raw organic honey, to taste

Cook quinoa according to package directions. (Make sure to rinse it first, even if the package says it's pre-rinsed. It tones down the “earthy” flavor.) Measure 2 cups in a mixing bowl and add other ingredients.



CHICKEN AND WILD RICE

(Page 109 in [*The Live Pain Free® Cookbook*](#))

Chicken:

- 1 organic, skinless, boneless chicken breast
- 1-2 tsp organic extra virgin olive oil
- 1-2 Tbsp jerk seasonings

Rice:

- ¼ cup bacon grease or olive oil
- 1 cup organic carrots shredded
- 3 sticks organic celery, chopped in small pieces
- ½ white organic onion, diced fine
- 1 ½ cups wild rice. Rinse the rice and set aside.
- 3-4 cups organic chicken broth
- ¼ cup raw almonds, slivered

Preheat oven to 350. Rinse the chicken breast and pat dry and cover with olive oil. Season with jerk seasonings on both sides. Bake for approximately 20 minutes, or until it has cooked all the way through. Allow chicken to cool, and slice against the grain into slender strips.

Cook rice, rinse and set aside. Cook the carrots, celery and onion in the bacon grease, or olive oil, over medium-high heat for 8-10 minutes or until softened. In a separate pot, bring the chicken broth to boil. Add the rice and lower heat to medium or medium-low to simmer. Cover and simmer approximately 20-30 minutes or until the broth has cooked out and the rice is cooked through. Pour the cooked rice in a large mixing bowl and add the cooked vegetables and raw almonds. Toss to thoroughly combine. Spoon out about a cup of the cooked rice mixture in a serving bowl. Add the sliced cooked chicken on top. Serve warm.

7-DAY MEAL PLAN FOR ULTIMATE PAIN RELIEF

SHOPPING LIST

This shopping list includes everything you'll need to make all of the incredible, anti-inflammatory recipes included in the 7-Day Meal Plan for Ultimate Pain Relief.

It's a big list, but there's good chance you already have many of these ingredients in your cupboards or pantry. And you'll be well-stocked with the staples to continue your anti-inflammatory diet even after you finish this 7-day meal plan.

- | | | |
|---|--|---|
| ☐ 2 bananas | ☐ 1 head organic broccoli | ☐ 1 bunch asparagus |
| ☐ 4 mandarin oranges | ☐ 1 thumb organic ginger | ☐ 1 package frozen, shelled edamame |
| ☐ 2 pineapples | ☐ 2 bunches kale | ☐ 1 package corn kernels |
| ☐ 1 container fresh salsa | ☐ 1 bunch fresh spinach | ☐ 1 package frozen spinach |
| ☐ 1 butternut squash | ☐ 1 head bib lettuce | ☐ Small bag of shredded coconut |
| ☐ Garlic | ☐ 1 pint grape tomatoes | ☐ 1 large salmon filet |
| ☐ 1 container Brussels sprouts | ☐ 1 parsnip | ☐ 2 lbs. organic chicken breasts |
| ☐ Blueberries | ☐ 1 yellow onion | ☐ Grass-fed beef (cut of your choice) |
| ☐ Raspberries | ☐ 1 package fresh figs | ☐ 2 packages albacore tuna in water |
| ☐ Blackberries | ☐ 2 shallots | ☐ 1 lb. organic turkey breakfast sausage |
| ☐ 1 package organic carrots | ☐ 1 organic red apple | ☐ ½ lb. bacon |
| ☐ Celery sticks | ☐ 1 package dried organic goji berries | ☐ 2 lbs. shrimp |
| ☐ 2 green apples | ☐ 1 package dried organic tart cherries | ☐ 1 log hard chorizo |
| ☐ 3 oranges | ☐ 2 small bell peppers | ☐ 1 chicken sausage |
| ☐ 2 avocados | ☐ 4 limes | ☐ 1 dozen organic eggs |
| ☐ 5 lemons | ☐ 1 large sweet potato | |
| ☐ 2 cucumbers | ☐ 6 shiitake mushrooms | |
| ☐ 1 red onion | ☐ 2 kiwi fruits | |
| ☐ Mixed greens (enough for 7 days) | | |
| ☐ 2 large beets | | |

- | | | |
|--|---|---|
| ☐ 1 jar kalamata olives | ☐ 1 jar pesto | ☐ Cumin |
| ☐ 1 package feta cheese | ☐ 1 package slivered almonds | ☐ Coriander |
| ☐ Goat cheese | ☐ 2 cans white cannellini beans | ☐ Chili powder |
| ☐ All-natural peanut butter | ☐ 1 can black beans | ☐ Onion powder |
| ☐ 1 loaf sprouted grain bread | ☐ 2 cans chickpeas | ☐ Lemon pepper seasoning |
| ☐ Package whole-grain tortillas | ☐ Bag of wild rice | ☐ Sea salt |
| ☐ Raisin Bran | ☐ Sunbutter | ☐ Jamaican Allspice or jerk seasoning |
| ☐ Oatmeal | ☐ Raw, unsalted pecans | ☐ Black pepper |
| ☐ 1 box quinoa | ☐ White wine vinegar | ☐ 1 bunch fresh cilantro |
| ☐ Grass-fed organic butter | ☐ Dijon mustard | ☐ 1 sprig fresh mint |
| ☐ 1 container Greek yogurt | ☐ Apple cider vinegar (make sure it's "raw") | ☐ Ginger tea |
| ☐ Almond or rice milk | ☐ 1 bottle coconut amino acids | ☐ Rooibos tea (available online or at most health food stores) |
| ☐ Coconut milk | ☐ Dill weed | |
| ☐ Cashew milk | ☐ Cinnamon | |
| ☐ Extra virgin olive oil | ☐ Marjoram | |
| ☐ Virgin coconut oil | ☐ Sesame seeds | |
| ☐ Avocado oil | ☐ Turmeric powder | |
| ☐ 1 jar raw organic honey | ☐ Cayenne pepper | |
| ☐ Low-sodium vegetable broth | | |

Optional:

- ☐ Agave nectar
- ☐ Fresh parsley
- ☐ Coconut water
- ☐ Tortilla chips