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Welcome to the digestion nutrient-based eating meal plan. All of the foods this week include digestion promoting nutrients. You can substitute any ingredient or meals as necessary with other digestion optimizing foods found in the Nutrevo Body food shopping list. Each meal is designed to be cooked in 30 minutes or less! The recipes are designed to cook 2 servings - one for dinner, one for lunch the next day. The goal is to always have your lunch prepped and ready to go from the night before! If you are cooking for others, you can simply double or triple the ingredients as needed per serving added. You can add mid-morning and mid-afternoon snacks to your meal plan as needed - you can pick items from the foods list for healthy options. You can increase or decrease your portion sizes based on your lifestyle and wellness condition needs. Here's to starting your journey!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast  Mango	Breakfast  Soft Scrambled Eggs  Blueberries  Anti-Inflammatory Turmeric Tea	Breakfast  Soft Scrambled Eggs  Avocado (Side)  Anti-Inflammatory Turmeric Tea	Breakfast	Breakfast	Breakfast	Breakfast
Lunch  Honey Glazed Carrots (DF)  Grilled Adobo Pork Chops	Lunch  Quick Taco Salad with Avocado (leftover)	Lunch  Balsamic Glazed Pork Chops (AIP) (leftover)  Zoodles (Zucchini Noodles) (leftover)	Lunch	Lunch	Lunch	Lunch
Dinner  Quick Taco Salad with Avocado	Dinner  Balsamic Glazed Pork Chops (AIP)  Zoodles (Zucchini Noodles)	Dinner  Barbecue Chicken  Mashed Gingered Parsnips	Dinner	Dinner	Dinner	Dinner

Meal Plan Summary

Monday

Breakfast

Mango (p.5)

Lunch

Honey Glazed Carrots (DF) (p.5) , Grilled Adobo Pork Chops (p.5)

Dinner

Quick Taco Salad with Avocado (p.6)

Tuesday

Breakfast

Soft Scrambled Eggs (p.6) , Blueberries (p.6) , Anti-Inflammatory Turmeric Tea (p.7)

Lunch

Quick Taco Salad with Avocado (leftover) (p.6)

Dinner

Balsamic Glazed Pork Chops (AIP) (p.7) , Zoodles (Zucchini Noodles) (p.8)

Wednesday

Breakfast

Soft Scrambled Eggs (p.6) , Avocado (Side) (p.8) , Anti-Inflammatory Turmeric Tea (p.7)

Lunch

Balsamic Glazed Pork Chops (AIP) (leftover) (p.7) , Zoodles (Zucchini Noodles) (leftover) (p.8)

Dinner

Barbecue Chicken (p.8) , Mashed Gingered Parsnips (p.9)

Shopping List

Real Plans

Produce

Refrigerated

- 1/2 cup blueberries
- 1 bunch cilantro
- 2 1/2 ounces lettuce
- 4 zucchini

Non-refrigerated

- 1 1/2 avocado
- 1 lemon
- 1 teaspoon minced garlic

Meat/Seafood

- 1/8 cup beef bone broth
- 2/3 pound boneless chicken thighs
- 1 pound pork chops

Eggs & Dairy

- 4 egg

Spices

- 3/4 teaspoon Adobo seasoning
- 1/4 teaspoon cumin
- 1/8 teaspoon ground black pepper
- 3/4 teaspoon ground turmeric
- 1/2 teaspoon paprika
- 1 tablespoon taco seasoning

Sweeteners & Baking Supplies

- 2 1/2 tablespoons honey

Vinegar and Oils

- 1/8 cup balsamic vinegar
- 2 tablespoons extra virgin olive oil

Drinks

- 19 1/2 ounces water

- 1 carrot
- 3/4 inch fresh ginger
- 1/2 pound parsnip

- 1 head garlic
- 1 mango
- 1/4 orange

- 2/3 pound bone-in pork chops
- 1 ground beef

- 1 teaspoon coarse sea salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground coriander
- 3/4 teaspoon Italian seasoning
- sea salt

- 1/4 teaspoon vanilla

- 3 tablespoons coconut oil

Mango

Active time: 5 minutes Total time: 5 minutes Servings: 1



Ingredients

1 mango

How to prepare

1. Peel and slice mangoes. Enjoy!

Honey Glazed Carrots (DF)

Active time: 15 minutes Total time: 25 minutes Servings: 1



Ingredients

1 large carrot
1/4 teaspoon coarse sea salt
1 tablespoon coconut oil
1 tablespoon honey
1/4 teaspoon vanilla

How to prepare

1. Peel and cut carrots on the diagonal into half inch slices.
2. Boil the carrots in water for approximately 15 minutes, or until tender. Drain and set aside.
3. In a large skillet over medium-high heat, melt the oil. Add honey and vanilla, and stir until dissolved.
4. Add the carrots. Reduce heat to medium and cook for 2 minutes, stirring until carrots are glazed on all sides. Serve hot.

Grilled Adobo Pork Chops

Active time: 15 minutes Total time: 15 minutes Servings: 1



Ingredients

2/3 pound bone-in pork chops
3/4 teaspoon Adobo seasoning

How to prepare

1. Remove pork chops from the refrigerator and allow to come up to temperature while the grill is preheating.
2. Sprinkle Adobo seasoning on both sides.
3. Reduce grill heat to medium, and grill for 4-5 minutes per side, or desired doneness.

Publisher's note

This recipe was contributed by Bill and Hayley of PrimalPalate.com - @primalpalate on Instagram.

Quick Taco Salad with Avocado

Active time: 20 minutes Total time: 20 minutes Servings: 2



Ingredients

1 tablespoon extra virgin olive oil
1 ground beef
1 tablespoon taco seasoning
1/3 cup water
1 avocado
2 1/2 ounces lettuce
sea salt, to taste

Notes

When buying taco seasoning, read through the ingredient label, to ensure the brand is sugar-free.

How to prepare

1. Heat the olive oil in a large skillet over medium-high heat. Add the ground meat, and use a spatula to break it up. Stir occasionally for about 10 minutes, or until cooked through.
2. Sprinkle the taco seasoning over the meat, and stir until combined. Add the water and increase the temperature to high, bringing the mixture to a boil. Reduce temperature to medium-low, and let simmer for 3-5 minutes, until the mixture thickens. Cover, and keep warm over low heat.
3. Peel and slice the avocados.
4. For serving, top the lettuce with taco meat and avocado.

Soft Scrambled Eggs

Active time: 15 minutes Total time: 15 minutes Servings: 1



Ingredients

2 eggs
1/8 cup water
1/4 teaspoon coarse sea salt
ground black pepper, to taste
3/4 teaspoon coconut oil

How to prepare

1. Whisk eggs, water, salt and pepper in bowl until uniform.
2. Heat oil in a skillet over medium heat until hot. Pour in the egg mixture.
3. As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds.
4. Remove from heat while eggs are still slightly runny as they will continue to cook in the pan for another minute or two.

Blueberries

Active time: 5 minutes Total time: 5 minutes Servings: 1



Ingredients

1/2 cup blueberries

How to prepare

1. Distribute blueberries evenly. Enjoy!

Anti-Inflammatory Turmeric Tea

Active time: 10 minutes Total time: 20 minutes Servings: 1



Ingredients

1/4 inch fresh ginger
1/4 bunch cilantro
1/4 clove garlic
1/2 lemon
1/8 orange, or substitute honey
8 ounces water
1/3 teaspoon ground turmeric
3/4 teaspoon extra virgin olive oil

How to prepare

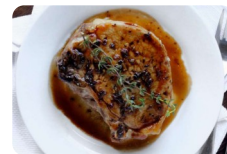
1. Thinly slice ginger. Chop cilantro. Peel and crush garlic. Juice lemons and orange.
2. Put water on the stove to boil. Combine all ingredients in a strainer or teapot. Pour boiling water into the pot and steep for 10 minutes. Strain and enjoy!

Publisher's note

If tolerated, add in 5 whole peppercorns per 4 servings.

Balsamic Glazed Pork Chops (AIP)

Active time: 25 minutes Total time: 25 minutes Servings: 2



Ingredients

1 pound pork chops
coarse sea salt, to taste
1 tablespoon coconut oil
1/8 cup balsamic vinegar
1 1/2 tablespoons honey
1 teaspoon minced garlic
3/4 teaspoon Italian seasoning

How to prepare

1. Preheat oven to 400F. Season pork chops with salt.
2. Melt coconut oil in an oven proof skillet over medium high heat. Add pork chops and cook for 2-3 minutes on each side until golden brown.
3. Place pork chops into oven and roast until completely cooked through, reaching an internal temperature of 140F, about 8-10 minutes for 1" pork chops. Thinner chops will need less time; check early and adjust oven time as needed.
4. Meanwhile, to make the glaze, combine balsamic vinegar, honey, garlic, and Italian seasoning in a saucepan over medium heat. Season with salt.
5. Bring to a boil, then reduce heat and simmer about 5 minutes, until balsamic vinegar begins to thicken.
6. Serve pork chops topped with balsamic glaze.

Zoodles (Zucchini Noodles)

Active time: 10 minutes Total time: 10 minutes Servings: 2



Ingredients

4 medium zucchinis
coarse sea salt

How to prepare

1. To make zucchini noodles, either purchase a julienne peeler or a spiral cutter, OR simply use a sharp knife to cut the zucchini first lengthwise into strips, then slice those strips as finely as possible into spaghetti-like pieces.
2. Sprinkle some sea salt over the zoodles and let them sit for 25 minutes in the sink to sweat out excess water. After the 25 minutes, rinse and pat them dry with a paper towel.
3. Use raw or cook in a large pan over medium heat for about 2 minutes, to allow the zoodles to soften slightly. Remove from heat and serve.

Avocado (Side)

Active time: 5 minutes Total time: 5 minutes Servings: 1



Ingredients

1/2 avocado

How to prepare

1. Peel, pit and slice avocados.
2. Serve as a side dish.

Barbecue Chicken

Active time: 30 minutes Total time: 30 minutes Servings: 1



Ingredients

1/2 teaspoon garlic powder
1/2 teaspoon paprika
1/4 teaspoon ground coriander
1/4 teaspoon cumin
1/8 teaspoon ground black pepper
1/4 teaspoon coarse sea salt
2/3 pound boneless chicken thighs

How to prepare

1. Mix spices in a bowl. Toss with chicken and rub around with your hands to thoroughly coat (don't forget to wash well afterward!).
2. Place on a hot grill. Cook approximately 10 minutes on the first side and 8 minutes on the second side, or until completely cooked. You may have to adjust your cooking time depending on the heat of your barbecue.

Mashed Gingered Parsnips

Active time: 10 minutes Total time: 25 minutes Servings: 1



Ingredients

1/2 pound parsnip
1/4 inch fresh ginger
1 1/2 teaspoons coconut oil
1/8 cup beef bone broth
sea salt, to taste

How to prepare

1. Peel and chop the parsnips. Peel and grate the ginger.
2. Boil parsnips in a large pot until soft, approximately 12–15 minutes. Drain. Put parsnips, ginger, coconut oil, and broth into a food processor. Process on high 1 minute. Sample. If mash is too thick, add more bone broth, a tablespoon at a time, and process until desired consistency is reached. Add salt to taste. Serve and enjoy!

Publisher's note

If you have reintroduced it, use butter instead of coconut oil. Photo: Toni Snelling