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Welcome to the immune nutrient-based eating meal plan. All of the foods this week include immune health promoting nutrients. You can substitute any ingredient or meals as necessary with other immune boosting 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  Tropical Turmeric Smoothie (AIP)	Breakfast  Avocado Toast (DF)  Soft Scrambled Eggs	Breakfast  Tropical Turmeric Smoothie (AIP)	Breakfast	Breakfast	Breakfast	Breakfast
Lunch  Grilled Adobo Pork Chops  Honey Glazed Carrots (DF)	Lunch  Ginger Baked Salmon (leftover)  Sautéed Spinach (DF) (leftover)	Lunch  Cinnamon-Sage Dry Rubbed Steak (leftover)  Rosemary Grilled Asparagus (leftover)	Lunch	Lunch	Lunch	Lunch
Dinner  Ginger Baked Salmon  Sautéed Spinach (DF)	Dinner  Cinnamon-Sage Dry Rubbed Steak  Rosemary Grilled Asparagus	Dinner  Simple Grilled Chicken Breasts  Roasted Broccoli	Dinner	Dinner	Dinner	Dinner

Meal Plan Summary

Monday

Breakfast

Tropical Turmeric Smoothie (AIP) (p.5)

Lunch

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

Dinner

Ginger Baked Salmon (p.6) , Sauteed Spinach (DF) (p.6)

Tuesday

Breakfast

Avocado Toast (DF) (p.6) , Soft Scrambled Eggs (p.7)

Lunch

Ginger Baked Salmon (leftover) (p.6) , Sauteed Spinach (DF) (leftover) (p.6)

Dinner

Cinnamon-Sage Dry Rubbed Steak (p.7) , Rosemary Grilled Asparagus (p.7)

Wednesday

Breakfast

Tropical Turmeric Smoothie (AIP) (p.5)

Lunch

Cinnamon-Sage Dry Rubbed Steak (leftover) (p.7) , Rosemary Grilled Asparagus (leftover) (p.7)

Dinner

Simple Grilled Chicken Breasts (p.8) , Roasted Broccoli (p.8)

Shopping List

Real Plans

Produce

Refrigerated

- 1 pound asparagus
- 1 carrot
- 3/4 teaspoon fresh rosemary

Non-refrigerated

- 1 1/2 avocado
- 1/4 lemon
- 1 orange

Meat/Seafood

- 1 pound beef steak
- 1/3 pound boneless skinless chicken breasts

Eggs & Dairy

- 2 egg

Spices

- 3/4 teaspoon Adobo seasoning
- 1/2 teaspoon coarse sea salt
- 1/8 teaspoon ground ginger
- 1 teaspoon ground turmeric

Sweeteners & Baking Supplies

- 1 tablespoon honey

Vinegar and Oils

- 4 tablespoons coconut oil

Canned/Jarred Goods

- 16 ounces full fat coconut milk

Bakery

- 1 slice bread

Supplements

- 1/4 cup collagen

Drinks

- 1/4 cup ice

- 1/2 head broccoli
- 1 1/2 tablespoons fresh parsley
- 8 ounces spinach

- 1 banana
- 1 3/4 teaspoons lemon juice

- 2/3 pound bone-in pork chops
- 12 ounces salmon fillet

- 1/3 teaspoon cinnamon
- ground black pepper
- 1 1/2 teaspoons ground sage
- 2 tablespoons sea salt

- 1/4 teaspoon vanilla

- 4 tablespoons extra virgin olive oil

- 1/8 cup water

Tropical Turmeric Smoothie (AIP)

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



Ingredients

1/2 banana
1/2 orange
1/2 small avocado
8 ounces full fat coconut milk
1/2 teaspoon ground turmeric, more to taste
1/8 cup collagen
1/8 cup ice, optional

How to prepare

1. Chop and freeze bananas.
2. Zest and juice oranges. Peel and pit avocados and slice into quarters.
3. Place all ingredients in blender and blend until smooth. Serve immediately.

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.

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.

Ginger Baked Salmon

Active time: 10 minutes Total time: 30 minutes Servings: 2



Ingredients

12 ounces salmon fillets, ~ 6 oz per person
1 tablespoon coconut oil
1/8 teaspoon ground ginger
1/8 teaspoon sea salt
1 1/2 tablespoons fresh parsley

How to prepare

1. Preheat your oven to 400F.
2. Melt coconut oil. Mince parsley.
3. Wash and dry the salmon fillet and place on a oiled baking dish. Spread the coconut oil over the fillet and then sprinkle the ginger and sea salt all over. Bake for 15-20 minutes (depending on the thickness of your fillet), or until the thickest part barely flakes.

Sauteed Spinach (DF)

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



Ingredients

8 ounces spinach
1/2 teaspoon sea salt, plus more to taste
1 tablespoon extra virgin olive oil

How to prepare

1. Thoroughly wash spinach. Tear into bite sized pieces.
2. Heat olive oil in a pan over medium high heat. Add damp spinach and sea salt; saute uncovered until spinach is just wilted and bright green and serve.

Avocado Toast (DF)

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



Ingredients

1 slice bread
1/2 avocado
coarse sea salt, to taste
ground black pepper, to taste

How to prepare

1. Peel, pit and slice the avocado. Toast the bread.
2. Top the toast with avocado slices.
3. Season with salt and pepper and serve.

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.

Cinnamon-Sage Dry Rubbed Steak

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



Ingredients

1 tablespoon sea salt
1 1/2 teaspoons ground sage
1/3 teaspoon cinnamon
1 pound beef steak
1 1/2 teaspoons coconut oil

How to prepare

1. Combine the salt, herbs, and spices together in a small bowl.
2. Rub the mixture on both sides of the steaks.
3. Heat the coconut oil in a cast-iron skillet on medium-high heat. When the fat has melted and the pan is hot, cook the steaks 5 to 7 minutes per side, or until desired doneness is reached.

Publisher's note

Variation: Try using lamb chops or steaks instead of beef. This recipe also works fantastically on the grill. Photo: Kyle Johnson

Rosemary Grilled Asparagus

Active time: 10 minutes Total time: 20 minutes Servings: 2



Ingredients

1 pound asparagus
1 tablespoon coconut oil, or other solid cooking fat
3/4 teaspoon fresh rosemary
1/8 teaspoon sea salt
1/4 lemon, for finishing

How to prepare

1. Preheat your grill or grill pan.
2. Trim the ends, rinse and dry the asparagus. Melt the fat. Mince the rosemary. Juice the lemon.
3. Coat the asparagus evenly with the cooking fat, rosemary, and salt.
4. Grill for 10 minutes or until soft, turning occasionally, removing some of the thinner spears as they cook. Serve warm with a squeeze of fresh lemon juice.

Publisher's note

Photo: Kyle Johnson

Simple Grilled Chicken Breasts

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



Ingredients

1/3 pound boneless skinless chicken breasts
1/8 cup extra virgin olive oil
1 3/4 teaspoons lemon juice
1/8 teaspoon sea salt

How to prepare

1. Put the chicken between two pieces of plastic wrap and pound the thicker parts with a meat tenderizer until the thickness is about even, then add all the ingredients into a bowl and let the chicken marinate in refrigerator for 30-60 minutes.
2. Heat your grill to medium-high (you can use a grill pan inside if preferred). Oil the grate with a paper towel.
3. Grill the chicken for 4-5 minutes on each side then let rest for 5 minutes before serving.

Roasted Broccoli

Active time: 5 minutes Total time: 20 minutes Servings: 1



Ingredients

1/2 head broccoli
1 1/2 teaspoons extra virgin olive oil
sea salt, to taste
ground black pepper, to taste

How to prepare

1. Preheat oven to 400F.
2. Remove broccoli florets from stems and discard stems. In an oven-safe dish, spread florets in a single layer and drizzle with olive oil, salt, and pepper.
3. Roast for 15-20 minutes, or until desired level of crispness.