


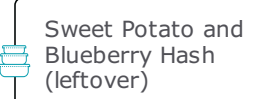





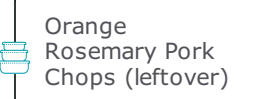
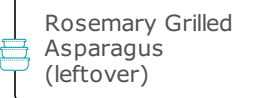
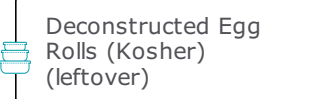


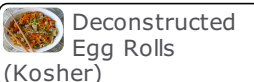
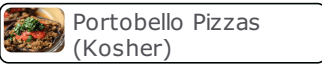


## Pain Support Sample 3-Day Meal Plan

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Welcome to the pain support nutrient-based eating meal plan. All of the foods this week include anti-inflammatory promoting nutrients. You can substitute any ingredient or meals as necessary with other anti-inflammatory 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
<p>Breakfast</p>  Sweet Potato and Blueberry Hash	<p>Breakfast</p>  Sweet Potato and Blueberry Hash (leftover)	<p>Breakfast</p>  Anti-Inflammatory Turmeric Tea  Beautiful Bacon  Avocado (Side)	<p>Breakfast</p>	<p>Breakfast</p>	<p>Breakfast</p>	<p>Breakfast</p>
<p>Lunch</p>  Grilled Salmon  Sautéed Purple Cabbage <p>Can substitute with green cabbage if needed</p>	<p>Lunch</p>  Orange Rosemary Pork Chops (leftover)  Rosemary Grilled Asparagus (leftover)	<p>Lunch</p>  Deconstructed Egg Rolls (leftover)	<p>Lunch</p>	<p>Lunch</p>	<p>Lunch</p>	<p>Lunch</p>
<p>Dinner</p>  Orange Rosemary Pork Chops  Rosemary Grilled Asparagus	<p>Dinner</p>  Deconstructed Egg Rolls (Kosher)	<p>Dinner</p>  Portobello Pizzas (Kosher)	<p>Dinner</p>	<p>Dinner</p>	<p>Dinner</p>	<p>Dinner</p>

# Meal Plan Summary

## Monday

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### **Breakfast**

Sweet Potato and Blueberry Hash (p.5)

### **Lunch**

Grilled Salmon (p.5) , Sauteed Purple Cabbage (p.6)

### **Dinner**

Orange Rosemary Pork Chops (p.6) , Rosemary Grilled Asparagus (p.7)

## Tuesday

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### **Breakfast**

Sweet Potato and Blueberry Hash (leftover) (p.5)

### **Lunch**

Orange Rosemary Pork Chops (leftover) (p.6) , Rosemary Grilled Asparagus (leftover) (p.7)

### **Dinner**

Deconstructed Egg Rolls (Kosher) (p.7)

## Wednesday

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### **Breakfast**

Anti-Inflammatory Turmeric Tea (p.8) , Beautiful Bacon (p.8) , Avocado (Side) (p.9)

### **Lunch**

Deconstructed Egg Rolls (Kosher) (leftover) (p.7)

### **Dinner**

Portobello Pizzas (Kosher) (p.9)

# Shopping List

## Real Plans

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### Produce

#### Refrigerated

- 1 pound asparagus
- 1 bunch cilantro
- 2 1/4 teaspoons fresh rosemary
- 1 portobello mushrooms
- 1/2 cup shredded carrots

#### Non-refrigerated

- 1/2 avocado
- 2 Granny Smith apple
- 4 teaspoons minced garlic
- 1/8 orange
- 2 sweet potato

#### Meat/Seafood

- 1/4 pound bacon
- 3/4 pound ground beef

#### Spices

- 2 teaspoons cinnamon
- 1/8 teaspoon dried basil
- 1/8 teaspoon ground black pepper
- 1/3 teaspoon ground turmeric

#### Vinegar and Oils

- 4 tablespoons coconut oil
- 1 tablespoon sesame oil

#### Canned/Jarred Goods

- 1/4 cup beef broth

#### Drinks

- 1/4 cup orange juice

#### Asian

- 1/4 cup soy sauce

- 1/2 cup blueberries
- 3/4 inch fresh ginger
- 2 green onion
- 1/4 head purple cabbage
- 4 cups shredded green cabbage

- 1 head garlic
- 1 lemon
- 1/2 onion
- 1/2 shallot
- 1/8 white onion

- 3/4 pound boneless pork chops
- 1/4 pound salmon

- 1/8 teaspoon coarse sea salt
- 1/8 teaspoon dried oregano
- 1 teaspoon ground ginger
- 1/8 teaspoon sea salt

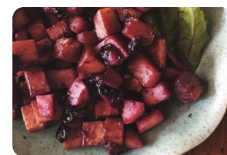
- 2 tablespoons extra virgin olive oil

- 1/2 cup tomato sauce

- 10 ounces water

## Sweet Potato and Blueberry Hash

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



### Ingredients

2 sweet potatoes  
2 Granny Smith apples  
2 teaspoons cinnamon  
2 tablespoons coconut oil  
1/4 cup water  
1 teaspoon ground ginger  
1/2 cup blueberries

### Publisher's note

This recipe was contributed by Lisa McLeod of MadebyMcLeod.com - @lisamcleod on Instagram.

### How to prepare

1. Peel and dice sweet potatoes and apples.
2. Toss sweet potato in cinnamon in a mixing bowl.
3. Heat coconut oil in a large skillet over medium heat. Add the sweet potato to the skillet, and simmer and stir for about a minute or two. Add water to skillet, and cover for about 5 minutes.
4. Meanwhile, toss the diced apple in ground ginger.
5. Remove skillet lid and add the apple. Simmer and stir for about a minute, and then toss in the blueberries. Give it all another big stir, then cover again for another 4 minutes. You may need a little more water to continue steaming.
6. When the potatoes are soft, and the apples still slightly crisp, it is done! The blueberries are going to bleed their sweet flavor, and turn this dish purple. It's like painting with food!

## Grilled Salmon

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



### Ingredients

1/4 pound salmon  
coarse sea salt  
ground black pepper  
1 1/2 teaspoons extra virgin olive oil  
1/4 lemon

### How to prepare

1. On the Stove: Generously salt and pepper the skinless side of the salmon.
2. Heat skillet on medium-high. Add oil.
3. When oil is hot, place salmon filets in pan, skin side up.
4. Cook for 5 minutes, then flip. Cook 3-5 minutes to desired doneness.
5. Remove salmon from pan.
6. Cut lemon into wedges and serve alongside the salmon.
7. On the Grill: Heat a grill to medium-high (you can hold your hand about 1 inch above the grill grate).
8. Brush grill grate with oil. Place salmon, skin-side-down, on the grill and cover. Cook, undisturbed, until salmon just starts to release its fat and/or flesh flakes easily, 10-15 minutes for most 1 inch thick fillets.
9. Allow another 10 minutes for each extra inch of thickness. Use a spatula to remove fish from grill and serve.

## Sauteed Purple Cabbage

Active time: 8 minutes Total time: 16 minutes Servings: 1



### Ingredients

1/4 head purple cabbage  
1/8 large white onion  
1 teaspoon minced garlic  
3/4 teaspoon coconut oil, or other cooking fat  
sea salt, to taste

### How to prepare

1. Slice the cabbage and onion.
2. Melt the coconut oil in a large skillet over medium heat. Add sliced cabbage and onion to skillet. Cook until just crisp and tender, approximately 5 minutes. Add garlic and salt, then stir. Cook 3 minutes. Serve and enjoy!

### Publisher's note

If tolerated, add pepper to taste when adding salt. Photo: Toni Snelling

## Orange Rosemary Pork Chops

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



### Ingredients

1 1/2 teaspoons fresh rosemary  
1/2 shallot  
3/4 pound boneless pork chops  
1/8 teaspoon coarse sea salt  
1/8 teaspoon ground black pepper  
1 tablespoon extra virgin olive oil  
1/4 cup beef broth  
1/4 cup orange juice

### How to prepare

1. Chop rosemary. Peel and mince shallot.
2. Season pork chops with rosemary, salt, and pepper. Heat oil in a large skillet over medium-high heat. Add chops and cook until browned and cooked through, about 5 minutes per side. Remove pork chops to a serving platter and cover to keep warm.
3. Add shallots to the pan; sauté until shallots are soft. Add broth and orange juice, scraping to remove any browned bits from the bottom of the pan. Boil until liquid is reduced by half, about 3 minutes.
4. Pour sauce over pork chops and serve garnished with extra rosemary.

## 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

### Publisher's note

Photo: Kyle Johnson

### 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.

## Deconstructed Egg Rolls (Kosher)

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



### Ingredients

1/2 onion  
1/2 inch fresh ginger  
2 green onions  
1 1/2 teaspoons coconut oil  
1/2 pound ground beef  
2 1/2 teaspoons minced garlic  
1/4 cup soy sauce  
1 tablespoon sesame oil  
4 cups shredded green cabbage  
1/2 cup shredded carrots

### How to prepare

1. Dice onion. Grate ginger and slice green onions.
2. Heat coconut oil in a skillet. Add onion and cook until it begins to soften. Add ground beef and break apart with a wooden spoon, cooking until it is no longer pink.
3. Meanwhile, in a small bowl combine garlic, soy sauce, ginger, and sesame oil; set aside.
4. Once ground beef is cooked through, add cabbage and carrots to skillet and stir to combine.
5. Pour soy sauce mixture into the skillet and stir, continuing to cook over medium heat for about 5-15 minutes or until cabbage is wilted.
6. Serve topped with sliced green onion.

## 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  
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.

## Beautiful Bacon

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



### Ingredients

1/4 pound bacon

### How to prepare

1. In the pan:
2. Do not preheat pan. Place bacon in a single layer in a heavy bottomed pan, and turn heat to medium high. Fry bacon to desired doneness using tongs to rotate bacon so that it is evenly cooked. I use a perforated splatter lid to avoid burns and prevent moisture from accumulating and making the fat sizzle. Cook to desired doneness and proceed to step 5.
3. In the oven (chewier):
4. Preheat oven to 375F. Place bacon in a single layer of a lipped baking sheet. Bake for 15-20 minutes until desired doneness is achieved, remove bacon from oven.
5. Using tongs, transfer bacon to a plate lined with a paper towel and serve.
6. While the bacon grease is still hot, strain it through a fine metal mesh strainer into a clean glass jar. Allow to cool before covering to avoid condensation. Bacon fat can be used for cooking.



## 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.

## Portobello Pizzas (Kosher)

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



### Ingredients

1 portobello mushrooms  
3/4 teaspoon extra virgin olive oil  
coarse sea salt, to taste  
ground black pepper, to taste  
1/4 pound ground beef  
1/2 teaspoon minced garlic  
1/2 cup tomato sauce  
1/8 teaspoon dried basil  
1/8 teaspoon dried oregano

### How to prepare

1. Preheat oven to broiling.
2. Wipe dirt off dry mushrooms, remove stems, and use a spoon to gently scrape the gills from the underside of the cap. Brush olive oil inside the cap of each mushroom and sprinkle with salt and pepper.
3. Broil mushrooms for 5 minutes on each side. Remove from oven and reduce heat to 350F.
4. In a bowl, combine ground beef, garlic, sea salt, and pepper. Mix with hands until thoroughly combined.
5. In a medium saucepan, cook the ground beef until browned, about 5 minutes, using a wooden spoon to mix and turn over continuously to ensure even browning.
6. Gently distribute an even portion of meat mixture into each mushroom cap.
7. Stir basil and oregano into the tomato sauce and pour sauce over each mushroom cap, setting aside any extra sauce for another use.
8. Return caps to the oven for 2-3 minutes to allow sauce to warm.