



# **3-Day Anti-Inflammatory Meal Plan**

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**SIMPLE, DELICIOUS RECIPES  
TO HELP YOU MEET YOUR  
HEALTH GOALS**

# *Welcome!*

I'm so glad you're here.

Our team of credentialed nutrition professionals and culinary facilitators have created healthy meal plans to help you meet your health goals. All of our delicious recipes are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

Mix and match the recipes in this e-book to create three days of health-promoting meals!

Let's get cooking!

*Sarah Lili Herrington*

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Alchemy Training and Nutrition



# Breakfast

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*Blender Oat Muffins*

*Chard, Tomato, and Zucchini Frittata*

*Overnight Strawberry Chia Oatmeal*

# Lunch/Dinner

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*Sheet Pan Maple Mustard Chicken  
with Squash and Brussels Sprouts*

*Turkey Mushroom Burgers with  
Simple Radicchio Arugula Salad*

*One-Pan Avocado Lime Salmon*

# Snacks

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*Peanut Butter Energy Bites*

*Green with Envy Smoothie*

*Edamame Hummus*

# Blender Oat Muffins

Prep Time 10 min  
 Total Time 20 min  
 Meal Type Breakfast, Snack  
 Source [www.alchemytrainingandnutrition.com](http://www.alchemytrainingandnutrition.com)  
 Servings 4



## Ingredients

- 2 bananas, *very ripe*
- 2 eggs or 6tbsp. Just Egg
- 1 tsp vanilla extract
- 3 Tbs unsweetened almond milk (*or other milk of choice*)
- 3 Tbs maple syrup
- 1 cup quick-cook oatmeal, *gluten-free*
- 1/2 cup tapioca flour
- 1 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp salt
- cooking spray

## Directions

### Prep

1. Preheat oven to 350° F.
2. Peel bananas and break into pieces.
3. Spray muffin tins with oil.

### Make

1. Add bananas, eggs, vanilla, milk, and maple syrup to blender and process until creamy.
2. Add oats and process until just combined.
3. In a bowl, whisk together tapioca flour, baking powder, cinnamon, and salt.
4. Make a well in dry ingredients and pour in liquid from blender.
5. Stir until just combined.
6. Using a small ice cream scoop or two spoons, place batter in muffin tin and bake for about 8-10 minutes [minis] or 12-15 minutes full size.

## Notes

Serving size is one full-sized muffin or 5 mini

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		<b>Total Fat</b> 4.3g	6%	<b>Total Carbohydrates</b> 53g	17%
		Saturated Fat 1.1g	5%	Dietary Fiber 4g	15%
		Trans Fat 0.0g		Total Sugars 17g	
<b>Calories</b> per serving	<b>268</b>	<b>Cholesterol</b> 93mg	31%	<b>Protein</b> 7g	
		<b>Sodium</b> 331mg	14%		
		Vitamin D 1mcg 5% · Calcium 112mg 11% · Iron 11mg 59% · Potassium 490mg 10%			

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Chard, Tomato, and Zucchini Frittata

Prep Time 10 min  
 Total Time 30 min  
 Meal Type Breakfast, Lunch, Dinner  
 Source [www.alchemytrainingandnutrition.com](http://www.alchemytrainingandnutrition.com)  
 Servings 3



## Ingredients

- 1 Tbs olive oil
- 1/2 cup onion, chopped
- 2 Cloves garlic, minced or pressed
- 1 zucchini, chopped
- 2 cup cherry tomatoes
- 2 cup Swiss chard, tough spines removed and leaves shredded
- 1/2 cup Just Egg
- 1/2 tsp salt

## Directions

### Prep

1. Chop onion, zucchini, tomatoes, and chard.
2. Mince garlic.
3. Whisk eggs.
4. Preheat oven to 350°F.

### Make

1. In an oven-safe, non-stick skillet, heat olive oil. Sauté zucchini and tomatoes until they begin to brown. Add chard and sauté for a few more minutes until wilted.
2. Add onions and garlic and continue to sauté until soft and fragrant.
3. Push vegetables around pan to distribute evenly.
4. Whisk salt into eggs and pour over vegetables. Place in oven for 8-10 minutes until cooked through.
5. Remove frittata from oven and let stand for a few minutes. Remove from pan and slice to serve.
6. If desired, sprinkle with 2 tablespoons of cheese [feta or parmesan] when you remove from oven and let melt before serving.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
3 servings		<b>Total Fat</b> 14.3g	22%	<b>Total Carbohydrates</b> 10g	3%
		Saturated Fat 3.8g	18%	Dietary Fiber 2g	8%
		Trans Fat 0.0g		Total Sugars 4g	
<b>Calories</b> 226		<b>Cholesterol</b> 372mg	124%	<b>Protein</b> 15g	
per serving		<b>Sodium</b> 394mg	17%		
Vitamin D 2mcg 20% · Calcium 96mg 9% · Iron 3mg 14% · Potassium 552mg 11%					

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# Overnight Strawberry Chia Oatmeal

Prep Time 15 mins

Total Time 8 hours

Meal Type Breakfast

Source [www.alchemytrainingandnutrition.com](http://www.alchemytrainingandnutrition.com)

Servings 2



## Ingredients

- 2/3 cup rolled oats *certified gluten-free, if needed*
- 1/4 cup chia seeds
- 1/2 banana, mashed
- 2 cup unsweetened almond milk *or milk of choice*
- 1 1/2 tsp vanilla extract
- 2 tsp maple syrup
- 1 cup strawberries, sliced

## Directions

### Prep

1. Mash banana with a fork.
2. Slice strawberries.

### Make

1. Place oats, chia seeds, mashed banana, milk, vanilla, and maple syrup in a mason jar with lid. Shake vigorously to combine. Let sit for 10 minutes, shake again then place in refrigerator overnight.
2. The next morning take oats out of the refrigerator and stir well. Layer in a serving glass or a mason jar with sliced strawberries.
3. Top with additional milk and a drizzle of maple syrup if desired.

## Nutrition Facts

2 servings

**Calories** 355  
per serving

Amount/serving % Daily Value\*

**Total Fat** 13.4g 20%

Saturated Fat 1.4g 7%

Trans Fat 0.0g

**Cholesterol** 0mg 0%

**Sodium** 196mg 8%

Vitamin D 3g 26% · Calcium 695mg 69% · Iron 17mg 91% · Potassium 638mg 13%

Amount/serving % Daily Value\*

**Total Carbohydrates** 52g 17%

Dietary Fiber 15g 60%

Total Sugars 15g

**Protein** 10g

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# Sheet Pan Maple Mustard Chicken

with Squash and Brussels Sprouts

Prep Time 15 mins

Total Time 30 mins

Meal Type Lunch, Dinner

Source [www.alchemytrainingandnutrition.com](http://www.alchemytrainingandnutrition.com)

Servings 4



## Ingredients

- 2 Tbs fresh oregano, chopped (or 1 teaspoon dried)
- 2 Tbs Dijon mustard
- 2 Tbs maple syrup
- 1 1/2 lb chicken breasts, skinless
- 4 cup butternut squash, peeled and cubed (about 1 pound)
- 1 sweet onion, chopped small
- 8 oz Brussels sprouts, trimmed and halved (about 2 cups)
- 2 Tbs olive oil
- salt, to taste
- pepper, to taste

## Directions

### Prep

1. Preheat oven to 425°F. Place a large rimmed baking sheet in oven (leave pan in the oven as it preheats).
2. Combine oregano, mustard, and syrup in a small bowl.
3. Cube squash, chop onion, trim and halve Brussels sprouts.

### Make

1. Brush 1/2 mustard-maple syrup mix evenly over chicken breasts.
2. Toss squash, onion, and sprouts with remaining dressing in small bowl
3. Remove hot pan from oven and line with parchment paper. Add chicken to pan and spread vegetables around the chicken in an even layer.
4. Bake at 425°F for 20-30 minutes or until chicken is done (until internal temperature of the chicken reaches 165 degrees F) and vegetables are tender.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 10.2g	15%	<b>Total Carbohydrates</b> 32g	10%
Saturated Fat 1.7g	8%	Dietary Fiber 7g	26%	
Trans Fat 0.0g		Total Sugars 11g		
<b>Cholesterol</b> 97mg	32%	<b>Protein</b> 42g		
<b>Sodium</b> 192mg	8%			
Vitamin D 0mcg 0% · Calcium 172mg 17% · Iron 4mg 24% · Potassium 1234mg 26%				

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# Turkey Mushroom Burgers

with Simple Radicchio Arugula Salad

Prep Time 15 mins  
 Total Time 20 mins  
 Meal Type Lunch, Dinner

Source [www.alchemytrainingandnutrition.com](http://www.alchemytrainingandnutrition.com)

Servings 3



## Ingredients

- 1 1/2 lb ground turkey
- 1 cup mushrooms, finely chopped
- 2 cup spinach, chopped and loosely packed
- 1 tsp fennel seed, crushed
- 1 tsp ground sage
- 1/4 tsp salt
- 1/4 cup vegan feta cheese
- cooking spray

### For the salad:

#### Ingredients

- 6 cup arugula
- 2 Heads radicchio lettuce, chopped
- 3 Tbs olive oil
- 2 tsp Dijon mustard
- 2 Tbs red wine vinegar
- 1 lemon, for 1 tablespoon juice

## Directions

### Prep

1. Chop mushrooms and spinach.

### Make

1. In a large bowl, mix together ground turkey, mushrooms, spinach, crushed fennel seed, ground sage, salt, and feta cheese or alternative (if using).
2. Preheat grill pan (or saute pan) over medium-high heat. Coat with cooking spray.
3. Evenly divide meat into 4 to create 4 burgers. Cook burgers, browning both sides until internal temperature reaches 165° F.

### Directions

#### Prep

1. Chop radicchio.
2. Wash and dry lettuces.
3. Juice lemon.

#### Make

1. Add oil, mustard, vinegar, and lemon juice to a small mason jar. Shake to combine.
2. Add lettuces to a bowl and toss to coat.
3. Season with salt and pepper to taste.

\*Nutrition Facts for burgers only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		<b>Total Fat</b> 13.3g	20%	<b>Total Carbohydrates</b> 2g	0%
		Saturated Fat 3.5g	17%	Dietary Fiber 1g	3%
		Trans Fat 0.2g		Total Sugars 1g	
<b>Calories</b> per serving	<b>262</b>	<b>Cholesterol</b> 117mg	39%	<b>Protein</b> 34g	
		<b>Sodium</b> 258mg	11%		
		Vitamin D 1mcg 7% · Calcium 57mg 5% · Iron 2mg 13% · Potassium 575mg 12%			

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# One-Pan Avocado Lime Salmon

Prep Time  
Total Time

15 mins  
30 mins

Meal Type

Lunch, Dinner

Source

[www.alchemytrainingandnutrition.com](http://www.alchemytrainingandnutrition.com)

Servings

4



## Ingredients

- 1 1/2 lb salmon, skinless
- 1 Clove garlic
- olive oil, to taste
- salt, to taste
- pepper, to taste
- 2 tsp paprika
- 1 avocado, chopped
- 1 red onion, chopped
- 4 Tbs fresh cilantro, chopped
- 4 Tbs olive oil
- 4 Tbs lime juice

## Directions

### Prep

1. Preheat oven to 400°F. Spray a large baking sheet with cooking spray.
2. Chop avocado, onion, and cilantro.
3. Juice lime.

### Make

1. On a baking sheet, season salmon with garlic, olive oil, salt, pepper, and paprika.
2. Bake for 10-12 minutes.
3. In a small bowl, mix avocado topping ingredients until fully incorporated. Don't overmix or you'll break down your avocado.
4. Spoon avocado topping over the salmon.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		<b>Total Fat</b> 35.3g	54%	<b>Total Carbohydrates</b> 8g	2%
		Saturated Fat 6.2g	31%	Dietary Fiber 3g	13%
		Trans Fat 0.0g		Total Sugars 2g	
		<b>Cholesterol</b> 62mg	20%	<b>Protein</b> 24g	
<b>Calories per serving</b> 441		<b>Sodium</b> 73mg	3%		
Vitamin D 12mcg 124% · Calcium 28mg 2% · Iron 1mg 5% · Potassium 676mg 14%					

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# Peanut Butter Energy Bites

Prep Time 15 mins  
 Total Time 30 mins

Meal Type Snack

Source [www.alchemytrainingandnutrition.com](http://www.alchemytrainingandnutrition.com)

Servings 6



## Ingredients

- 1 cup mini chocolate chips
- 1 1/2 cup oats, *gluten-free if necessary, old-fashioned preferred*
- 3 Tbs chia seeds
- 1 Tbs maple syrup
- 2/3 cup peanut butter

## Directions

### Prep

1. Measure ingredients.

### Make

1. Mix all ingredients together in a large bowl.
2. Scoop with teaspoon-size spoonfuls onto a piece of parchment paper placed in a container.
3. Cover and store in the refrigerator.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
8 servings		<b>Total Fat</b> 25.8g	39%	<b>Total Carbohydrates</b> 32g	10%
<b>Calories</b> 386		Saturated Fat 9.5g	47%	Dietary Fiber 7g	29%
per serving		Trans Fat 0.0g		Total Sugars 11g	
		<b>Cholesterol</b> 1mg	0%	<b>Protein</b> 10g	
		<b>Sodium</b> 11mg	0%		
		Vitamin D 0g 0% · Calcium 74mg 7% · Iron 12mg 64% · Potassium 403mg 8%			

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# Green with Envy Smoothie

Prep Time 5 mins

Total Time 5 mins

Meal Type Snack

Source [www.alchemytrainingandnutrition.com](http://www.alchemytrainingandnutrition.com)

Servings 1



## Ingredients

- 1 cup water
- 1 cup kale, stems removed and torn 1-2 leaves
- 1/2 Head romaine
- 1/2 cucumber, chopped
- 1/4 avocado
- 1/2 apple, sliced
- 1 banana, frozen
- 1 ice cube if desired

## Directions

### Prep

1. Kale stems removed and leaves torn.
2. Chop cucumber and slice apple.

### Make

1. Place all ingredients in a high-speed blender and process until smooth and creamy.

## Notes

The smoothie is creamy yet fresh (thank you avocado and cucumber!) If you would like it sweeter, add a few pinches of stevia.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 servings		<b>Total Fat</b> 9.3g	14%	<b>Total Carbohydrates</b> 63g	20%
<b>Calories</b> 329		Saturated Fat 1.4g	6%	Dietary Fiber 17g	66%
per serving		Trans Fat 0.0g		Total Sugars 32g	
		<b>Cholesterol</b> 0g	0%	<b>Protein</b> 8g	
		<b>Sodium</b> 45g	1%		
		Vitamin D 0g 0% · Calcium 199g 19% · Iron 4g 24% · Potassium 1838g 39%			

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# Edamame Hummus

Prep Time 15 mins

Total Time 15 mins

Meal Type Snack

Source [www.alchemytrainingandnutrition.com](http://www.alchemytrainingandnutrition.com)

Servings 6



## Ingredients

- 3 cup shelled edamame beans, frozen and defrosted
- 2 cloves garlic, minced
- 2 lemons, squeezed (1/4 cup juice)
- 2 Tbs tahini
- 1/2 tsp salt
- 1/4 tsp ground cumin
- 1/4 cup water, or more as needed
- 4 scallions, chopped

## Directions

### Prep

1. Crush garlic/juice lemons/chop scallions.

### Make

1. Add edamame to food processor, reserving a few beans for garnish.
2. Pulse until finely chopped. Add garlic and pulse several more times.
3. Add lemon juice, tahini, salt, and cumin and run processor until smooth, adding more water as needed to thin.
4. Pulse in scallions.
5. Season with salt and pepper to taste.
6. Place hummus in bowl, garnish with reserved beans and drizzle with olive oil if desired. Serve with crisp, raw vegetables.

Nutrition Facts	Amount/serving		% Daily Value*	
6 servings	<b>Total Fat</b> 6.5g		<b>Total Carbohydrates</b> 10g	
	Saturated Fat 0.8g	9%	Dietary Fiber 5g	3%
	Trans Fat 0.0g	4%	Total Sugars 2g	19%
<b>Calories</b> per serving <b>130</b>	<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 10g	
	<b>Sodium</b> 205mg	8%		
	Vitamin D 0mcg 0% · Calcium 81mg 8% · Iron 2mg 11% · Potassium 402mg 8%			

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*Notes:*