

# meal plan

## consciously organized meals

Our philosophy is simple and rooted in two ideas.

First, it is based on eating whole, nutrient dense foods with a strong focus on fresh, seasonal, locally sourced and consciously grown ingredients.

Second, we believe in conscious cooking. The energy put into the meals you are creating transfers to the recipient. Made with gratitude, received with love.

The combination of these two things is where your deepest health and wellness begins.



# meal plan

## 1. PROTEIN

Always start with protein. It is the basic building block for all cells, sends satiety signals to the brain, and helps build muscles. Include protein in every meal.

## 2. FATS

Good, clean fats are brain fuel. They help the body absorb vitamins and minerals and aid in satiety signaling.

## 3. GREENS

Vitamins, minerals and anti-oxidant rich, greens are living energy. Every vegetable offers a different combination of benefits. Eat a rainbow. Include mostly non-starchy vegetables as well as some starchy.

## 4. FIBER

This helps clean out the gut and slows the absorption of glucose. Vegetables and fruits are excellent sources of fiber. They provide good bacteria to the gut.

## 5. HERBS & SPICES

Herbs and spices are some of the most nutrient dense foods on earth. They have powerful healing/medicinal properties, can wake the taste buds and turn a boring meal into something special. Pro-tip: Reduce waste and incorporate vegetables scraps into condiments and dips.

# meal planning guidelines

## BE BODY & EARTH CONSCIOUS

Create your meals around whole, unprocessed, nutrient rich foods. Fresh, seasonal and local vegetables, organic whenever possible. Grass-fed, pastured meats, wild caught seafood. Compliment meals with seeds, nuts and fruit.

## CREATE A REALISTIC SCHEDULE

What are your days like? Does it make sense to do most of your meal prep on one day (Sunday for example) or would doing a bit every day simplify your life?

## MAKE ENOUGH FOR LEFTOVERS

Make more than you think your family will eat during one sitting. You can save left overs in the freezer for dinner emergencies or recreate them for breakfasts and lunches.

## HAVE A BACKUP PLAN

Things don't always go as planned. Unexpected doctor's visits and putting out fires at work can put a dent in your cooking plans. Keep reliable sources in your back pocket for these days – a place that makes a yummy, additive free roasted chicken for example. Remember those left overs? Here is where they come in handy.

## KEEP IT FRESH

Seasonings and condiments can change a meal entirely. They are your secret weapons for avoiding palate fatigue. Keeping it fresh also means your meals will be dictated by what is freshest at the market. Shop locally and seasonally.

## *the anatomy of a plate*

**75% vegetables.** Make this a combination of two cooked vegetables or one cooked and one raw (salad). At least one of these vegetables should be non-starchy. Make sure they are cooked or dressed in a fat for better nutrient absorption.

**25% protein.** Approximate one palm-full of protein in each meal. Use nuts, seeds and fruit as condiments for texture, taste and visual beauty.

# must haves

## VEGETABLES

garlic. onions. cruciferous vegetables. leafy greens. carrots. celery. a variety of herbs (I always keep parsley, cilantro and rosemary on hand). peppers (jalapeño, fresno). seasonal vegetables (fennel in the fall, zucchini in the summer).

## FRUIT

apples, green bananas. organic berries (fresh if in season, otherwise frozen). seasonally appropriate fruits (pomegranate in the fall, fresh tomatoes in the summer).

## PROTEINS

wild caught salmon. grass-fed ground beef. pastured chicken and eggs. pastured ground pork and/or lamb.

## PANTRY

good quality extra virgin olive oil. cooking olive oil. coconut oil. algae oil. balsamic vinegar. champagne or white wine vinegar. apple cider vinegar. mustard. tahini. nut butters. raw honey. maple syrup. anchovies. fish sauce. coconut aminos. sriracha. organic tomato paste. organic canned whole tomatoes. canned coconut milk. canned coconut cream. dried mushrooms. almond flour. coconut flour. tapioca and/or arrowroot starch. fresh chick peas. fresh black beans. a variety of seeds, preferably sprouted. a variety of nuts (I prefer almonds and pistachios). organic coffee (caffeinated and decaffeinated). herbal teas. medicinal mushrooms (reishi, lion's mane, chaga). spirulina (powdered and/or fresh kept in the freezer). fermented foods (fridge), bone broth (pantry or fridge), collagen, gelatin (or agar agar).

## SPICES

high mineral sea salt. kosher salt. black pepper. garlic powder. Ceylon cinnamon. paprika. cumin. turmeric. sesame seeds. chili powders and flakes. dried herbs. fennel seeds. coriander seeds. cardamom pods.

## DAIRY

grass fed butter and/or ghee. grass-fed and raw whole milk. grass fed whole milk yogurt. grass fed heavy cream.

## FERMENTED FOODS

sauerkraut, kimchi, naturally fermented vegetables, natto, miso, kefir, beet kvass.

# in season

## *spring*

apricots, artichokes, asparagus, arugula, chives, cherries, green onions, endive, fava beans, fiddleheads, mint, morels, nettles, parsley, radishes, ramps, rhubarb, spinach, strawberries, thyme, watercress

## *summer*

grapes, green beans, melons, nectarines, okra, parsley, peaches, peppers, plums, radishes, raspberries, summer squash, tomatillos, tomatoes

## *fall*

apples, arugula, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, celery root, cranberries, currants, endive, escarole, grapes, horseradish, Jerusalem artichokes, kale, pears, persimmons, pomegranates, pumpkins, radicchio, wild mushrooms, winter squash

## *winter*

beets, blood oranges, chicory, clementines, fennel, frisee, grapefruit, kohlrabi, kumquats, leek, parsnip, potatoes, rutabaga, turnips

# sample menu

## **MONDAY**

Breakfast: veggie packed mini frittata muffins

Lunch: kale & mint salad with spicy tahini butter dressing and shredded chicken

Dinner: slow roasted salmon with crispy Brussel sprouts

## **TUESDAY**

Breakfast: pumpkin pie collagen smoothie

Lunch: left-over salmon with herby salad

Dinner: all in one sheet pan chicken thighs with cauliflower & yogurt tahini sauce

## **WEDNESDAY**

Breakfast: zoodle breakfast bowl

Lunch: left-over chicken over butter greens & left-over yogurt-tahini sauce

Dinner: kale, fennel & sausage sauté

## **THURSDAY**

Breakfast: super detox smoothie

Lunch: whipped bone broth with sardine "butter" endive boats

Dinner: steak and salsa verde with charred carrots

## **FRIDAY**

Breakfast: left-over sliced steak with creamy scrambled eggs

Lunch: left-over roasted carrot soup and leafy greens

Dinner: fish taco bowl with avocado crema and red cabbage slaw

## **BONUS TREAT**

Turmeric, black pepper pumpkin seed chia bar

# coconut flour flatbread

## INGREDIENTS

**½ cup tapioca flour or arrowroot flour**

**¼ cup coconut flour**

**1 cup coconut milk, canned and full fat**

**1 teaspoon salt**

## DIRECTIONS

**Pre-heat a crepe or frying pan over medium heat.**

**Mix all the ingredients together in a bowl,  
and pour ¼ cup of batter onto the pan.**

**Spread the batter out with a spoon.**

**Once the batter fluffs up and looks firm and mostly  
cooked, flip it over to cook the other side.**

**Serve immediately or cool on a wire rack**

**NOTE: if it seems slightly undercooked, bake at  
350°F for 10-15 minutes until done.**



**DEEP HEALTH  
EVOLUTION**

**[www.deephealthevolution.com](http://www.deephealthevolution.com)**