# Your Weekly Meal Plan

*Eat Well, Be Well and LOVE Every Bite!*

***Your refrigerator staple for healthy lunches and snacks:***

***Mediterranean Millet Salad***

***Your Weekly Meal Plan is:***

***Lentil and Sweet Potato Stew***

***Indonesian Coconut Vegetables Over Kale***

***Pinto Bean, Portabella and Spinach Tacos***

## *Food For Thought: Fight Inflammation Naturally!*

I'm often asked what are the best foods to eat to reduce inflammation in the body.

Here are 4 inflammation fighting foods worth highlighting:

***Sweet potatoes****: Sweet potatoes are rich in carotenoids, antioxidants that boost immunity and minimize inflammation.*
***Spinach:*** *Spinach is rich in inflammation-fighting carotenoids, as well as immune boosting vitamin E.*
***Turmeric****: Turmeric contains curcumin, a compound that has anti-inflammatory effects; like ginger, it works as a COX-2 inhibitor.*
***Ginger:*** *Fresh ginger root acts as an anti-inflammatory by inhibiting COX-2 enzymes, part of the chemical pathway that produces inflammatory chemicals.*

You will be eating all of these potent inflammation fighters this week.

Actually, the good news is that by following this meal plan, you are eating healthy, anti-inflammatory foods every week. Wasn't that easy?

*Until Next Week, Eat Well, Be Well and LOVE Every Bite!*
*~Chef Jenny*

# Mediterranean Millet Salad

**Serves 4-6**

**When preparing a grain salad, it is best when the grain is cold, so cook the millet ahead of time if possible.**

**Millet is one of the grains highest in protein and is a good source of B vitamins and iron, magnesium, phosphorus, and potassium.**

1 cup dry millet**
½ small red onion, diced
1 yellow or orange pepper, seeded and chopped
1 cucumber, peeled or unpeeled, chopped
6 oz jar artichoke hearts, drained
½ cup parsley, minced
2 Tablespoons olive oil
1/8 cup fresh lemon juice
2 garlic cloves, minced
Salt and pepper, to taste

**Bring 3 cups water and a pinch of salt to a boil. Stir in the millet. Cover tightly and reduce the heat to low. Cook until liquid is absorbed and grain is tender to the bite. Fluff and allow to cool.

Mix together cooked millet, onion, pepper, cucumber, artichoke hearts and parsley. In a small bowl, whisk together the oil, lemon juice and garlic. Add to salad ingredients, season with salt and pepper and serve.

**Serves 6**
**Preparation Time: 10 minutes**
**Cooking time: 45 minutes**
**Equipment Needed: Soup pot**

1 Tablespoon unrefined coconut oil
1 yellow onion, diced
2 large carrots, sliced
2 celery ribs, sliced
2 cloves garlic, minced
1 bay leaf
1 teaspoon curry powder
1 teaspoon turmeric
2 cups dry brown lentils
6 cups water
2 medium or 1 large sweet potato, peeled and diced
1 14-oz can stewed tomatoes with juice
1 bunch red kale, cut into small pieces
1 cup chopped cilantro leaves (for garnishing)
Salt and pepper to taste

In a large saucepan, melt coconut oil and sauté onions, carrots, celery, and garlic until softened, about 5 minutes. Add bay leaf and curry powder and stir until all vegetables are coated. Add lentils and water and bring to a boil. Reduce heat, cover and simmer for 10 minutes. Add sweet potato chunks and continue to cook for 15 more minutes, or until lentils and sweet potatoes are cooked. Add tomatoes and kale pieces and cook 5 minutes more until kale has wilted. Right before serving, add cilantro, season to taste with salt and pepper and serve.

**Serves 4**
**Preparation Time: 20 minutes**
**Cooking time: 25 minutes**
**Equipment Needed: Rice cooker, large skillet**

This dish is totally delish—serve it over the kale below for a super healthy meal.

**Nutrition All Star:** Cauliflower is a member of the cruciferous vegetable family. It has anti-cancer properties and is good for your liver.

**Cook's Tip:** Bok Choy is typically used in Asian Stir-fries and has a delicious, mild flavor. You can use both the greens and the stems. The stems have a texture like celery.

**Add A Protein:** This recipe is wonderful with the addition of tofu or tempeh. Add protein when you add the potatoes.

1 Tablespoon unrefined coconut oil
1 yellow onion, sliced
3 cloves garlic, minced
1/2 teaspoon lemon zest
1/2 Tablespoon minced ginger
2 teaspoons coriander seed
1/2 teaspoon turmeric
1 head cauliflower, cut into florets
1/2 pound red potatoes, diced (skin left on)
2 heads bok choy, sliced
1 14-oz can organic coconut milk
1/2 cup water
1 Tablespoon fresh lemon juice
salt and pepper to taste

Gather all ingredients and slice onion, mince garlic and ginger and zest the lemon and squeeze it for juice. Cut cauliflower into florets and dice red potatoes. Put millet on to cook (recipe below).

Heat unrefined coconut oil in a large skillet over medium heat. Add onion, garlic, lemon zest, ginger, coriander seed, and turmeric, and sauté for 2 minutes or until spices are fragrant. Add cauliflower florets and potato cubes and stir until they are coated with spices (they should be yellow—so beautiful!) ***Recipe continues next page….***

Add sliced bok choy, and pour the coconut milk and water over it, bring to a simmer over medium heat (little bubbles are forming). Cover and simmer mixture for 15 minutes, or until the potatoes and cauliflower are cooked through (you can stick a knife through them). Before serving, stir in lemon juice and season to taste with salt and pepper. Serve over kale.

**Sautéed Kale**

1 head lacinato kale, stemmed and sliced thinly
1 Tablespoon coconut oil

Melt coconut oil in a large skillet over medium heat. Add kale slices and sauté for 3-5 minutes. Sprinkle with a pinch of salt, cover and allow to steam for 3 minutes or until tender and serve.

# Pinto Bean and Spinach Tacos

**Makes at least 6-8 tacos**
**Preparation Time: 15 minutes**
**Cooking Time: 15 minutes**
**Equipment Needed: Soup pot**

These tacos are delish and very healthy with loads of antioxidant rich ingredients, like pinto beans, red pepper and a lot of spinach.

1 Tablespoon olive oil
1 onion, chopped
2 garlic cloves
1 red pepper, sliced
3 Portobello mushrooms, sliced
1 bunch spinach (about 1 pound), cut and stems discarded, washed well and spun dry 1 25-oz can pinto beans, drained and rinsed
1/4 teaspoon chili powder
3/4 teaspoon cumin
1 teaspoon dried oregano
1 or more dash hot pepper sauce (optional, but good!)

Sprouted Grain corn or flour Tortillas
An Avocado for garnish

Gather all ingredients. Chop onion, mince garlic, slice red pepper and Portobellos. Heat oil in a large soup pot (with a lid) over medium heat. Sauté onion, garlic, pepper and mushrooms for 5 minutes, or until mushrooms are cooked.

Meanwhile, prepare spinach. Add spinach, beans and spices to the pot, stirring to mix everything together. (At this point, the pot should be very full of spinach!) Cover and cook on lower heat for 10 minutes, or until spinach is wilted.

Serve the mixture in sprouted grain tortillas with slices of avocado. NOTE: The spinach will lose its liquid as it cooks and can make this filling a bit liquidy. I like to scoop this filling into my tortillas using a slotted spoon so the excess liquid drains off.

# Shopping List

Remember to read through your recipes before shopping to see if there is anything you would like to double. Also, I don't have salt or pepper on here—I am assuming you have them in the kitchen already. **Have fun shopping!**

| Store Section | **Mediterranean Millet Salad** | **Lentil Sweet Potato Stew** | **Indonesian Vegetables** | **Pinto Bean Tacos** |
|---|---|---|---|---|
| Produce | 1 small red onion<br>2 garlic cloves<br>1 yellow or orange pepper<br>1 bunch parsley<br>2 lemons (for 1/8 cup juice) | 1 yellow onion<br>2 cloves garlic<br>2 large carrots<br>2 celery ribs<br>2 medium or 1 large sweet potato<br>1 bunch red kale<br>1 cup chopped cilantro leaves | 1 yellow onion<br>3 cloves garlic<br>1/2 T ginger<br>1 head cauliflower<br>1/2 pound red potatoes<br>2 heads bok choy (big, not baby)<br>1 lemon (for zest and T juice)<br>1 bunch lacinato kale | 1 red onion<br>2 garlic cloves<br>1 red pepper<br>3 Portobello mushrooms<br>1 bunch spinach (about 1 pound)<br>1 Avocado |
| Bulk/Refrig / Frozen | 1 cup dry millet | 2 cups dry brown lentils | 1 cup Millet<br>***Add a protein (see recipe)*** | Sprouted grain corn or flour tortillas (6 count) |
| Grocery/ Canned | 2 T olive oil<br>6 oz jar artichoke hearts | 1 T unrefined coconut oil<br>1 14-oz can stewed tomatoes with juice | 2 T unrefined coconut oil<br>1 14-oz can coconut milk | 1 T olive oil<br>1 25-oz can pinto beans |
| Spices/Misc. | | 1 bay leaf<br>1 teaspoon curry powder<br>1 t turmeric | 2 t coriander seed<br>1/2 t turmeric | 1/4 t chili powder<br>3/4 t cumin<br>1 t dried oregano<br>1 dash hot pepper sauce |