**Monday**

**Breakfast**

2 omega-3 eggs, scrambled, with spinach and onions

High fiber whole grain bread (3g fiber/slice)

6 oz nonfat Greek style plain yogurt

* 1 tsp raw honey
* 1 Tbsp ground flaxseed

1 fruit with 1 teaspoon almond butter

Free beverage (coffee, tea with no sugar)

**Snack**

Baby carrots (1 serving)

**Lunch**

Salad made with:

* 2 cups fresh spinach or other baby greens
* 1/2 cup sliced cucumber
* 3 slices tomato
* 1/2 cup cooked broccoli
* 3 oz boneless, skinless chicken breast
* 1 Tbsp Balsamic Dressing (recipe attached)

High fiber cracker with 2 slices of avocado

Free beverage

**Snack**

1 oz walnuts (14 halves)

1 fruit (such as 1/2 cup blackberries)

**Dinner**

Tofu or Chicken Scramble (recipe attached) made with ½ cup tofu or 3 ounces chicken, 1 onion, 1 cup mixed vegetables

Serve over ½ cup cooked barley, oat groats (preferred) or quinoa cooked in vegetable broth (unsalted if needed)

Free beverage

**Snack**

Lightly seasoned edamame (1 cup)

1 cup decaffeinated tea (water or seltzer water)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Calories | Total fat (g) | Sat fat (g) | Carb (g) | Protein (g) | Total fiber (g)  | T | Sodium |  |
| 1736 | **73 (36%)** | **12 (6%)** | **166 (51%)** | **121 (20%)** | **45** |  | **1200 mg** |  |

**Tuesday**

**Breakfast**

1/2 cup steel cut oats or oat groats prepared with water

* 1/2 oz walnuts (7 halves)
* 3 dried prunes/or berries

6oz Greek plain yogurt

* 1 tsp cinnamon
* 1 tsp raw honey

Free beverage

**Snack**

10 medium baby carrots and 5 small celery sticks

Cheese stick (all natural, low sodium if needed)

**Lunch**

Veggie Burger/chicken or turkey

* High fiber bread, 2 slices (3+ g per slice)
* 1 quality vegetarian burger patty or 3 oz chicken or turkey
* 2+ slices tomato
* 1/2 cup fresh spinach
* 1+slices red onion
* 1 tsp spicy brown mustard

1 fruit

Free beverage

**Snack**

1 oz unsalted raw almonds

1 fruit

**Dinner**

3 oz baked salmon or other fish

1 cup sautéed kale (recipe attached) or 1 cup broccoli

Sliced tomatoes

½ cup barley or oat groats cooked in broth (low sodium)

Free beverage

**Snack**

½ cup roasted chickpeas (recipe attached)

Free beverage

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| --- | --- | --- | --- | --- | --- | --- |
| Calories | Total fat (g) | Sat fat (g) | Carb (g) | PRO (g) | Calcium (mg) | Total fiber (g) Sodium(mg) |
| 1868 | **93(43%)** | **8 (7%)** | **136 (37%)** | **99 (20%)** | **1053** | **45g 1338** |
|  |  |  |  |  |  |  |

**Wednesday**

**Breakfast**

Cultured Cottage cheese breakfast parfait (recipe attached)

Free beverage

**Snack**

2 large carrots, cut into sticks

3 Tbsp hummus

Free beverage

**Lunch**

Vegetarian Burrito:

* 100% whole grain tortilla
* 1/2 cup fresh spinach
* 1/2 cup low salt black beans
* 1/4 cup shredded Mexican Style Natural Cheese
* 2 Tbsp Salsa (low sodium)
* 2 Tbsp chopped onion

Spinach Salad with olive oil and vinegar dressing

Free beverage

**Snack**

1 small apple

1 Tablespoon peanut butter

**Dinner**

Chicken Stir Fry (recipe attached, leave out soy sauce if watching sodium) made with 4 oz chicken, ¼ cup chopped onion, 1 cup mixed vegetables (Asian Style suggested), ½ cup oat groats or barley (cooked in low sodium broth)

Free beverage

**Snack**

½ cup edamame or roasted chickpeas

Free beverage

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Calories | Total fat (g) | Sat fat (g) | Carb (g) | PRO (g) | Calcium (mg) | Total fiber (g) | Sodium |
| 1657 | 60 (31%) | 14 (7%) | 185 (47%) | 109 (26%) | 805 | 47 | 1749mg |

**Thursday**

**Breakfast**

Avocado and spinach scramble (recipe attached)

Coffee or tea

**Snack**

1 cup blackberries

**Lunch**

Turkey Sandwich made with:

* 1 whole wheat pita
* 3 oz low sodium all-natural turkey breast
* 1/2 cup cooked broccoli
* 1 cup fresh spinach
* 2 slices tomato
* 1 Tbsp avocado or olive oil mayonnaise

1 fruit

Free beverage

**Snack**

1 oz unsalted raw nuts (14 walnut halves or almonds (24)

**Dinner**

3oz Tilapia (recipe attached) or other fish

1 cup asparagus, broccoli or kale (roasted with olive oil)

1/2 cup oat groats (cooked in low sodium broth)

Free beverage

**Snack**

6 oz nonfat plain Greek yogurt

* 2 Tsp ground flaxseed meal
* 1 tsp raw honey (optional)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Calories | Total fat (g) | Sat fat (g) | Carb (g) | PRO (g) | Calcium (mg) | Total fiber (g) | Sodium |
| 1462 | **64 (38%)** | **16 (9%)** | **129 (33%)** | **106 (28%)** | **992** | **32** | **1231mg** |

**Friday**

**Breakfast**

Egg scramble

* 1/2 cup omega-3 eggs
* 1/4 cup chopped broccoli
* 2 Tbsp chopped onions
* 1/4 cup chopped mushrooms
* 1 Tbsp cheddar cheese

2 slices whole wheat high fiber toast

Free beverage

**Snack**

1 medium banana

1 Tbsp natural peanut butter

**Lunch**

Tuna salad sandwich made with:

* 1/2 cup low salt tuna, canned in water
* 1/4 cup diced celery
* 1/4 cup chopped onion
* 1 Tbsp olive or avocado oil mayonnaise
* 1 cup fresh spinach

Whole grain high fiber sandwich round

Free beverage

**Snack**

½ cup roasted chickpeas or edamame

Free beverage

**Dinner**

Greek style pizza (recipe attached, use low sodium cheese if desired)

2 cups green salad (mix of lettuce, onions, mushrooms, tomatoes, carrots, cucumbers, peppers, broccoli)

1 Tbsp balsamic dressing (recipe attached)

Free beverage

**Snack**

1 cup nonfat milk (or plain unsweetened almond milk) with:

1 chocolate coconut candy (recipe attached)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Calories | Total fat (g) | Sat fat (g) | Carb (g) | PRO (g) | Calcium (mg) | Total fiber (g) | Sodium |
| 1976\* | **89 (39%)** | **23 (10%)** | **221 (42%)** | **99 (19%)** | **1472** | **47** | **1948mg** |

**\*(for less calories, leave out chickpeas or turkey meatballs at dinner, cut back on cheese)**

**Saturday**

**Breakfast**

Smoothie:

* 8 oz almond milk, unsweetened
* 1/2 cup fresh or frozen unsweetened blueberries
* 1/3 cup fresh spinach
* 1 Tbsp natural peanut butter (no added sugar or oil in the ingredients)
* Dash of cinnamon
* 1 Tbsp ground flaxseed meal

Free beverage

**Snack**

1 oz low fat cheese stick

1 medium fruit

**Lunch**

Sandwich made with:

* High fiber sandwich round
* 1 egg scrambled (or poached)
* 1 large scallion, chopped
* 1/4 avocado

1 fruit

Free beverage

**Snack**

1 Fruit

½ oz unsalted raw walnuts (7 halves)

**Dinner**

4 ounces grilled or baked salmon

¾ cup Oven Roasted Sweet potatoes (recipe attached)

1 cup sesame broccoli (recipe attached)

Sliced tomatoes

Free beverage

**Snack**

5.3 oz plain Greek yogurt, nonfat, with:

* 1 tsp honey
* 1/2 cup fruit + ½ oz unsalted raw walnuts

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Kcal  | Total fat (g) | Sat fat (g) | Carb (g) | PRO (g) | Calcium (mg) | Total fiber (g) | Sodium |
| Calories | **1783 (36%)** | **16 (8%)** | **165 (35%)** | **105 (24%)** | **1395** | **38** | **1434 mg** |

**Sunday**

**Breakfast**

¾ cup Kashi Heart to Heart Warm Cinnamon Cereal

* 2 Tbsp ground flaxseed meal
* 1 cup raspberries
* 1/2 oz raw unsalted walnuts (7 halves)

Free beverage

**Snack**

6 oz non-fat Greek Yogurt, plain

* 1 tsp cinnamon

1 medium apple

**Lunch**

Salad made with:

* 1 cup fresh spinach
* 1/2 cup chopped cucumber
* Sliced onion
* 1/2 cup cherry tomatoes
* 1/2 cup chickpeas
* 1 Tbsp Balsamic salad dressing (recipe attached)

1 free beverage

**Snack**

2 Tablespoons Hummus

1 serving high fiber crackers

10 baby carrots

**Dinner**

Shrimp and Broccoli stir fry (Recipe attached)

Serve with 1/2 cup barley or oat groats (cooked in low sodium broth)

1 coconut chocolate candy

Free beverage

**Snack**

1 free beverage

5 almonds

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Calories | Total fat (g) | Sat fat (g) | Carb (g) | PRO (g) | Cholesterol (mg) | Total fiber (g) | Sodium |
| 1665  | **51 (27%)** | **7 (4%)** | **242 (58%)** | **79 (19%)** | **172** | **47** | **1772mg** |

**Monday Recipe:**

**Balsamic Vinaigrette Recipe:**

2 tsp olive oil and 1 Tbsp balsamic vinegar, 1/2 – 1 tsp spicy mustard and ½ tsp basil. Toss with salad greens.

**Tofu/chicken Stir fry recipe** – serves 1

Preheat oven to 400 degrees. Cut tofu/chicken to bite-sized cubes. Prepare baking pan with cooking spray. Put cubed tofu/chicken on pan and spray. Roast in oven for 10-15 minutes (until edges are crunchy). Stir every 10 minutes for even browning.

Heat fry pan or wok over medium high heat. Spray with cooking spray. Add onions, garlic, ginger and sauté briefly. Add mixed vegetables and sauté for few minutes. Add tofu/chicken and low sodium soy sauce and sauté for 2-3 minutes. Serve over cooked barley.

**Tuesday Recipes:**

**Basic Sautéed Kale** or other dark leafy greens

*Modified from Eating Well*

Simply sauté kale seasoned with the big blast of sherry vinegar is a deluxe combination.

2 servings, about 1 cup each | Active Time: 10 minutes | Total Time: 25 minutes

**Ingredients**

* 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
* 1-1 1/2 pounds kale, ribs removed, coarsely chopped (see Tip)
* 1/2 cup water
* 2 cloves garlic, minced
* 1/4 teaspoon crushed red pepper
* 2-3 teaspoons vinegar (balsamic, sherry or red-wine)
* 1/4 teaspoon sea salt or low sodium soy sauce (optional)

**Preparation**

1. Heat 1 tablespoon oil in a Dutch oven over medium heat. Add kale and cook, tossing with two large spoons, until bright green, about 1 minute. Add water, reduce heat to medium-low, cover and cook, stirring occasionally, until the kale is tender, 12 to 15 minutes. Push kale to one side, add the remaining 1 teaspoon oil to the empty side and cook garlic and crushed red pepper in it until fragrant, 30 seconds to 1 minute. Remove from the heat. Toss greens and garlic together. Stir in vinegar to taste and salt.

**Roasted Chickpeas**

Makes 7 – ¼ cup servings.

A family favorite snack. Keep a variety of seasonings on hand to make any flavor you’re in the mood for.

2 teaspoons extra virgin olive oil

1 can chickpeas (garbanzo beans), drained and rinsed

¼ teaspoon garlic powder, or several gloves chopped garlic (if you like roasted garlic!)

1/8 teaspoon red pepper flakes – if desired and tolerated. Any other herbs and spices of your choice may be substituted.

Salt optional

Heat oven to 350° F.

Place all ingredients in a bowl and lightly toss to coat chickpeas. Put chickpeas on lightly oiled baking sheet that has a rim.

Put pan on bottom rack of oven. Shake pan every 15 minutes until browned and slightly crunchy. Roast about 45-50 minutes.

**Wednesday Recipe:**

**Breakfast Parfait**

*Serves 1*

*So tasty and satisfying feels like you’re having dessert for breakfast.*

1 Cup Low fat Cultured Cottage Cheese (1% milk fat)

1 med Chopped Apple, (1/2 cup pear, blueberries, or strawberries would be nice as well)

1 Tablespoon Chopped walnuts or almonds

½ teaspoon Cinnamon

* Layer the cup cottage cheese and fruit in a container
* Sprinkle nuts on top and finish with cinnamon

**Chicken Stir fry recipe** – serves 1

Cut chicken into bite size pieces. Season with garlic. Heat large fry pan or wok over medium high heat. Add canola oil. Add chicken and cook for about five minutes. Remove from pan. Add onions, ginger and garlic. Sauté for 3 minutes. Add vegetables and sauté for 5 minutes. Add chicken and tamari sauce. Sauté for a few minutes.

Serve over cooked barley or oat groats.

**Thursday Recipes:**

**Avocado and Spinach Scramble**

Serves 6

1 Tbsp extra virgin olive oil

1 onion, chopped

1 (10 ounce) package frozen chopped spinach, thawed and drained

1 ripe avocado, sliced

5 eggs, beaten

1 cup shredded Muenster cheese, reduced fat if possible

1/4 teaspoon salt

1/8 teaspoon ground black pepper

Directions

Preheat oven to 350 degrees F. Lightly grease a 9-inch pie pan.

1. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until soft. Stir in spinach and continue cooking until excess moisture has evaporated.
2. In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan.
3. Add avocado slices to the top of the mixture.
4. Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.

**Chili-Rubbed Tilapia with Lemon**

*From EatingWell:  April/May 2005, The EatingWell Healthy in a Hurry Cookbook (2006)*

Tilapia, a relatively plentiful fish, has the unfortunate reputation of being dull. All it needs is a spice rub, a familiar barbecuing technique that works just as well indoors. You could also use this rub on chicken breasts or toss it with lightly oiled shrimp before cooking.

**4 servings** | **Active Time:** 20 minutes | **Total Time:** 20 minutes

**Ingredients**

* 1 Tablespoon chili powder
* 1/4 teaspoon garlic, finely chopped
* 1/4 teaspoon salt
* 1/2 pound tilapia, Pacific sole or other firm white fish fillets
* 2 teaspoons olive oil
* Lemon slices

**Preparation**

Combine chili powder, garlic and salt on a plate. Dredge fillets in the spice mixture to coat. Heat oil in a large nonstick skillet over medium-high heat. Add the fish and cook until just opaque in the center, gently turning halfway, 5 to 7 minutes total. Divide among 2 plates. Garnish with lemon slices.

**Friday Recipe:**

**Greek Pita Pizza**

Serving size ½ pita

* 1 extra-large whole-wheat or high-fiber pita (like Weight Watchers or Joseph’s Pita’s)
* 1/4 cup low sodium marinara sauce
* 1/4 cup crumbled fat-free or reduced-fat feta cheese
* 1/2 cup chopped leafy spinach, thawed from frozen or use fresh (double amount of fresh), squeezed dry
* 2 slices red onion, chopped
* 2 black olives, sliced
* 4 slices tomato
* 1/4 tsp garlic powder
* Optional Toppings: 1 small zucchini- cut into thin slices, roasted red pepper slices, or green pepper slices, roasted chickpeas, chopped beets, thinly sliced green onions
* 2 extra lean Turkey meatballs, or chickpeas

**Directions**

Preheat oven to 375 degrees. Lightly brush a baking sheet with quality canola oil, and lay pita in center.

1. Spread pizza sauce over the pita, leaving a 1/2-inch border around the edge to make the ‘crust’. Top pizza with feta, spinach, onion, olives, tomato slices, (and any other additional topping if desired). Sprinkle salt, pepper, and garlic over the top of the pizza.
2. Place pizza in the oven and bake for 8 – 10 minutes, or until the cheese has melted and slightly browned, or is to your liking!

**Coconut Oil Chocolate Candies**

**Ingredients:**

* 1/2 cup coconut oil
* 1/4 cup cocoa powder
* 2 tbsp organic raw honey--local is best, adjust according to taste
* 1 tsp pure vanilla extract (optional)

**Directions:**

1. Melt the coconut oil. Don’t heat the oil too much -- just heat it enough to that it melts. Try microwaving on high for 15 seconds, then whisk, and repeat, if necessary. Coconut oil turns to a liquid state at body temperature, so it doesn’t need to be much hotter than that. The reason for this is that the hotter the liquid, the longer it will take to cool, giving the mixture more time to separate once in the mold.
2. If you have a blender, combine the coconut oil and honey in the blender and blend until smooth. If you don’t have a blender, mix well using a whisk.
3. Add the cocoa powder and either blend or whisk until smooth.
4. Pour the mixture into an ice cube tray or mini muffin tray (silicone ones work best).
5. Cool for 30 minutes in the fridge or freezer. Note: time varies depending on how hot the coconut oil was when you started. If the oil is only just reached its melting stage, these will set in as little as 15 minutes.
6. Make sure to keep them in the freezer or refrigerator after making, as they melt easily in warm weather.
7. Makes approximately 25 small chocolates

Adapted from: *http://www.beyondthepeel.net/2012/06/coconut-oil-chocolate-recipe.html*

**Nutrition Facts:**

Commercial chocolate, even organic dark chocolate, is traditionally a very difficult food to include in the Anti-Inflammatory Diet for IBD because it is most often sweetened with refined cane sugar. This recipe creates small, melt-in-your-mouth chocolates with only 4 easy ingredients, sweetened with honey.  ***Local raw honey***has been shown to boost immunity, help with seasonal allergies, and is a great natural alternative for a cough suppressant.  The phytonutrients found in honey have been shown to possess cancer-preventing and anti-tumor properties, benefits that are largely eliminated when raw honey is extensively processed and heated. Additionally, different varieties of honey possess a large amount of friendly bacteria (up to 6 species of lactobacilli and 4 species of bifidobacteria!), making honey a great ***probiotic***source on the IBD-AID.  Look for honey produced in the summer by flower-fed bees—it's most likely to contain these friendly bacteria. Let them melt in your mouth, don’t overdo!

|  |  |  |
| --- | --- | --- |
|   | Calories: | 45 |
|   | Total Fat:  | 4.5g |
|   | Saturated Fat: | 3.8g |
|   | Total Carbohydrate: | 1.9g |
|   | Total Protein: | 0.2g |
|   | Total Fiber:  | 0.3g |

**Saturday Recipe:**

**Sesame Broccoli**

Makes 4 (1 cup servings)

1-½ pound broccoli (fresh or frozen)

1 teaspoon quality canola or olive oil

2 teaspoons sesame seeds

1 Tablespoon lemon juice

1 Tablespoon tamari sauce

1 teaspoons honey

Directions:

1. Cut broccoli into large pieces and place in vegetable steamer over boiling water.
2. Cover and steam 5 minutes or until bright green. Drain; place broccoli in serving bowl.
3. Heat oil in small saucepan over medium heat. Add sesame seeds; cook until lightly browned. Add lemon juice, tamari sauce, and honey; bring to a boil. Remove from heat and pour over broccoli, stirring to coat.

**Roasted Rosemary Sweet Potatoes**

Serves 4

A tasty source of the antioxidants Vitamin C and beta-carotene which gives the potatoes their orange color.

* 2 large Sweet Potatoes cut into 1-inch cubes
* 1 Tablespoon extra-virgin Olive Oil
* 4-6 cloves peeled garlic, sliced in half
* 2 teaspoons dried rosemary, crushed
* 1/2 teaspoon salt

Directions:

1. Preheat oven to 375°F
2. Put sweet potatoes in large baking pan
3. Sprinkle olive oil, salt and rosemary over sweet potatoes. Add garlic. Mix until potatoes are well coated
4. Bake for 30-35 minutes, stir potatoes every 10 minutes to for even cooking.
5. Remove from oven, cool about 10 minutes.

Recipe adapted from the dashingdish.com

**Sunday Recipe:**

**Shrimp with Broccoli**

*Modified from EatingWell*

Here's an example of international cooking at its fastest and best: a speedy Asian take-out favorite given an update with the Italian sparkle of basil, garlic and lemon.

**4 servings, 1 1/2 cups each** | **Active Time:** 25 minutes | **Total Time:** 25 minutes

**Ingredients**

* 2/3 cup reduced-sodium chicken or vegetable broth
* 1 teaspoon chia seed
* 1 tablespoon minced garlic, divided
* 3 teaspoons extra-virgin olive oil, divided
* 1/4-1/2 teaspoon crushed red pepper
* 1-pound raw shrimp, (21-25 per pound), peeled and deveined (see Ingredient note)
* 1/4 teaspoon salt, divided
* 4 cups broccoli florets (frozen is fine)
* 2/3 cup water
* 2 tablespoons chopped fresh basil, or parsley
* 1 teaspoon lemon juice
* Freshly ground pepper, to taste
* Lemon wedges

**Directions:**

1. Combine broth, chia seed and half the garlic in a small bowl; whisk until smooth. Set aside (it should thicken).
2. Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the remaining garlic and crushed red pepper to taste; cook, stirring, until fragrant but not browned, about 30 seconds. Add shrimp and 1/8 teaspoon salt. Sauté until the shrimp are pink, about 3 minutes. Transfer to a bowl.
3. Add the remaining 1 1/2 teaspoons oil to the pan. Add broccoli and the remaining 1/8 teaspoon salt; cook, stirring, for 1 minute. Add water, cover and cook until the broccoli is crisp-tender, about 3 minutes. Transfer to the bowl with the shrimp.
4. Add the reserved broth mixture to the pan and cook, stirring, over medium-high heat, until thickened, 3 to 4 minutes. Stir in basil (or parsley) and season with lemon juice and pepper. Add the shrimp and broccoli, heat through. Serve immediately, with lemon wedges.