



A STUPID-SIMPLE QUICK-START KIT — TO THE — ANTI-INFLAMMATORY LIFESTYLE & MEAL PREP SHEETS



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KEY PRINCIPLES OF THE ANTI-INFLAMMATORY DIET

The anti-inflammatory diet is designed to reduce inflammation in the body. Chronic inflammation has been linked to many diseases, such as heart disease, diabetes, and arthritis.

By emphasizing foods that are rich in antioxidants and essential nutrients while avoiding potential inflammatory triggers, the anti-inflammatory diet aims to promote overall health and protect against disease. The diet largely draws inspiration from the Mediterranean and Asian diets.

Eat Plenty of Fruits and Vegetables: Prioritize colorful vegetables and fruits which are rich in antioxidants and other phytochemicals.

Choose Whole GF Grains: Opt for whole grains like quinoa, brown rice, and oatmeal over refined grains.

Include Omega-3 Fatty Acids: Foods like salmon, flaxseeds, and walnuts are rich in omega-3 fatty acids, which have anti-inflammatory properties.

Limit Refined Carbohydrates and Sugars: Reducing white bread, pastries, and sugary sodas can help decrease inflammation.

Minimize Red Meat: Favor lean proteins like poultry, tofu, and legumes over red meats.

Avoid Trans Fats: Stay away from foods that contain partially hydrogenated oils.

Limit Processed Foods and Fried Foods: Processed foods can be high in sodium and additives which may promote inflammation.

Moderate Alcohol Intake: If consumed, it should be done in moderation.

Use Healthy Fats: Opt for olive oil, avocados, and nuts over butter or margarine.

SAMPLE SAY ON ANTI-INFLAMMATORY DIET

Sample Day on the Anti-Inflammatory Diet:

Breakfast:

Oatmeal topped with mixed berries, walnuts, and a drizzle of honey.

Snack:

Green tea & handful of walnuts

Lunch:

Spinach and mixed greens salad with grilled chicken, cherry tomatoes, cucumber, red bell peppers, avocado, and a vinaigrette made with olive oil and lemon juice.

Afternoon Snack:

A handful of almonds.

Dinner: A glass of red wine (optional)

Grilled salmon with a side of quinoa and steamed broccoli.

A mixed vegetable stir-fry with olive oil, garlic, ginger, snap peas, bell peppers, and tofu.

Dessert: Fresh fruit salad or a small piece of dark chocolate.

ETERNITY WARRIOR TRANSFORMATION PROGRAM

YES FOOD SHOPPING LIST

IMPORTANT REMINDERS

- * Don't stuff. Don't starve.
- * Keep sugar intake to LESS THAN 20 grams DAILY. (Count anything that has a label!)
- * Keep to plate method. (For portion suggestions – see plate method diagram.)
- * Be mindful of portion sizes!
- * Choose 100% organic, especially when undergoing the “detox-phase”.
- * Check labels to AVOID hydrogenated oils, high-fructose corn syrup, MSG, carrageenan and sulfites.



PROTEIN

BEST CHOICE: Look for words like 100% grass-fed, pastured, wild-caught, and organic on the label.

Beef Lean turkey
Chicken Wild game

**Limit FISH to 6-12oz/week of low-mercury choices:*

Wild Salmon Wild Cod
Wild Sardines Wild Flounder
Rainbow trout Wild Snapper
Fresh Coho Mahi Mahi
Salmon Anchovies
Pacific Halibut

VEGAN PROTEINS:

Hemp hearts Sprouted lentils
Veggie Burgers (gluten/soy free) (limit other legumes unless no digestive issues)
Plant-based Protein or Detox Powder (soy/dairy free) Sprouted legumes
Quinoa

NON-STARCHY VEGGIES

Nightshade veggies should be avoided if you suffer from “chronic joint pain”, otherwise allowed.

NIGHTSHADES:

Eggplant Cayenne pepper
Tomatoes Paprika
Bell Peppers

ALL VEGGIES:

Artichokes Greens (all of them)
Asparagus Leeks
Bok Choy Lettuce (all kinds)
Broccoli/Broccolini Mushroom
Broccoli rabe Okra
Brussels sprouts Onion
Cabbage Radish
Carrots (raw) Shallots
Cauliflower Snow peas
Celery Sugar snap peas
Collard greens Spaghetti squash
Cucumber Zucchini
Endive Above Frozen Veggies
Fennel
Green beans

COMPLEX CARBS

For weight loss: Limit CARBS to 2s/day

STARCHY VEGGIES:

Beets
English peas
Sweet potato
Parsnips
Turnips
Winter squash
Cooked carrots
Plantains
Yucca
Cassava

GLUTEN-FREE GRAINS:

Quinoa
Wild rice
Sprouted, Gluten-free bread

FRUITS

*For weight loss: Limit FRUITS to 2s/day
Opt for lower-sugar fruits from the following list.*

Apples Mango
Apricots Melon
Bananas Nectarines
Blackberries Papaya
Blueberries Peaches
Cherries Pears
Dates Pineapple
Figs Plum
Grapes Pomegranate
Grapefruit Raspberries
Jicama Strawberries
Kiwi Watermelon
Lemon Frozen Fruit
Lime

ETERNITY WARRIOR TRANSFORMATION PROGRAM

YES FOOD SHOPPING LIST CONTINUES

IMPORTANT REMINDERS

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- ★ Keep to plate method. (For portion suggestions – see plate method diagram.)
- ★ Be mindful of portion sizes!
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FATS

Careful not to indulge too much on nuts/seeds!

NUTS/SEEDS & BUTTERS:

Almonds	Pumpkin seeds
Brazil nuts	Sunflower seeds
Hazelnuts	Sesame seeds
Walnuts	Flax
Pecans	Chia
Macadamia	Hemp hearts

FATS/OILS:

Avocado	Ghee
Olives	Extra-virgin coconut oil
Olive	
Tampanade	Extra-virgin olive oil
Coconut butter	Sesame oil
Coconut milk/cream	Walnut oil
Kerrygold grass-fed butter	

PANTRY & SWEETENERS

NUTS/SEEDS & BUTTERS:

Almond flour	Mustard
Coconut flour	Pickled or Fermented veggies
Canned wild salmon	Apple cider vinegar
Capers	Bone broth
Coconut aminos	
Fish sauce	
Hot sauce	

FATS/OILS:

Stevia	Lo han
Monk fruit	

LIMIT:

Raw, Local or Manuka honey	Coconut nectar
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DRINKS

Fresh vegetable juices
Mineral water
Apple cider drink
Kombucha
Coconut kefir
Herbal teas
Green tea

SEASONINGS

All FRESH or dried herbs and spices. Preferably organic!	Pink Himalayan Sea Salt Peppercorns
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EXTRAS

Choose organic

100% Cocoa powder	Maca powder
Bee Pollen	Seamoss
Greens powder	Royal Jelly



Date: _____

My action plan and/or mantra for today is:

What I ate today: (No gluten, dairy, soy, corn, peanuts, sugar, refined foods, caffeine or alcohol)	
Cups of H2O	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6:00 am	
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6:30pm	
7:00pm	
7:30pm	
8:00pm	
8:30pm	

Daily Reminders:

- ✓ Eat from the "YES" foods list ONLY
- ✓ Keep sugar intake minimal: Less than 20 grams daily (from anything that has a food label)
- ✓ Don't Stuff, Don't Starve!!!
- ✓ Nothing to eat or drink after 7pm (only water, unsweetened herbal tea or seltzer)

Did I...

- | | |
|---|--------------|
| Take my supplements? | __ AM __ PM |
| Complete my daily exercise regimen? | __ Yes __ No |
| Eat 100% organic? | __ Yes __ No |
| Have 1-3 BMS? | __ Yes __ No |
| Avoid Foods on Elim. Diet? | __ Yes __ No |
| Post quests/concerns/share on FB group? | __ Yes __ No |

Self-Care/Detox-Supporting activities I engaged in today were (optional but encouraged):

- | | |
|--|---|
| <input type="checkbox"/> Fresh Vegetable Juice | <input type="checkbox"/> Exercised |
| <input type="checkbox"/> Green Drink | <input type="checkbox"/> Used Non-Toxic Beauty Products |
| <input type="checkbox"/> Meditation | <input type="checkbox"/> Used Non-Toxic Cleaning Products |
| <input type="checkbox"/> Journalled | <input type="checkbox"/> Deep Breathing |
| <input type="checkbox"/> Oil Pulling | <input type="checkbox"/> Yoga/Thai-chi |
| <input type="checkbox"/> Skin Brushing | <input type="checkbox"/> Reading/Relaxing |
| <input type="checkbox"/> Colonic/Enema | <input type="checkbox"/> Hydrotherapy |
| <input type="checkbox"/> Cleaned My Spaces | <input type="checkbox"/> Salt Bath |
| <input type="checkbox"/> Took A Nap | <input type="checkbox"/> Rebounding |
| <input type="checkbox"/> Cooked | <input type="checkbox"/> Therapy |
| <input type="checkbox"/> Massage | <input type="checkbox"/> Group Therapy |
| <input type="checkbox"/> Sauna/Steam | <input type="checkbox"/> Spent Time In Nature |
| <input type="checkbox"/> Other _____ | |

Insights I had today:

Today I am grateful for:

FOOD PREP SUPPORT

Avocado GF Toast

The Classic

Add to shopping list:

- ✓ GF Sprouted for Life Toast
- ✓ Smashed avocado
- ✓ Sea salt
- ✓ Crushed red pepper
- ✓ EVOO



Lemon Arugula

Add to shopping list:

- ✓ GF Sprouted for Life Toast
- ✓ Smashed avocado
- ✓ Sea salt
- ✓ Lemon juice
- ✓ Arugula



Balsamic Tomato

Add to shopping list:

- ✓ GF Sprouted for Life Toast
- ✓ Smashed avocado
- ✓ Sea salt
- ✓ Grape or cherry tomato halves
- ✓ Fresh basil
- ✓ Balsamic drizzle



Chickpea & Onion

Add to shopping list:

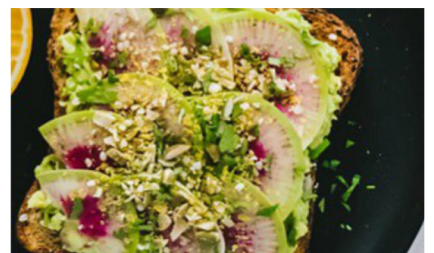
- ✓ GF Sprouted for Life Toast
- ✓ Smashed avocado
- ✓ Sea salt
- ✓ Organic chickpeas
- ✓ Sliced purple onion



Radish & Pumpkin Seed

Add to shopping list:

- ✓ GF Sprouted for Life Toast
- ✓ Smashed avocado
- ✓ Sea salt
- ✓ Thinly sliced radishes
- ✓ A sprinkle of pumpkin seeds



FOOD PREP SUPPORT

Avocado GF Toast

TexMex- Black Beans & Lime Juice

Add to shopping list:

- ✓ GF Sprouted for Life Toast
- ✓ Smashed avocado
- ✓ Sea salt
- ✓ Squeeze of lime juice
- ✓ Black beans
- ✓ Fresh cilantro
- ✓ Hot sauce (optional)



Berry & Black Pepper

Add to shopping list:

- ✓ Berry & Black pepper
- ✓ GF Sprouted for Life Toast
- ✓ Smashed avocado
- ✓ Sea salt
- ✓ Sliced strawberries or handful of blue or blackberries
- ✓ Crushed black pepper



Sprouts & Lemon

Add to shopping list:

- ✓ GF Sprouted for Life Toast
- ✓ Smashed avocado
- ✓ Sea salt
- ✓ Fresh organic sprouts
- ✓ Squeeze of lemon



FOOD PREP SUPPORT WRAPS

Quinoa & Veggie Collard Wrap

Add to shopping list:

- ✓ 4 collard leaves
- ✓ 1/2 cup hummus (any variety)
- ✓ 1 cup cooked quinoa
- ✓ 1 medium cucumber
- ✓ 1 medium tomato
- ✓ 2 carrots, grated
- ✓ 1 avocado, sliced
- ✓ 1/2 cup sprouts

To cook the leaves: Fill a skillet 1" high with water. Bring the water to a boil then, one at a time, submerge the collard leaves into the water allowing them to cook for 15 - 20 seconds.

Move the leaves around in the water (flip if necessary till the whole leaf has turned bright green and is cooked. Repeat with remaining leaves. Allow the leaves to cool completely.

To prepare the leaves: When ready to assemble, carefully cut the stem out of the leaf. Start towards the top, run your knife along the rib of the leaf, being careful not to cut a hole in the leaf itself. Cut all the way to the bottom of the stem and cut the stem off.

To assemble: divide all the ingredients into four. Spread the hummus into the center of each leaf, then top with quinoa, cucumber, tomato, carrot, sliced avocado and finishing with the sprouts.

To fold the wraps: fold in the sides. Take the edge facing you and fold it over the ingredients. Roll away from you as tightly as possible. Store the wraps whole and enjoy for 2 - 3 days.



HOW TO BLANCH COLLARD GREENS

Now, let's talk about collard wraps specifically. There are a few things you're going to want to do to ensure your collard wraps stays together and actually rolls up:

1. blanch it
2. remove the stem

Blanching collard greens is super simple. Just add about 1" of water to a skillet, bring it to a boil and dip the leaf in a few times. It will cook super quickly. Then just leave it aside and let it cool.

Once you have your cooked collard leaf, just carefully slice off the stem, going up as high as you can into the leaf. This is going to make the whole thing a lot more pliable and flexible, making it easier for you to roll it up.



California Turkey Wrap

Add to shopping list:

- ✓ Tortilla (gluten free)
- ✓ Lettuce
- ✓ Turkey
- ✓ Tomato
- ✓ Lettuce
- ✓ Avocado
- ✓ Mustard

Spread mustard onto wrap. Add lettuce, turkey, tomato, avocado and roll into a tight wrap.

FOOD PREP SUPPORT

WRAPS

Chicken & Apple Kale Wrap

Add to shopping list:

- ✓ 1 tsp Dijon mustard
- ✓ 1 firm apple, cut into slices
- ✓ 3 medium lacinato leaves
- ✓ 3 ounces thinly sliced chicken breast

Spread mustard onto kale leaves. Top each leaf with 1 ounce chicken, 2 slices onion and 3 slices apple. Roll each leaf into a wrap. Cut in half, if desired.



Roasted Veggie Wrap

Add to shopping list:

- ✓ 1 medium eggplant
- ✓ 1 red pepper
- ✓ 2-3 zucchinis
- ✓ 1 tsp cumin
- ✓ 1 tsp coriander
- ✓ 1/2 tsp garlic powder
- ✓ 1/2 tsp salt
- ✓ 1/4 tsp pepper
- ✓ 2 tsp olive oil (optional)
- ✓ Lettuce, spinach, or spring mix
- ✓ Tomato
- ✓ Hummus
- ✓ GF Wrap of choice!

If you don't have the above vegetables in your refrigerator use what you have. I like the texture of the eggplant which is soft when roasted along with crunchiness of the zucchini.

Preheat oven to 425 F. Cut bottom and top off eggplant. cut in half, and then cut into thin strips. Trim top and bottom of zucchini. Cut in half lengthwise, and then cut into quarters. Thinly slice red pepper. Place the vegetables in a single layer on two sheet pans lined with parchment paper

Drizzle 1 tsp of olive oil over top each sheet pan covered with vegetables. Sprinkle with cumin, coriander, garlic powder, salt and pepper over top the vegetables. Roast in the oven for 20 minutes at 425 F.

While veggies are roasting, spread hummus over top the GF wrap. Cover with lettuce. (I used spring mix, but you can use spinach or any lettuce of your choosing). Thinly slice tomato and place 2-3 slices on each wrap.

Remove roasted vegetables from oven. They should be golden brown. Place about 3 strips of eggplant, zucchini, and red pepper on each sandwich. Stuff with more or less vegetables depending on how much you like.

FOOD PREP SUPPORT

MASON JAR SALADS

How to? Simple!

1. Dressing on the bottom, then layer hard veggies, soft veggies, lettuces, crunchy toppers if any, and cap it!
2. Hard Veggies
3. Soft Veggies
4. Lettuce
5. Crunchy Toppers (*optional*)

A FEW MASON JAR SALAD IDEAS...

Traditional

Stack from bottom to top....

- ✓ Bragg's Traditional Dressing
- ✓ Shredded carrots
- ✓ Chopped celery
- ✓ Radishes
- ✓ Peppers
- ✓ Tomatoes
- ✓ Greens
- ✓ Seeds, etc
- ✓ CAP IT!



Example



Rainbow

Stack from bottom to top....

- ✓ Balsamic Vinaigrette
- ✓ Buckwheat Groats
- ✓ Carrots
- ✓ Red Onions
- ✓ Peas
- ✓ Red Peppers
- ✓ Yellow Peppers
- ✓ Greens



Buddha Bowl

Stack from bottom to top....

- ✓ Seed Butter Dressing
- ✓ Red Onion
- ✓ Carrots
- ✓ Beans
- ✓ Quinoa
- ✓ Greens



FOOD PREP SUPPORT

GLUTON FREE OVERNIGHT OATS

Vanilla

Add to shopping list:

- | | | |
|----------------------|-----------|---------------|
| ✓ Old fashioned oats | ✓ Milk | ✓ Maple Syrup |
| ✓ GF yogurt | ✓ Vanilla | ✓ Salt |



Chocolate

Add to shopping list:

- | | | |
|----------------------|----------------|--------|
| ✓ Old fashioned oats | ✓ Vanilla | ✓ Salt |
| ✓ GF yogurt | ✓ Maple Syrup | |
| ✓ Milk Alternative | ✓ Cocoa Powder | |



Banana Raspberry

Add to shopping list:

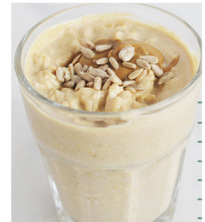
- | | | |
|----------------------|---------------|---------------|
| ✓ Old fashioned oats | ✓ Vanilla | ✓ Raspberries |
| ✓ GF yogurt | ✓ Maple Syrup | ✓ Salt |
| ✓ Milk Alternative | ✓ Banana | |



Seed Butter

Add to shopping list:

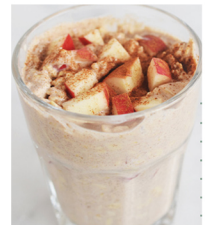
- | | | |
|----------------------|---------------|--------|
| ✓ Old fashioned oats | ✓ Vanilla | ✓ Salt |
| ✓ GF yogurt | ✓ Maple Syrup | |
| ✓ Milk Alternative | ✓ Seed Butter | |



Apple Butter

Add to shopping list:

- | | | |
|----------------------|---------------|------------|
| ✓ Old fashioned oats | ✓ Vanilla | ✓ Cinnamon |
| ✓ GF yogurt | ✓ Maple Syrup | ✓ Salt |
| ✓ Milk Alternative | ✓ Apple | |



Pumpkin Spice

Add to shopping list:

- | | | |
|----------------------|-----------------|---------------------|
| ✓ Old fashioned oats | ✓ Vanilla | ✓ Pumpkin Pie Spice |
| ✓ GF yogurt | ✓ Maple Syrup | ✓ Salt |
| ✓ Milk Alternative | ✓ Pumpkin Puree | |

