

Osteoarthritis

Osteoarthritis (OA) is a chronic condition in which the cushion of your joints, also known as cartilage, wears down and causes symptoms such as joint stiffness, pain, and overall discomfort.

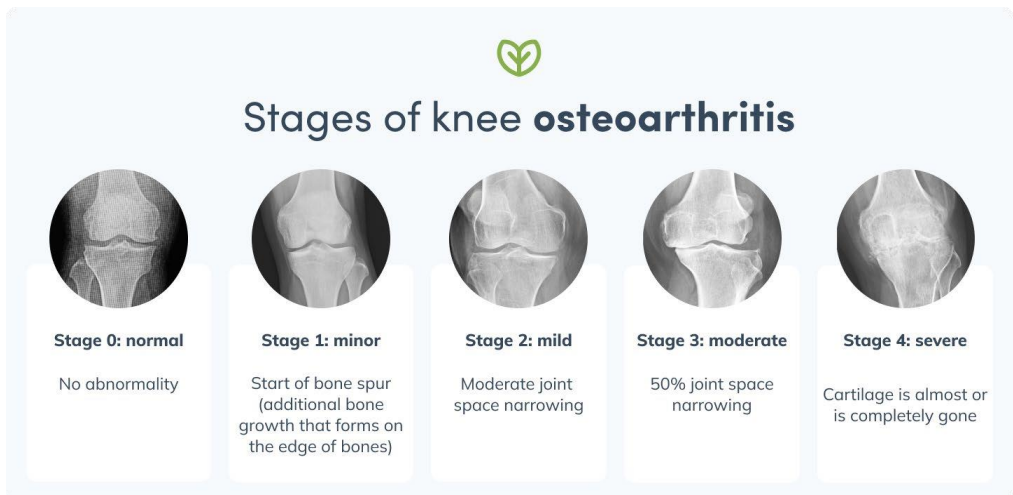
OA typically affects the knees, hips, hands, spine, and feet. It's the most common joint disease in the world that occurs as you age. Approximately 30.8 million American adults and 300 million individuals globally have OA.

Osteoarthritis classification

OA is classified as primary or secondary depending on the cause:

- **Primary:** joint cartilage degradation brought on by an **unknown** cause; however, age and wear and tear may be responsible
- **Secondary:** joint cartilage degradation brought on by a **known** cause such as joint trauma (e.g., injuries and surgeries) or an autoimmune condition (e.g., rheumatoid arthritis and psoriasis)

Stages of osteoarthritis





Signs, symptoms, and complications

Common symptoms of OA include:

- Loss of joint flexibility
- Joint pain
- Joint stiffness
- Joint swelling
- Joint tenderness

If left untreated, OA may result in certain complications, including:

- Bone spurs
- Nocturnal (nighttime) pain
- Reduced quality of life
- Sensitivity to the cold

Causes and risk factors

- Age (risk increases in those aged 40 and up)
- Diet low in nutrients
- Genetic predisposition
- Injury
- Obesity (having a body mass index (BMI) greater than 30)
- Repetitive joint use (such as occupation involving prolonged standing or repetitive knee bending)
- Sedentary (inactive) lifestyle
- Sex (more common in females than males)

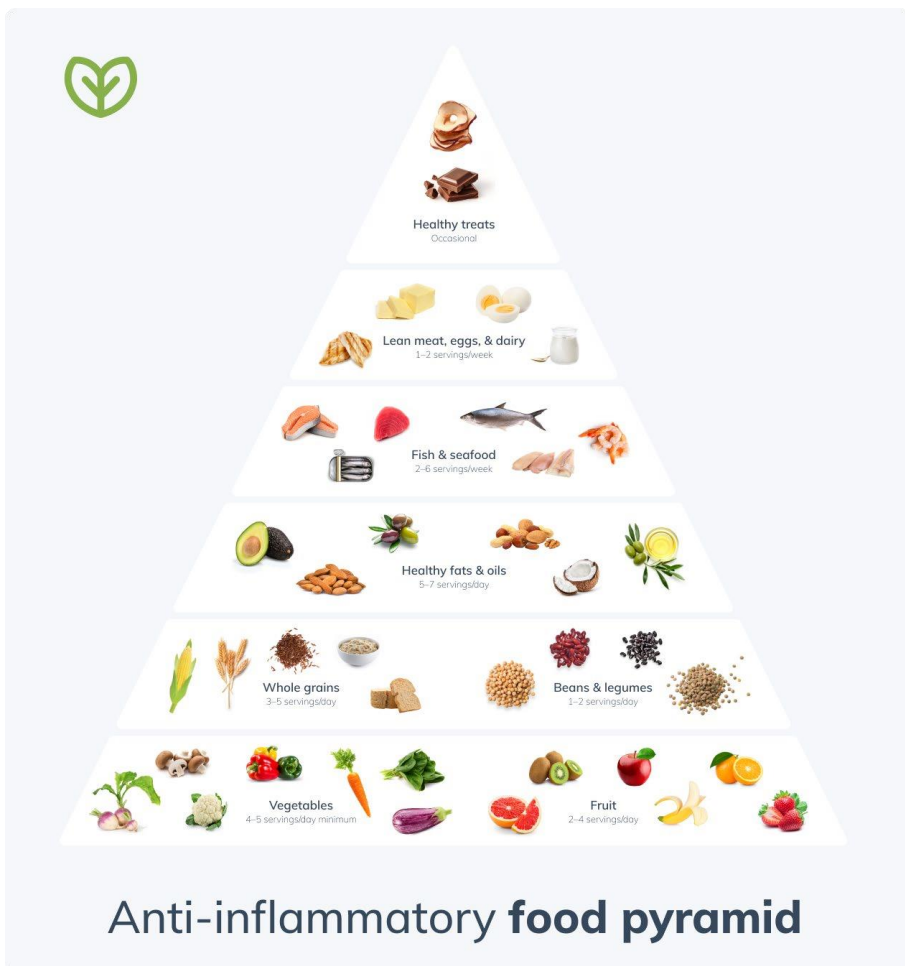
Preventing and addressing osteoarthritis

OA is a common condition that is not only costly to both the individual and the healthcare system, but it is also a leading cause of disability. However, hope is not lost as there are ways to help reduce your symptoms and improve your overall quality of life.

Diet

Eating a diet focused on nutrient-rich, anti-inflammatory whole foods is the best course of action to reduce joint inflammation. Dietary examples of inflammation-reducing foods include oily fish such as mackerel, salmon, and anchovies; fruits and vegetables; and whole grains. A whole grain is defined as the grains itself, or foods made from them which contain all the essential parts and naturally occurring nutrients of the entire grain (endosperm, germ, and bran) in the same proportions as in the intact kernel.

Additionally, it's recommended to avoid overly processed foods and highly saturated fats. Examples of these include sugary cereals, pepperoni, fast foods, and palm oil. This is important because a diet high in saturated fat and sugar has a negative effect on the structural integrity of bones.



Physical activity

Physical activity may help decrease the amount of pain and discomfort that you may be feeling. Additionally, it has the added benefit of improving your physical fitness and potentially your quality of life. Activities such as aerobic exercise, resistance training, and yoga performed regularly are safe and effective ways to manage symptoms, weight, and stress. An example of this would be participating in 150 minutes per week of moderate-intensity exercise such as water aerobics, jogging, or dancing. In addition, at least 45 minutes per week of lower-intensity activity such as casual walking or biking, yoga, and pilates has been shown to improve or maintain optimal physical fitness levels.

Sleep

Poor sleep quality is common among OA patients and contributes to significant fatigue. Additionally, dysregulated sleeping patterns such as constantly having a hard time falling asleep, waking up too early, and being unable to fall back asleep play an important role in pain. Specifically, sleep disturbances may impact how pain shows up or is experienced in the body. Therefore, it's important to identify the reasons for the sleep dysregulation and to correct them in order to reduce OA-related fatigue and pain.

There are several different ways to improve sleep quality, including:

- Avoiding caffeinated beverages in the evening
- Establishing a bedtime routine
- Limiting screen time prior to bed
- Using aromatherapy with lavender essential oil or valerian essential oil
- Utilizing white noise

Stress management

Stress is a normal part of everyday life. However, chronic stress can be detrimental to not only our bodies but our mental and emotional well-being too. This is no different when you are suffering from OA. Patients suffering from this condition report greater depression, stress, and behavioral-coping strategies, which are linked to worsening OA-associated pain and lower quality of life. As we are unable to completely eliminate stress from our lives, it's crucial that we learn to address it by:

1. Recognizing the signs and symptoms of stress, such as:

- Anxiety
- Loss of appetite
- Indigestion
- Headaches
- Muscle tension
- Sleeplessness

2. Managing stress using techniques like:

- Adding daily physical activity
- Eating a balanced diet
- Respecting your limits of energy and pain
- Setting a bedtime and morning routine
- Sharing your feelings and concerns

Weight management

An unhealthy weight increases the stress on the cartilage surrounding our joints. Therefore, maintaining a healthy weight based on age, sex, and height is critical in reducing joint discomfort with OA. There are many ways to maintain a healthy weight, but the most important thing to keep in mind is consistency not perfection. Therefore, choose an activity and a diet that you enjoy as that will increase your chances of sticking to it. Examples of this can include weekly meal prepping and daily walks.

Other lifestyle considerations

OA can be a debilitating condition. Studies show that peer groups, whether that be friends, family, or peer-led social support groups, not only provide emotional support but help patients stick to their treatment plans. As a result, patients may experience improved OA symptoms.

Strong and reliable support systems in which individuals feel comfortable, heard, and supported are an important consideration for managing joint pain.

Disclaimer

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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.

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Here are some reasons why an anti-inflammatory diet is considered important in arthritis:

1. **Reducing Inflammation:** Chronic inflammation can contribute to the pain and swelling associated with arthritis. An anti-inflammatory diet aims to reduce the overall inflammatory load in the body, potentially easing arthritis symptoms.
2. **Joint Health:** Omega-3 fatty acids found in fatty fish, flaxseeds, and walnuts have anti-inflammatory properties and can help alleviate arthritis symptoms.
3. **Weight Management:** An anti-inflammatory diet often emphasizes whole, nutrient-dense foods that support weight management.
4. **Balanced Nutrient Intake:** An anti-inflammatory diet typically includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats.
5. **Gut Health:** An anti-inflammatory diet that includes probiotic-rich foods (such as yogurt and fermented foods) contribute to a healthy gut microbiome.
6. **Avoiding Pro-inflammatory Foods:** These foods contribute to inflammation and can worsen arthritis symptoms.

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Orange & Yogurt Breakfast Box	 Orange & Yogurt Breakfast Box	 Orange & Yogurt Breakfast Box	 Strawberries & Cream Oats	 Strawberries & Cream Oats	 Veggie Scramble with Strawberries	 Veggie Scramble with Strawberries
Snack 1	 Cheddar Cheese & Cucumber	 Granola, Yogurt & Berry Snack Box	 Cheddar Cheese & Cucumber	 Kiwi Lime Smoothie	 Eggs & Avocado Snack Box	 Yogurt & Granola	 Chocolate Cherry Overnight Oats
Lunch	 One Pan Harissa Chicken, Sweet Potatoes & Broccoli	 Spiced Cauliflower Rice Bowl	 One Pan Harissa Chicken, Sweet Potatoes & Broccoli	 Healthy Fish n' Chips	 Turmeric Chicken with Brown Rice	 Salsa Verde Salmon with Tomatoes & Brown Rice	 Chicken, Kale & Cauliflower Bowls
Snack 2	 Granola, Yogurt & Berry Snack Box	 Cheddar Cheese & Cucumber	 Granola, Yogurt & Berry Snack Box	 Eggs & Avocado Snack Box	 Kiwi Lime Smoothie	 Chocolate Cherry Overnight Oats	 Yogurt & Granola
Dinner	 Spiced Cauliflower Rice Bowl	 One Pan Harissa Chicken, Sweet Potatoes & Broccoli	 Healthy Fish n' Chips	 Roasted Cauliflower	 Salsa Verde Salmon with Tomatoes & Brown Rice	 Chicken, Kale & Cauliflower Bowls	 Salsa Verde Salmon with Tomatoes & Brown Rice

Fruits

- ☐ 3 Avocado
- ☐ 1 cup Cherries
- ☐ 3 Clementines
- ☐ 4 Kiwi
- ☐ 1/2 Lemon
- ☐ 1 tbsp Lemon Juice
- ☐ 2 Lime
- ☐ 7 cups Strawberries

Breakfast

- ☐ 1 2/3 cups Granola
- ☐ 2 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 1/2 tbsps Chia Seeds
- ☐ 3 tbsps Harissa
- ☐ 1/2 tsp Paprika
- ☐ 3/4 cup Pumpkin Seeds
- ☐ 1 1/2 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Sesame Seeds
- ☐ 1 tsp Turmeric

Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 12 ozs Broccolini
- ☐ 1 1/2 heads Cauliflower
- ☐ 3 cups Cherry Tomatoes
- ☐ 1/4 cup Cilantro
- ☐ 2 1/8 Cucumber
- ☐ 1 Garlic
- ☐ 2 stalks Green Onion
- ☐ 4 cups Kale Leaves
- ☐ 1/3 cup Parsley
- ☐ 2 Red Bell Pepper
- ☐ 5 Sweet Potato
- ☐ 1/2 tsp Thyme
- ☐ 2 Tomato

Boxed & Canned

- ☐ 2 1/16 cups Brown Rice

Baking

- ☐ 3 tbsps Cocoa Powder
- ☐ 2 cups Oats
- ☐ 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 10 ozs Cheddar Cheese
- ☐ 2 1/4 lbs Chicken Breast
- ☐ 1 1/2 lbs Salmon Fillet

Condiments & Oils

- ☐ 1 1/2 tbsps Apple Cider Vinegar
- ☐ 1/3 cup Avocado Oil
- ☐ 1 1/2 tbsps Capers
- ☐ 1/4 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Tahini
- ☐ 1 tbsp Tamari

Cold

- ☐ 18 Egg
- ☐ 5 3/4 cups Plain Greek Yogurt
- ☐ 5 1/4 cups Unsweetened Almond Milk

Other

- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 1 tbsp Water



Orange & Yogurt Breakfast Box

3 servings

15 minutes

Ingredients

6 Egg
3 Clementines (peeled, sectioned)
2 1/4 cups Plain Greek Yogurt
3/4 cup Pumpkin Seeds

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle.
- 3 Arrange the hardboiled eggs, clementine slices, yogurt, and pumpkin seeds in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Dairy-Free: Use coconut yogurt instead of greek yogurt.



Strawberries & Cream Oats

2 servings

15 minutes

Ingredients

2 cups Unsweetened Almond Milk
2 cups Strawberries (chopped, divided)
1 1/2 tbsps Maple Syrup
1/2 tsp Vanilla Extract
1 cup Oats (rolled)
1 tbsp Chia Seeds (optional)

Directions

- 1 Add the almond milk, half of the strawberries, maple syrup and vanilla to a high-speed blender. Blend until smooth. Season with additional vanilla and maple syrup if needed.
- 2 Transfer strawberry milk to a saucepan over medium heat and stir in the oats. Bring to a gentle boil and cook, stirring occasionally for 8 to 10 minutes or until oats are tender and creamy. Stir in remaining strawberries and chia seeds, if using, and let it cook for another minute.
- 3 Serve immediately and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Reheat with extra almond milk if needed.

Additional Toppings: Serve with additional chopped strawberries, extra chia seeds or a drizzle of almond butter.

No Fresh Strawberries: Use frozen strawberries instead. Cooking time may vary with frozen strawberries.



Veggie Scramble with Strawberries

1 serving
15 minutes

Ingredients

4 Egg
1/8 tsp Sea Salt (divided)
1 tsp Extra Virgin Olive Oil
1 Red Bell Pepper (finely chopped)
1 Tomato (medium, diced)
1 stalk Green Onion (chopped)
1 cup Strawberries (chopped)

Directions

- 1 Whisk the eggs in a bowl and season with half of the salt. Set aside.
- 2 Heat the oil in a pan over medium heat. Cook the peppers for about five minutes or until tender and just browned. Add the tomato and green onion and cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt.
- 3 Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through. Serve with strawberries and enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add dried herbs and spices like garlic powder or parsley.

No Red Pepper: Use any colour of bell pepper.

Like it Spicy: Add red pepper flakes or jalapeno pepper.

No Strawberries: Serve with a different fruit instead.



Cheddar Cheese & Cucumber

3 servings

5 minutes

Ingredients

6 ozs Cheddar Cheese (cubed)

1 1/2 Cucumber (sliced)

Directions

1

Serve cheese cubes and cucumber slices on a plate or in a bowl and enjoy!

Notes

Leftovers: Store cheese cubes and cucumber separately in the fridge.

Dairy-Free: Use a dairy-free cheese instead.

Serve it With: Crackers, vegetables, nuts or cooked meat slices.

No Cheddar: Use swiss or gouda cheese instead.



Kiwi Lime Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 2 Kiwi (peeled, halved)
- 1 Lime (juiced)
- 1/4 cup Vanilla Protein Powder

Directions

1

Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free: Use coconut or oat milk instead of almond milk.

Additional Toppings: Add spinach, avocado, kale, ginger or cucumber to your smoothie.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Yogurt & Granola

2 servings

5 minutes

Ingredients

2 cups Plain Greek Yogurt
2/3 cup Granola

Directions

- 1 Divide the yogurt into bowls and top with granola. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Granola: Use any type of fresh fruit or nuts instead.



One Pan Harissa Chicken, Sweet Potatoes & Broccolini

3 servings

40 minutes

Ingredients

3 Sweet Potato (medium, cubed)
12 ozs Broccolini
1 1/8 lbs Chicken Breast (skinless, boneless)
1 1/2 tbsps Avocado Oil
3 tbsps Harissa
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato, broccolini, and chicken breast to the baking sheet. Drizzle the oil and harissa evenly over top of all ingredients. Season everything with salt and pepper and toss well to coat. Place the baking sheet in the oven and bake for 15 minutes.
- 3 Remove the sheet from the oven. Flip the chicken and potatoes. Remove the broccolini from the sheet and set it aside on a plate. Place the baking sheet back into the oven and bake for another 15 minutes or until the chicken is cooked through.
- 4 Remove the baking sheet from the oven and divide the chicken, sweet potato, and broccolini onto plates. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days.

No Broccolini: Use regular broccoli instead. Adjust bake time accordingly.



Granola, Yogurt & Berry Snack Box

3 servings

5 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 3 cups Strawberries (sliced)
- 1 cup Granola

Directions

1

Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days.

Gluten-Free: Ensure a gluten-free granola is used.

Dairy-Free & Vegan: Use a dairy-free yogurt.



Eggs & Avocado Snack Box

2 servings

15 minutes

Ingredients

- 4 Egg
- 1 Avocado (medium, peeled)
- 2/3 Cucumber (sliced)
- 4 ozs Cheddar Cheese (cubed)

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
- 3 Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.



Chocolate Cherry Overnight Oats

2 servings

8 hours

Ingredients

1 cup Oats (rolled)
3 tbsps Cocoa Powder
1 1/2 tps Chia Seeds
1 1/4 cups Unsweetened Almond Milk
1 cup Cherries

Directions

- 1 Add the oats, cocoa powder, chia seeds, and almond milk together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 2 Remove the oats from the fridge. Divide into containers and top with cherries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with additional milk.

Nut-Free: Use a nut-free milk such as oat, coconut, dairy, or soy.

Likes it Sweeter: Use maple syrup or honey to taste.



Spiced Cauliflower Rice Bowl

2 servings

40 minutes

Ingredients

2/3 cup Brown Rice (dry, uncooked)
 1/4 tsp Sea Salt
 1/2 head Cauliflower (chopped into florets)
 1/4 tsp Turmeric
 1/2 tsp Paprika
 1/2 tsp Thyme (dried)
 2 tbsps Tahini
 1 Garlic (clove, minced)
 1 tbsp Lemon Juice
 1 tbsp Water
 1 Avocado (sliced)
 1/4 cup Cilantro (chopped)
 1 tsp Sesame Seeds (for topping)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

No Brown Rice: Use jasmine rice, cauliflower rice, quinoa or millet instead.



Healthy Fish n' Chips

2 servings

1 hour

Ingredients

10 ozs Salmon Fillet
1 tbsp Maple Syrup
1 tbsp Tamari
2 Sweet Potato
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach

Directions

- 1 Preheat oven to 425°F (218°C). Mix maple syrup and tamari in a bowl to make the marinade. Place salmon fillets in a ziplock bag with the marinade and shake well. Leave the fillets in the bag and place in the fridge while you prepare the rest.
- 2 Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden (baking times vary depending on how thin/thick you slice your fries). Flip the fries half way through at the 15 minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.
- 3 Turn oven up to 500°F (260°C) and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in the oven for 7 to 8 minutes depending on the thickness. The salmon is done when it flakes with a fork.
- 4 Serve salmon on a bed of baby spinach with sweet potato fries on the side. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.



Turmeric Chicken with Brown Rice

2 servings

30 minutes

Ingredients

2/3 cup Brown Rice (dry, uncooked)
10 2/3 ozs Chicken Breast (skinless and boneless)
2 tsp Avocado Oil
2/3 tsp Turmeric
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package.
- 3 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 4 Once the chicken and rice are cooked, divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic powder or cayenne pepper.

More Fiber: Add your favorite leafy greens, roasted broccoli or cauliflower.



Roasted Cauliflower

2 servings

35 minutes

Ingredients

1/2 head Cauliflower (chopped into florets)

1 tbsp Avocado Oil

1/8 tsp Sea Salt (or more to taste)

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Toss cauliflower florets with avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt. Roast for 30 minutes or until golden brown, tossing at the halfway point.
- 3 Remove from oven and enjoy!

Notes

No Avocado Oil: Use coconut oil or olive oil instead.

Make it Cheesy: Toss in nutritional yeast after roasting.



Salsa Verde Salmon with Tomatoes & Brown Rice

3 servings
45 minutes

Ingredients

3/4 cup Brown Rice (dry, uncooked)
3 tbsps Extra Virgin Olive Oil (divided)
15 ozs Salmon Fillet
3 cups Cherry Tomatoes (halved)
3/4 tsp Sea Salt
1 1/2 tbsps Capers
1/3 cup Parsley (finely chopped)
1 1/2 tbsps Apple Cider Vinegar

Directions

- 1 Cook the brown rice according to the directions on the package.
- 2 About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 3 Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
- 4 Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2-3 days.

No Brown Rice: Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.

No Capers: Use olives instead.

Serving Size: One serving is approximately 1 1/2 cups of brown rice, 5 ounces (142 grams) of salmon, and 1/2 cup of tomatoes with salsa.



Chicken, Kale & Cauliflower Bowls

2 servings

45 minutes

Ingredients

1/2 head Cauliflower (chopped into florets)
2 tbsps Avocado Oil (divided)
8 ozs Chicken Breast (skinless, boneless)
1/8 tsp Sea Salt
4 cups Kale Leaves (thinly sliced)
1/2 Lemon (juiced)
1 Avocado (sliced)

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the cauliflower with half the avocado oil and transfer to a baking sheet along with the chicken breasts. Sprinkle everything with sea salt.
- 3 Place the baking sheet in the oven for 30 minutes, or until chicken is cooked through. Toss the cauliflower at the halfway point.
- 4 While the cauliflower and veggies are cooking, massage the kale with lemon juice and remaining oil. Divide between bowls.
- 5 Remove the chicken and cauliflower from the oven and divide between bowls, on top of the kale. Add avocado slices to each bowl and enjoy!

Notes



Leftovers: Keeps well in the fridge for 3 to 4 days. Add sliced avocado just before serving.

More Carbs: Serve with roasted sweet potato.

No Avocado Oil: Use coconut oil instead.

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Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the salmon fillets into two portions. Divide the chicken breast into three portions and freeze two portions.	This guide will remind you to thaw them later in the week.
		Make One Pan Harissa Chicken, Sweet Potatoes & Broccolini.	Divide between containers and store in the fridge for meals.
		Make Orange & Yogurt Breakfast Box.	Divide between containers and store in the fridge for breakfasts.
		Portion out Cheddar Cheese & Cucumber.	Divide between containers and store in the fridge for snacks.
		Portion out Granola, Yogurt & Berry Snack Box.	Divide between containers and store in the fridge for snacks.



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1 Mon		Pack your meals if you are on-the-go.	Orange & Yogurt Breakfast Box, Cheddar Cheese & Cucumber, One Pan Harissa Chicken, Sweet Potatoes & Broccolini, Granola, Yogurt & Berry Snack Box.
		Make Spiced Cauliflower Rice Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
2 Tue		Pack your meals if you are on-the-go.	Orange & Yogurt Breakfast Box, Granola, Yogurt & Berry Snack Box, Spiced Cauliflower Rice Bowl, Cheddar Cheese & Cucumber.
		Enjoy leftover One Pan Harissa Chicken, Sweet Potatoes & Broccolini for dinner.	Reheat in the microwave or in a pan.
		Take half of the salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
3 Wed		Pack your meals if you are on-the-go.	Orange & Yogurt Breakfast Box, Cheddar Cheese & Cucumber, One Pan Harissa Chicken, Sweet Potatoes & Broccolini, Granola, Yogurt & Berry Snack Box.
		Make Healthy Fish n' Chips for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.



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		Make Strawberries & Cream Oats.	Divide between containers and store in the fridge for breakfasts.
		Portion out Eggs & Avocado Snack Box.	Divide between containers and store in the fridge for snacks.
		Take one portion of the chicken breasts out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
4 Thu		Make Kiwi Lime Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Strawberries & Cream Oats, Kiwi Lime Smoothie, Healthy Fish n' Chips, Eggs & Avocado Snack Box.
		Make Turmeric Chicken with Brown Rice and Roasted Cauliflower for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the remaining salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
		Make Kiwi Lime Smoothie.	Pour into a portable cup for a snack.



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5 Fri		Pack your meals if you are on-the-go.	Strawberries & Cream Oats, Eggs & Avocado Snack Box, Turmeric Chicken with Brown Rice and Roasted Cauliflower, Kiwi Lime Smoothie.
		Make Salsa Verde Salmon with Tomatoes & Brown Rice for dinner.	Enjoy and store leftovers in the fridge.
		Portion out Yogurt & Granola.	Divide between containers and store in the fridge for snacks.
		Make Chocolate Cherry Overnight Oats.	Divide between containers and store in the fridge for snacks.
		Take the remaining portion of the chicken breasts out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
6 Sat		Make Veggie Scramble with Strawberries.	Enjoy immediately or pack if you're on-the-go.
		Pack your meals if you are on-the-go.	Veggie Scramble with Strawberries, Yogurt & Granola, Salsa Verde Salmon with Tomatoes & Brown Rice, Chocolate Cherry Overnight Oats.
		Make Chicken, Kale & Cauliflower Bowls for dinner.	Store leftovers in the fridge for lunch tomorrow.



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7 Sun		Make Veggie Scramble with Strawberries.	Enjoy immediately or pack if you're on-the-go.
		Pack your meals if you are on-the-go.	Veggie Scramble with Strawberries, Chocolate Cherry Overnight Oats, Chicken, Kale & Cauliflower Bowls, Yogurt & Granola.
		Shop and prep for next week.	
		Enjoy leftover Salsa Verde Salmon with Tomatoes & Brown Rice for dinner.	Reheat in the microwave or in a pan.