4-Week Anti-Inflammatory Meal Plan: The COET Flex-Kitchen Method

A companion to the Anti-Inflammatory Cookbook for Beginners

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Cook once, enjoy whenever: the smart way to keep your meals fresh and varied.

Meal Plans · The Method · Grocery Lists

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WEEK 1
MEAL PLAN

Active bases: Base 65 (Brown Rice) + Base 66 (Sweet Potatoes) **Eggs this week:** 7

SUNDAY

🍽 ***Breakfast***
9 — Overnight Oats with Berries & Chia Seeds
Prep the night before — ready in the morning with zero effort.

🍽 ***Lunch***
35 — Chicken with Anti-Inflammatory Sweet Potato Mash
A warm, satisfying meal — scales up easily for family or guests.
→ Base 66 at lunch: boil 6 sweet potatoes total — 2 for the meal, 4 stored for the week.

🍽 ***Dinner***
42 — Chicken with Whole Grains & Mushroom–Walnut Sauce
→ Base 65 at dinner: cook 1½ cups rice total — ½ for the meal, 1 cup stored for Mon & Wed.
► *Make a double portion tonight and store one serving in an airtight container in the fridge — it will be ready to reheat for Monday lunch.*

✶ *Sunday is the only moment in the week when you have time and the kitchen is already warm: two pots in parallel, three evenings covered, Monday begins with nothing to prepare.*

MONDAY

🍽 ***Breakfast***
6 — Mushroom & Onion Egg Skillet
2 eggs

🍽 ***Lunch***
COET — 42 Chicken with Whole Grains & Mushroom–Walnut Sauce
You're home — warm it properly in a pan, take your time.

🍽 ***Dinner***
24 — Chicken & Vegetable Rice Bowl
→ Use Base 65: rice already cooked — skip the grain prep entirely.
► *Make a double portion tonight and store one serving in an airtight container in the fridge — it will be ready to reheat for Wednesday lunch.*

✶ *Monday moves fast: one base eliminates half the work, and Wednesday lunch is already taken care of.*

TUESDAY

🍽 ***Breakfast***
1 — Greek Yogurt with Berries, Walnuts & Cinnamon
No eggs.

🍽 ***Lunch***
21 — Sardine & Vegetable Lunch Plate with Sweet Potatoes
Use Base 66: sweet potato already ready. Open a can of sardines, add spinach and yellow bell pepper — lunch in 10 minutes.

🍽 ***Dinner***
45 — Tuna & Vegetable One-Pan Dinner
→ Use Base 66: sweet potato already boiled — add straight to the pan.
► *Make a double portion tonight and store one serving in an airtight container in the fridge — it will be ready to reheat for Friday lunch.*

✶ *Tuesday stays simple: a fresh lunch assembled in minutes, a one-pan dinner with almost no cleanup.*

WEDNESDAY

🍽 ***Breakfast***
7 — Spinach & Herb Omelet
2 eggs

🍽 ***Lunch***
COET — 24 Chicken & Vegetable Rice Bowl
Two days old, still perfect. Warm it in a pan with a splash of water.

🍽 ***Dinner***
43 — Sardines with Spinach, Sweet Potatoes & Brown Rice
→ Use Base 65 + Base 66: both bases close out here — no waste, fridge clears naturally.

✶ *Wednesday closes the base cycle: everything you prepared on Sunday gets used, nothing wasted.*

THURSDAY

🍽 ***Breakfast***
10 — Warm Oatmeal with Apple, Cinnamon & Walnuts
No eggs.

🍽 ***Lunch***
18 — Lentil Salad with Vegetables & Sweet Potatoes

No cooking needed — assemble lentils, sweet potato from the base, carrots, bell pepper, olive oil. Ten minutes, zero effort.

🍽 ***Dinner***
22 — Bean Salad with Salmon, Onion & Herbs
No base needed. Salmon in the pan + canned beans — ready in 20 minutes.

✶ *Thursday keeps it simple: a no-cook lunch and an easy dinner, nothing to plan ahead.*

FRIDAY

🍽 ***Breakfast***
11 — Avocado Toast on Whole Grain Bread
No eggs.

🍽 ***Lunch***
COET — 45 Tuna & Vegetable One-Pan Dinner
Three days old — this is the outer edge. Make sure it smells right and warm it through properly.

🍽 ***Dinner***
52 — Light Egg & Mushroom Dinner with Tomatoes & Avocado
3 eggs. Light and fast. No COET tonight.

✶ *Friday ends lightly: a simple dinner, fridge almost empty, weekend ahead.*

SATURDAY — RESET & SHOPPING DAY

🍽 ***Breakfast***
3 — Exotic Fruit Bowl with Mango, Kiwi & Lime
Light, fresh, 5 minutes.

🍽 ***Lunch***
Flexible — use whatever is left in the fridge.

🍽 ***Dinner***
40 — Lentil, Vegetable & Quinoa One-Pot Soup
One pot, everything in, 30 minutes.

✶ *Saturday closes the week: clean fridge, list ready, smooth restart on Sunday. Grocery shopping for Week 2 done during the day.*

Week 1 **Grocery list**

Saturday grocery run — buy everything below before Sunday

PROTEINS

- ☐ Chicken breast — ~1.5 lb
- ☐ Salmon — 1 fillet (~8 oz)
- ☐ Sardines (canned) — 3 cans
- ☐ Tuna (canned) — 2 cans
- ☐ Eggs — 1 carton

DAIRY

- ☐ Greek yogurt, plain low-fat — 1 container (16 oz)

VEGETABLES

- ☐ Spinach — 1 large bag (5 oz)
- ☐ Zucchini — 1 medium
- ☐ Yellow bell pepper — 1 medium
- ☐ Cherry tomatoes — 1 pint
- ☐ Carrots — 3–4 medium
- ☐ Broccoli — 1 small head
- ☐ Onion — 1 medium
- ☐ Mushrooms — 2 packs (8 oz each)
- ☐ Sweet potatoes — 7–8 medium

GRAINS

- ☐ Brown rice (dry) — 1 bag (~2 lb)
- ☐ Old-fashioned oats — 1 small container
- ☐ Quinoa (dry) — 1 small bag
- ☐ Whole grain bread (100%) — 1 loaf

LEGUMES

- ☐ Black beans (canned) — 1 can
- ☐ Dry lentils — 1 small bag

FRUIT

- ☐ Mixed berries (fresh or frozen) — 1 container
- ☐ Apple — 1
- ☐ Mango — 1
- ☐ Kiwi — 2
- ☐ Avocado — 2
- ☐ Lime — 1

NUTS & SEEDS

- ☐ Walnuts — 1 small bag (2–3 oz)
- ☐ Chia seeds — 1 small bag

PANTRY & SPICES

- ☐ Extra-virgin olive oil — 1 bottle
- ☐ Ground turmeric — 1 jar
- ☐ Ground cinnamon — 1 jar
- ☐ Dried oregano — 1 jar
- ☐ Dried thyme — 1 jar
- ☐ Black pepper — 1 jar
- ☐ Dried peppermint — 1 small jar

OPTIONAL

- ☐ Extra whole grain bread slices — for egg breakfasts if desired

Whole grain bread — Add a slice alongside your egg breakfasts on days when you need a more filling start. If the loaf starts to dry out toward the end of the week, slice and lightly toast it before serving.

WEEK 2
MEAL PLAN

Active bases: Base 69 (Cooked Quinoa) + Base 65 (Brown Rice) **Eggs this week:** 7

SUNDAY

🍽 ***Breakfast***
12 — Yogurt Bowl with Dates, Apple & Almonds
Light and naturally sweet — a calm start before a big lunch.

🍽 ***Lunch***
34 — Quinoa Bowl with Ground Turkey, Lentils & Carrot Turmeric Purée
Hearty — turkey, lentils, and quinoa. Scales up for guests.
→ Base 69 at lunch: cook 2 cups quinoa total — ½ for the meal, 1½ cups stored for Mon (38), Tue (16), and Tue lunch (29).

🍽 ***Dinner***
30 — Vegetable & Grain Lunch Plate with Chicken & Cauliflower Purée
→ Base 65 at dinner: cook 1 cup rice total — ½ for the meal, ½ stored for Wed (50).
► *Make a double portion tonight and store one serving in an airtight container in the fridge — it will be ready to reheat for Monday lunch.*

✶ *Two bases split across Sunday: quinoa ready at lunch, rice ready at dinner. The week is lighter before Monday even begins.*

MONDAY

🍽 ***Breakfast***
4 — Scrambled Eggs with Spinach & Black Pepper
2 eggs

🍽 ***Lunch***
COET — 30 Vegetable & Grain Lunch Plate with Chicken & Cauliflower Purée
You're home — warm it properly in a pan, take your time.

🍽 ***Dinner***
38 — Sardines with Zucchini & Quinoa
→ Use Base 69: quinoa already cooked — skip the prep entirely.
► *Make a double portion tonight and store one serving in an airtight container in the fridge — it will be ready to reheat for Wednesday lunch.*

✶ *Monday stays fast: protein change, one pan, the grain already waiting in the fridge.*

TUESDAY

🍽 ***Breakfast***
2 — Anti-Inflammatory Fruit Salad with Citrus & Peppermint
No eggs.

🍽 ***Lunch***
29 — Mediterranean-Style Lunch Bowl with Quinoa, Sardines & Tomato–Carrot Purée
Use Base 69: last quinoa portion. Open a can of sardines, warm the purée — lunch in 15 minutes.

🍽 ***Dinner***
16 — Quinoa Salad with Chicken, Zucchini & Herbs
► *Make a double portion tonight and store one serving in an airtight container in the fridge — it will be ready to reheat for Thursday lunch.*

✶ *Tuesday uses the last quinoa base and introduces a fresh Mediterranean bowl — variety without extra shopping.*

WEDNESDAY

🍽 ***Breakfast***
8 — Vegetable Omelet with Broccoli & Onions
2 eggs

🍽 ***Lunch***
COET — 38 Sardines with Zucchini & Quinoa
Two days old, still perfect. Warm gently in a pan.

🍽 ***Dinner***
50 — Turkey, Egg & Vegetable Dinner Plate with Brown Rice
1 egg in recipe.
→ Use Base 65: rice from Sunday closes out here — both bases fully used by Wednesday.

✶ *Wednesday finishes what Sunday started: both bases used, fridge clearing out, no waste.*

THURSDAY

🍽 ***Breakfast***
5 — Soft Scrambled Eggs with Zucchini & Olive Oil
2 eggs

🍽 ***Lunch***
COET — 16 Quinoa Salad with Chicken, Zucchini & Herbs
Two days old. Great at room temperature — no reheating needed.

🍽 ***Dinner***
37 — Salmon with Steamed Vegetables & Olive Oil
No base needed. Salmon on the stove, vegetables steamed — 20 minutes.

✶ *Thursday is simple: a no-effort lunch and a clean, light dinner.*

FRIDAY

🍽 ***Breakfast***
11 — Avocado Toast on Whole Grain Bread
No eggs.

🍽 ***Lunch***
22 — Bean Salad with Salmon, Onion & Herbs
Cold, no cooking — open the beans, add a piece of salmon, onion, herbs, olive oil. Ten minutes.

🍽 ***Dinner***
15 — Whole Wheat Pasta with Mackerel, Cherry Tomatoes & Sardines
Friday pasta — one pot, 25 minutes. No COET tonight.

✶ *Friday ends with something comforting. The week is done.*

SATURDAY — RESET & SHOPPING DAY

🍽 ***Breakfast***
10 — Warm Oatmeal with Apple, Cinnamon & Walnuts
Warm, grounding, zero effort.

🍽 ***Lunch***
Flexible — use whatever is left in the fridge.

🍽 ***Dinner***
39 — Vegetable, Bean & Sweet Potato Soup with Spices
One pot, everything in, 30 minutes.

✶ *Saturday closes the week: clean fridge, list ready, smooth restart on Sunday. Grocery shopping for Week 3 done during the day.*

Week 2 **Grocery list**

Saturday grocery run — buy everything below before Sunday

PROTEINS

☐ Chicken breast — ~1 lb
☐ Ground turkey — ~1 lb
☐ Salmon — 1 larger pack (~16 oz)
☐ Sardines (canned) — 4 cans
☐ Mackerel (canned) — 1 can
☐ Eggs — 1 carton

DAIRY

☐ Greek yogurt, plain low-fat — 1 small container (8–10 oz)

VEGETABLES

☐ Spinach — 1 medium bag (5 oz)

☐ Zucchini — 3 medium

☐ Cauliflower — 1 medium head
☐ Broccoli — 1 small head
☐ Carrots — 1 bag (~1 lb)

☐ Mushrooms — 1 pack (8 oz)

☐ Onion — 1 medium
☐ Cherry tomatoes — 1 pint
☐ Sweet potato — 1 medium

GRAINS

☐ Quinoa (dry) — 1 bag (cook 2 cups this week)
☐ Whole wheat pasta — 1 pack (12–16 oz)
☐ *Brown rice (dry) — check Week 1 remainder*
☐ *Old-fashioned oats — check Week 1 remainder*
☐ *Whole grain bread (100%) — check Week 1 loaf*

LEGUMES

☐ *Dry lentils — check W1 remainder (¼ cup needed)*
☐ Black beans (canned) — 1 can

FRUIT

☐ Apple — 3
☐ Orange — 1
☐ Grapefruit — 1
☐ Lemon — 1
☐ Avocado — 1
☐ Dates (Medjool or Deglet Noor) — 1 small pack

• NUTS

☐ *Almonds — check W1 remainder or buy 1 small bag*
☐ *Walnuts — check W1 remainder*

PANTRY & SPICES

☐ *EVOO / turmeric / cinnamon / pepper — check jars*
☐ *Dried peppermint — check W1 jar*
☐ Ground cumin ✓ NEW — 1 jar (for Recipe 39)

OPTIONAL

☐ Extra whole grain bread slices — for egg breakfasts if desired

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Whole grain bread — Add a slice alongside your egg breakfasts on days when you need a more filling start. If the loaf starts to dry out toward the end of the week, slice and lightly toast it before serving.

WEEK 3
MEAL PLAN

Active bases: Base 68 (Ground Turkey) + Base 66 (Sweet Potatoes) **Eggs this week:** 6

SUNDAY

🍽 ***Breakfast***
1 — Greek Yogurt with Berries, Walnuts & Cinnamon
Quick and effortless — save your energy for the cooking ahead.

🍽 ***Lunch***
28 — Mixed Legume Bowl with Ground Turkey & Sweet Potato–Vegetable Turmeric Purée
Turkey, chickpeas, black beans and warm turmeric purée. Scales up for guests.
→ Base 68 at lunch: cook 1 lb turkey total — 6 oz for the meal, rest stored for Mon dinner.

🍽 ***Dinner***
48 — Sardines with Mushrooms & Saffron Sweet Potato Mash
→ Base 66 at dinner: boil 8 sweet potatoes — 2 for tonight, 6 stored for Mon–Fri lunches.
► *Make a double portion tonight and store one serving in an airtight container in the fridge — it will be ready to reheat for Monday lunch.*

✶ *Two bases split between lunch and dinner: by the time Sunday evening is over, most of the week's heavy lifting is already done.*

MONDAY

🍽 ***Breakfast***
14 — Simple Savory Breakfast Plate (Eggs, Veggies & Toast)
2 eggs

🍽 ***Lunch***
COET — 48 Sardines with Mushrooms & Saffron Sweet Potato Mash
Warm gently. Rich and satisfying at home.

🍽 ***Dinner***
32 — Turkey & Vegetable Lunch Bowl with Sweet Potato–Carrot–Cauliflower Purée
→ Use Base 66 + Base 68: turkey from fridge, sweet potato already boiled — mostly assembly.
► *Make a double portion tonight and store one serving in an airtight container in the fridge — it will be ready to reheat for Wednesday lunch.*

✶ *Monday is your easiest cooking day: both bases working, dinner is mostly assembly.*

TUESDAY

🍽 ***Breakfast***
3 — Exotic Fruit Bowl with Mango, Kiwi & Lime
No eggs.

🍽 ***Lunch***
17 — Chickpea Salad with Tuna, Tomatoes & Avocado
No cooking — open canned chickpeas and tuna, halve the cherry tomatoes, slice the avocado. Five minutes.

🍽 ***Dinner***
51 — Vegetable & Legume Dinner Bowl with Sweet Potato Mash
→ Use Base 66: sweet potato already ready — just warm and mash.
► *Make a double portion tonight and store one serving in an airtight container in the fridge — it will be ready to reheat for Thursday lunch.*

✶ *Tuesday is plant-based and effortless: a zero-cook lunch and a comforting no-meat dinner.*

WEDNESDAY

🍽 ***Breakfast***
9 — Overnight Oats with Berries & Chia Seeds
Prep Tuesday night — 5 minutes.

🍽 ***Lunch***
COET — 32 Turkey & Vegetable Lunch Bowl
Two days old, still perfect. Warm in a pan with a splash of water.

🍽 ***Dinner***
41 — Tuna with Fresh Vegetable Plate & Sweet Potato Mash
→ Use Base 66: last sweet potato portion from the larger Sunday batch closes here.

✶ *Wednesday finishes the base cycle: everything you prepared on Sunday gets used, nothing wasted.*

THURSDAY

🍽 ***Breakfast***
11 — Avocado Toast on Whole Grain Bread
No eggs.

🍽 ***Lunch***
COET — 51 Vegetable & Legume Dinner Bowl
Two days old. Great cold straight from the container.

🍽 ***Dinner***
46 — Simple Chicken, Scrambled Eggs & Vegetable Dinner
2 eggs. No base needed. One pan, 20 minutes.

✶ *Thursday keeps it simple: a no-effort lunch and a fast one-pan dinner.*

FRIDAY

🍽 ***Breakfast***
10 — Warm Oatmeal with Apple, Cinnamon & Walnuts
No eggs.

🍽 ***Lunch***
18 — Lentil Salad with Vegetables & Sweet Potatoes
Assemble from what's already there — canned lentils, sweet potato, carrots, bell pepper, olive oil. Ten minutes, no cooking.

🍽 ***Dinner***
23 — Whole Grain Pasta with Salmon, Vegetables & Olive Oil
Friday pasta — one pot, 25 minutes. No COET tonight.

✶ *Friday ends with something warm and comforting. The week is done.*

SATURDAY — RESET & SHOPPING DAY

🍽 ***Breakfast***
13 — Egg Breakfast Plate with Toasted Whole Grain Bread
2 eggs. A proper cooked breakfast — you have the time today.

🍽 ***Lunch***
Flexible — use whatever is left in the fridge.

🍽 ***Dinner***
47 — Bean, Vegetable & Brown Rice Stew
One pot, 35 minutes. A hearty, warming Saturday evening.

✶ *Saturday closes the week: clean fridge, list ready, smooth restart on Sunday. Grocery shopping for Week 4 done during the day.*

Week 3 **Grocery list**

Saturday grocery run — buy everything below before Sunday

PROTEINS

☐ Chicken breast — 1 small pack (~10 oz)
☐ Ground turkey — 1 lb
☐ Salmon — 1 fillet (~8 oz)
☐ Sardines (canned) — 2 cans
☐ Tuna (canned) — 3 cans
☐ Eggs — 1 carton

DAIRY

☐ Greek yogurt, plain low-fat — 1 container (12–16 oz)

VEGETABLES

☐ Spinach — 1 medium bag (5 oz)
☐ Zucchini — 2 medium
☐ Mushrooms — 2 packs (8 oz each)
☐ Cauliflower — 1 large head
☐ Broccoli — 1 small head
☐ Carrots — 1 bag (~1 lb)
☐ Onion — 1 medium
☐ Yellow bell pepper — 1 medium
☐ Cherry tomatoes — 1 small pint
☐ Sweet potatoes — 8 medium
☐ Chickpeas (canned) — 2 cans

GRAINS

☐ Whole grain bread (100%) — 1 loaf
☐ *Brown rice (dry) — check W2 remainder*
☐ *Old-fashioned oats — check W2 remainder*
☐ *Whole wheat pasta — check W2 remainder*

LEGUMES

☐ Black beans (canned) — 2 cans
☐ Lentils (canned) — 1 can

FRUIT

☐ Mixed berries (fresh or frozen) — 1 container
☐ Apple — 1
☐ Mango — 1
☐ Kiwi — 2
☐ Lime — 1
☐ Avocado — 1

NUTS & SEEDS

☐ *Walnuts — check W2 remainder*
☐ *Chia seeds — check W2 remainder*

PANTRY & SPICES

☐ *EVOO / turmeric / cinnamon / pepper — check jars*
☐ *Ground cumin — check W2 jar*
☐ Saffron ✓ NEW — 1 small jar (for recipes 48 & 32)

OPTIONAL

☐ Extra whole grain bread slices — for egg breakfasts if desired

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Whole grain bread — Add a slice alongside your egg breakfasts on days when you need a more filling start. If the loaf starts to dry out toward the end of the week, slice and lightly toast it before serving.

WEEK 4
MEAL PLAN

Active bases: Base 69 (Cooked Quinoa) + Base 65 (Brown Rice) **Eggs this week:** 7

SUNDAY

🍽 ***Breakfast***
12 — Yogurt Bowl with Dates, Apple & Almonds
Light and naturally sweet — a calm start before the cooking ahead.

🍽 ***Lunch***
27 — Quinoa Bowl with Chicken, Eggs & Carrot–Tomato Purée
Vibrant, protein-rich bowl. Great for guests. (2 eggs)
→ Base 69 at lunch: cook 2 cups quinoa total — ½ for the meal, 1½ cups stored for Mon (62), Tue (49), and Tue dinner (29).

🍽 ***Dinner***
54 — Simple Balanced Dinner Plate
→ Base 65 at dinner: cook 1 cup rice — ½ for tonight, ½ stored for Wed (33).
► *Make a double portion tonight and store one serving in an airtight container in the fridge — it will be ready to reheat for Monday lunch.*

✶ *Two bases split across Sunday: quinoa ready at lunch, rice ready at dinner. The week is lighter before Monday even begins.*

MONDAY

🍽 ***Breakfast***
2 — Anti-Inflammatory Fruit Salad with Citrus & Peppermint
No eggs.

🍽 ***Lunch***
COET — 54 Simple Balanced Dinner Plate
Sardines, rice, mushrooms, avocado — works beautifully at room temperature.

🍽 ***Dinner***
62 — Roasted Vegetable & Quinoa Bowl with Saffron
→ Use Base 69: quinoa already cooked. Vegetables in the oven, one bowl — 20 minutes.
► *Make a double portion tonight and store one serving in an airtight container in the fridge — it will be ready to reheat for Wednesday lunch.*

✶ *Monday is effortless: one base active, vegetables in the oven, Wednesday lunch already done.*

TUESDAY

🍽 ***Breakfast***
5 — Soft Scrambled Eggs with Zucchini & Olive Oil
2 eggs

🍽 ***Lunch***
49 — Quinoa & Vegetable Dinner Bowl with Mushroom–Carrot Purée
Use Base 69: last quinoa portion. Sauté mushrooms and carrots, warm the quinoa — fully plant-based, 15 minutes.

🍽 ***Dinner***
29 — Mediterranean-Style Lunch Bowl with Quinoa, Sardines & Tomato–Carrot Purée
► *Make a double portion tonight and store one serving in an airtight container in the fridge — it will be ready to reheat for Thursday lunch.*

✶ *Tuesday wraps up the quinoa base: same grain, two very different dishes.*

WEDNESDAY

🍽 ***Breakfast***
11 — Avocado Toast on Whole Grain Bread
No eggs — saving them for dinner.

🍽 ***Lunch***
COET — 62 Roasted Vegetable & Quinoa Bowl with Saffron
Two days old. Vibrant colors, great at room temperature.

🍽 ***Dinner***
33 — Balanced Grain & Vegetable Lunch Box with Eggs, Mushrooms & Broccoli–Potato Purée
3 eggs.
→ Use Base 65: rice from Sunday closes out here.

✶ *Wednesday finishes both bases and puts three proteins on the plate at once.*

THURSDAY

🍽 ***Breakfast***
9 — Overnight Oats with Berries & Chia Seeds
Prep Wednesday night — 5 minutes.

🍽 ***Lunch***
COET — 29 Mediterranean-Style Lunch Bowl with Quinoa & Sardines

Two days old. Travels well, no reheating needed.

🍽 ***Dinner***
53 — Anti-Inflammatory Comfort Dinner with Turkey & Saffron Vegetable Purée
No base. Turkey + sweet potato + cauliflower in one pot, 30 minutes.

✶ *Thursday is warm and comforting: one pot, rich flavors, nothing complicated.*

FRIDAY

🍽 ***Breakfast***
1 — Greek Yogurt with Berries, Walnuts & Cinnamon
No eggs.

🍽 ***Lunch***
22 — Bean Salad with Salmon, Onion & Herbs
Cold, no cooking — black beans, a piece of today's salmon fillet, onion, herbs, olive oil. Ten minutes.

🍽 ***Dinner***
26 — Broccoli & Cauliflower Turmeric Mash with Salmon
No base. Buy a larger salmon pack — split between lunch and dinner. No COET tonight.

✶ *Friday ends clean and elegant. Four weeks done.*

SATURDAY — RESET & SHOPPING DAY

🍽 ***Breakfast***
10 — Warm Oatmeal with Apple, Cinnamon & Walnuts
Warm and grounding.

🍽 ***Lunch***
Flexible — use whatever is left in the fridge.

🍽 ***Dinner***
44 — Bean, Vegetable & Turkey Stew with Sweet Potatoes
One pot, 35 minutes. The perfect closing dish for four weeks of healthy, consistent eating.

✶ *Saturday closes Week 4 — and the full four-week plan. You've built a system that works.*

Week 4 **Grocery list**

Saturday grocery run — buy everything below before Sunday

PROTEINS

☐ Chicken breast — 1 small pack (~8 oz)
☐ Ground turkey — 1 lb
☐ Salmon — 1 larger pack (~14 oz)
☐ Sardines (canned) — 3 cans
☐ Eggs — 1 carton

DAIRY

☐ Greek yogurt, plain low-fat — 1 large container (20–24 oz)

VEGETABLES

☐ Spinach — 1 medium bag (5 oz)
☐ Zucchini — 2 medium
☐ Yellow bell pepper — 2 medium
☐ Broccoli — 1 medium head
☐ Mushrooms — 2 packs (8 oz each)
☐ Cauliflower — 1 small head
☐ Carrots — 1 bag (~1 lb)
☐ Onion — 1 medium
☐ Cherry tomatoes — 1 pint
☐ Sweet potatoes — 4–5 medium
☐ Avocado — 1

GRAINS

☐ *Quinoa (dry) — check W3 remainder (cook 2 cups this week)*
☐ *Brown rice (dry) — check W3 remainder (1 cup needed)*
☐ *Old-fashioned oats — check W3 remainder*
☐ *Whole grain bread (100%) — check W3 loaf*

LEGUMES

☐ Chickpeas (canned) — 1 can
☐ Black beans (canned) — 2 cans

FRUIT

☐ Mixed berries (fresh or frozen) — 1 container
☐ Apple — 3
☐ Orange — 1
☐ Grapefruit — 1
☐ Lemon — 1
☐ Dates (Medjool or Deglet Noor) — 1 small pack
☐ Avocado — 1

NUTS & SEEDS

☐ *Almonds — check W3 remainder*
☐ *Walnuts — check W3 remainder*
☐ *Chia seeds — check W3 remainder*

PANTRY & SPICES

☐ *EVOO / turmeric / cinnamon / pepper — check jars*
☐ *Ground cumin — check W2 jar*
☐ *Saffron — check W3 jar*

OPTIONAL

☐ Extra whole grain bread slices — for egg breakfasts if desired

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Whole grain bread — Add a slice alongside your egg breakfasts on days when you need a more filling start. If the loaf starts to dry out toward the end of the week, slice and lightly toast it before serving.