

Anti-Inflammatory
**MEAL PREP
RECIPES**

*Batch cook once and eat to heal
autoimmunity for days!*

How to Use this Packet:

1.) The recipes are in the order that I recommend cooking so that you can cook as quickly and as efficiently as possible. So please start with the breakfast recipe and work through in the order that the recipes are presented to you!

2.) The brand suggestions listed in the recipes are just that - suggestions. These are my favorite-tasting/most easy-to-find anti-inflammatory ingredients that I use to cook for my clients who are fighting autoimmunity through diet. Please feel free to use whatever you prefer the taste of or whatever you can find and afford!

3.) The recipes are written in the order of what goes into the pot first, so that it's a quick and easy cooking session for you! Please do the following things before you ever start cooking one of my recipes:

- Read the recipe in it's entirety
- Measure everything that needs measuring
- Chop everything that needs chopping
- Organize yourself and your kitchen before you start cooking

4.) These recipes will teach you my Broiler Sheet Tray Method of cooking - the quickest, easiest way to get meals on the table when you're strapped for time and energy.

If you're not comfortable cooking in your broiler, all of these recipes can also be cooked exactly the same in your oven at 450 degrees. It will just take longer. Use your senses and pull things out when they are done to your liking!

NOTE: If you have a gas broiler, spray your sheet trays with avocado oil instead of lining them with parchment paper to avoid anything catching fire.

MEAL PREP MENU:



SWEET
POTATO
BREAKFAST
BOWLS



TERIYAKI STIR
FRY LETTUCE
CUPS



ITALIAN
SAUSAGE
SHEET TRAY
MEAL



CHOCOLATE
CHERRY
PROTEIN
BITES

VEGAN SUBSTITUTIONS:



OMIT BACON +
SUBSTITUTE
SCRAMBLED
JUST EGGS



SUBSTITUTE
GROUND
ORGANIC
EXTRA FIRM
TOFU AND/OR
LENTILS WITH
COOKED
MUSHROOMS
FOR GROUND
MEAT



ADD VEGGIES
+ SERVE OVER
LENTIL PASTA
INSTEAD OF
POTATOES



SUBSTITUTE
DARK MAPLE
SYRUP FOR
HONEY

(ADD MORE
OATS/NUT
BUTTER IF
NEEDED)

PICKY EATER SUGGESTIONS:



USE REGULAR
POTATOES
INSTEAD OF
SWEET
POTATOES +
OMIT VEGGIES
IF NEEDED



SERVE OVER
STEAMED
WHITE RICE
INSTEAD OF IN
LETTUCE CUPS



OMIT
POTATOES +
SERVE OVER
GLUTEN FREE
PASTA



OMIT
CHERRIES +
USE PEANUT
BUTTER
INSTEAD OF
ALMOND
BUTTER

Breakfast Bowls

BREAKFAST

Ingredients:

GROCERIES:

- 1 pkg. uncured sugar-free bacon (Greenfield, Applegate, Simple Truth, etc.)
- 2 medium sweet potatoes, diced medium
- 1 small red onion, diced medium
- 1 pint of cherry tomatoes, whole
- 1/2 sm. bag of broccoli florets
- Chosen Avocado Oil Spray
- 8 organic pastured eggs for serving
- Fine sea salt and ground black pepper

Instructions:

- 1.) Line 2 large rimmed baking sheets with parchment paper (or silicone baking mats) and preheat the oven to broil at 500 degrees.
- 2.) Arrange veggies on one sheet tray and spray with avocado oil. Season with salt and pepper.
- 3.) Arrange bacon on the other sheet tray. Place bacon on the bottom rack of the oven and veggies on the middle rack. Broil for 10 minutes (making sure to utilize your senses so you don't burn anything) then rotate trays and cook bacon on the middle rack until crispy (about 3-5 more minutes). Drain on a paper towel lined plate.
- 4.) Continue cooking veggies until tender.
- 5.) Let cool completely then package in glass meal prep containers and cover with lids. Refrigerate for up to 5 days.

REHEATING INSTRUCTIONS: Place glass containers in the oven. Turn heat to 350 degrees and cook for about 10-20 minutes until warmed to your liking. (Bacon should be done before the potatoes. Check it when you can smell it.) Cook your eggs to order while your veggies/bacon are reheating then serve.



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Italian Sausage Sheet Tray Meal

DINNER

You'll Need:

GROCERIES:

- 1 1/2 bags of baby Yukon Gold potatoes, quartered or halved into 1" pieces
- Chosen Avocado Oil Spray
- 2 pkgs. Italian Chicken Sausage (Aidells, Applegate, Simple Truth, Organico Bello, etc.)
- 2 colorful organic bell peppers, sliced
- 1 jar of organic no sugar added tomato basil marinara (Primal Kitchens, Simple Truth,
- Fine sea salt and ground black pepper

Instructions:

1.) Line a large rimmed baking sheet with parchment paper. Spread potatoes out evenly and spray with avocado oil then season with salt and pepper.

3.) Broil on the bottom rack of the oven at 500 degrees for 15 minutes then move over to one side of the sheet tray.

4.) Add the sausage and peppers to the other side of the sheet tray and spray with oil. Season peppers with salt and pepper then broil for about 10 minutes until nearly done.

5.) Drizzle sausage and peppers with marinara and cook for 5 more minutes then serve with potatoes once tender.

NOTE: A side salad would be great with this!

REHEATING INSTRUCTIONS: Place glass container in the oven and cover with foil. Turn heat to 350 degrees and cook until aromatic. Mix then continue to cook for another 10-15 minutes (covered) until warmed to your liking.



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Teriyaki Stir Fry Lettuce Cups

LUNCH

You'll Need:

GROCERIES:

- 1 lb. organic ground turkey or organic grass-fed ground beef
- 1/2 container of pre-diced onion
- 1 bag of coleslaw
- Toasted sesame oil or avocado oil spray
- Jar of Primal Kitchens No Soy Teriyaki Sauce
- ~2-4 T organic or local raw honey
- Bunch of scallions, sliced (optional)
- Sesame seeds (optional)
- Pkg. of washed and ready to eat lettuce for wrapping
- Fine sea salt and ground black pepper

Instructions:

- 1.) Line a large rimmed baking sheet with parchment paper. Place ground turkey on one half of the sheet tray and spread out into a thin layer. Place veggies on the other half of the sheet tray and spread out into an even layer.
- 2.) Drizzle or spray both with oil then season with salt and pepper and broil on the bottom shelf of the oven for about 10 minutes.
- 4.) Place teriyaki sauce in a bowl and sweeten to taste with honey. Pour over meat and veggies in the oven then mix to coat in the sauce (breaking up the meat with a wooden spoon). Continue cooking until meat and veggies are done to your liking then mix to combine. Taste and adjust seasoning then serve with garnishes and lettuce.

REHEATING INSTRUCTIONS: Place glass container in the oven and cover with foil. Turn heat to 350 degrees and cook until aromatic. Mix then continue to cook for another 5-10 minutes until warmed to your liking. Serve with lettuce for wrapping.



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Chocolate Cherry Protein Bites

DESSERT

You'll Need:

GROCERIES:

- 2 c Bob's Red Mill Gluten Free Old-Fashioned Oats
- 1/2 c organic or local raw honey
- 2 T Navitas Organic Cacao Powder or organic unsweetened cocoa powder (like Simple Truth)
- 1/4 c dried cherries
- 1/4 c stevia sweetened dark chocolate chips
- Hemp Hearts Shelled hemp seeds (optional)
- 1 c no sugar/no oil added almond/sunflower butter like Once Again
- 2 T no sugar added grass-fed protein powder like Dr. Mark Hyman's Super Simple Grassfed Protein powder

Instructions:

- 1.) Place all ingredients in a medium mixing bowl and mix well to combine.
- 2.) Taste and adjust seasoning by adding more honey if needed then scoop into even sized portions and roll into balls.
- 3.) Coat in hemp seeds then refrigerate for up to 10 days or freeze for up to 3 months.



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