

# PAIN FIGHTING Superfood

## 30 Day Meal Plans



**PAIN FIGHTING**  
**Superfood**

*30 Day  
Meal Plans*



# **PAIN FIGHTING** **Superfoods**

*30 Day  
Meal Plans*

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# PAIN FIGHTING Superfood

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 1

Meals	Recipes	Recipe Book	Page
Meal 1	High Protein Almond Butter Pancake	Pain Fighting Superfoods Recipes	11
Meal 2	Chicken Salad Lettuce Wraps	Pain Fighting Superfoods Recipes	27
Meal 3	Teriyaki Salmon	Pain Fighting Superfoods Recipes	44
Snack/ Dessert	Microwave Chocolate Mug Cake	Pain Fighting Superfoods Recipes	63

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 2

Meals	Recipes	Recipe Book	Page
Meal 1	Southwest Egg Scramble	Pain Fighting Superfoods Recipes	20
Meal 2	Portobello Turkey Burger	Pain Fighting Superfoods Recipes	29
Meal 3	Low Carb Spaghetti	Pain Fighting Superfoods Recipes	47
Snack/ Dessert	Apple Pie Shake	Pain Fighting Superfoods Recipes	61

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 3

Meals	Recipes	Recipe Book	Page
Meal 1	Banana Walnut Muffins	Pain Fighting Superfoods Recipes	22
Meal 2	Summer Berry Salad	Pain Fighting Superfoods Recipes	30
Meal 3	Crock Pot Turkey Breast	Pain Fighting Superfoods Recipes	50
Snack/ Dessert	Protein Peanut Butter Power Balls	Pain Fighting Superfoods Recipes	68

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 4

Meals	Recipes	Recipe Book	Page
Meal 1	Chocolate Pumpkin Oatmeal	Pain Fighting Superfoods Recipes	13
Meal 2	Tortilla Nut Butter Banana Pizza	Pain Fighting Superfoods Recipes	28
Meal 3	Filet Mignon with Mashed Sweet Potatoes and Asparagus	Pain Fighting Superfoods Recipes	46
Snack/ Dessert	Chocolate Avocado Smoothie	Pain Fighting Superfoods Recipes	74

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 5

Meals	Recipes	Recipe Book	Page
Meal 1	Asparagus Egg Casserole	Pain Fighting Superfoods Recipes	24
Meal 2	Taco Salad	Pain Fighting Superfoods Recipes	33
Meal 3	Ginger Salmon	Pain Fighting Superfoods Recipes	52
Snack/ Dessert	Roasted Cinnamon Pumpkin Seeds	Pain Fighting Superfoods Recipes	77

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 6

Meals	Recipes	Recipe Book	Page
Meal 1	High Protein Pancakes with Greek Yogurt and Peanut Butter Icing	Pain Fighting Superfoods Recipes	12
Meal 2	Chicken and Veggie Stir Fry	Pain Fighting Superfoods Recipes	36
Meal 3	Southwest Stuffed Red Peppers	Pain Fighting Superfoods Recipes	49
Snack/ Dessert	Chocolate Chip Cookie Dough CLEAN Ice Cream	Pain Fighting Superfoods Recipes	73

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 7

Meals	Recipes	Recipe Book	Page
Meal 1	Overnight Carrot Cake Oatmeal	Pain Fighting Superfoods Recipes	15
Meal 2	Black Bean Sloppy Joe	Pain Fighting Superfoods Recipes	39
Meal 3	Sweet Garlic Chicken Skewers with Veggies	Pain Fighting Superfoods Recipes	48
Snack/ Dessert	Key Lime Stuffed Strawberries	Pain Fighting Superfoods Recipes	76

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 8

Meals	Recipes	Recipe Book	Page
Meal 1	Vanilla Chia Breakfast Pudding	Pain Fighting Superfoods Recipes	25
Meal 2	Turkey Butternut Soup	Pain Fighting Superfoods Recipes	41
Meal 3	Lemony Macadamia Nut Crusted Black Cod	Pain Fighting Superfoods Recipes	56
Snack/ Dessert	Spicy Baked Sweet Potato Chips	Pain Fighting Superfoods Recipes	78

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 9

Meals	Recipes	Recipe Book	Page
Meal 1	Southwest Egg White Omelet	Pain Fighting Superfoods Recipes	16
Meal 2	Apple Avocado Tuna Salad	Pain Fighting Superfoods Recipes	40
Meal 3	Southwest Meatball Skillet	Pain Fighting Superfoods Recipes	58
Snack/ Dessert	Black Bean Brownies	Pain Fighting Superfoods Recipes	67

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 10

Meals	Recipes	Recipe Book	Page
Meal 1	Bodybuilding Protein Oatmeal	Pain Fighting Superfoods Recipes	14
Meal 2	Berry Salmon Salad with Berry Vinaigrette	Pain Fighting Superfoods Recipes	38
Meal 3	Veggie Chicken and Rice Bowl	Pain Fighting Superfoods Recipes	55
Snack/ Dessert	Nutty Coconut Trail Mix	Pain Fighting Superfoods Recipes	80

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 11

Meals	Recipes	Recipe Book	Page
Meal 1	Coffee Toffee Protein Shake	Pain Fighting Superfoods Recipes	18
Meal 2	Turkey Burger with Zucchini Chips	Pain Fighting Superfoods Recipes	31
Meal 3	Beef and Black Bean Chili	Pain Fighting Superfoods Recipes	53
Snack/ Dessert	Blackberry Mango Fruit Salad	Pain Fighting Superfoods Recipes	79

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 12

Meals	Recipes	Recipe Book	Page
Meal 1	Fried Egg Salad	Pain Fighting Superfoods Recipes	22
Meal 2	Broccoli Cauliflower Bean Soup	Pain Fighting Superfoods Recipes	37
Meal 3	Greek Chicken Dinner	Pain Fighting Superfoods Recipes	59
Snack/ Dessert	Baked Plantain Chips	Pain Fighting Superfoods Recipes	81

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 13

Meals	Recipes	Recipe Book	Page
Meal 1	Reese's Chocolate Peanut Butter Protein Shake	Pain Fighting Superfoods Recipes	19
Meal 2	Sirloin Cobb Salad	Pain Fighting Superfoods Recipes	35
Meal 3	Southwest Salsa Chicken Salad	Pain Fighting Superfoods Recipes	45
Snack/ Dessert	Cinnamon Cheesecake Cupcakes	Pain Fighting Superfoods Recipes	62

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 14

Meals	Recipes	Recipe Book	Page
Meal 1	Asparagus Egg Casserole with Apple Turkey Sausage Patties	Pain Fighting Superfoods Recipes	24 23
Meal 2	Spicy Indian Burgers	Pain Fighting Superfoods Recipes	54
Meal 3	Southwest Salsa Chicken Salad	Pain Fighting Superfoods Recipes	45
Snack/ Dessert	Chocolate Peanut Butter Cookie Dough	Pain Fighting Superfoods Recipes	66

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 15

Meals	Recipes	Recipe Book	Page
Meal 1	Key Lime Raspberry Parfait	Pain Fighting Superfoods Recipes	17
Meal 2	Garlic Chicken and Sweet Potato Fries	Pain Fighting Superfoods Recipes	32
Meal 3	Teriyaki Salmon	Pain Fighting Superfoods Recipes	44
Snack/ Dessert	Pumpkin Spice Protein Shake	Pain Fighting Superfoods Recipes	71

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 16

Meals	Recipes	Recipe Book	Page
Meal 1	High Protein Almond Butter Pancake	Pain Fighting Superfoods Recipes	11
Meal 2	Chicken Bean Salad	Pain Fighting Superfoods Recipes	42
Meal 3	Italian Veggie Chicken Supreme	Pain Fighting Superfoods Recipes	57
Snack/ Dessert	Gluten Free Chocolate Chip Cookies	Pain Fighting Superfoods Recipes	75

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 17

Meals	Recipes	Recipe Book	Page
Meal 1	Chocolate Pumpkin Oatmeal	Pain Fighting Superfoods Recipes	13
Meal 2	Summer Berry Salad	Pain Fighting Superfoods Recipes	30
Meal 3	Healthy Outback Alice Springs Chicken with Sweet Potato Fries	Pain Fighting Superfoods Recipes	51
Snack/ Dessert	Roasted Cinnamon Pumpkin Seeds	Pain Fighting Superfoods Recipes	77

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 18

Meals	Recipes	Recipe Book	Page
Meal 1	Southwest Egg Scrambled	Pain Fighting Superfoods Recipes	20
Meal 2	Chicken and Veggie Stir Fry	Pain Fighting Superfoods Recipes	36
Meal 3	Low Carb Spaghetti	Pain Fighting Superfoods Recipes	47
Snack/ Dessert	Mocha Cheesecake Protein Shake	Pain Fighting Superfoods Recipes	64

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 19

Meals	Recipes	Recipe Book	Page
Meal 1	Overnight Carrot Cake Oatmeal	Pain Fighting Superfoods Recipes	15
Meal 2	Black Bean Sloppy Joe	Pain Fighting Superfoods Recipes	39
Meal 3	Filet Mignon with Mashed Sweet Potatoes and Asparagus	Pain Fighting Superfoods Recipes	46
Snack/ Dessert	Chocolate Chip Cookie Dough Casein	Pain Fighting Superfoods Recipes	65

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 20

Meals	Recipes	Recipe Book	Page
Meal 1	Banana Walnut Muffins	Pain Fighting Superfoods Recipes	21
Meal 2	Chicken Salad Lettuce Wraps	Pain Fighting Superfoods Recipes	27
Meal 3	Crock Pot Turkey Breast	Pain Fighting Superfoods Recipes	50
Snack/ Dessert	Key Lime Stuffed Strawberries	Pain Fighting Superfoods Recipes	76

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 21

Meals	Recipes	Recipe Book	Page
Meal 1	Southwest Egg White Omelet	Pain Fighting Superfoods Recipes	16
Meal 2	Tortilla Nut Butter Banana Pizza	Pain Fighting Superfoods Recipes	28
Meal 3	Southwest Meatball Skillet	Pain Fighting Superfoods Recipes	58
Snack/ Dessert	Chocolate Chip Cookie Mug Cake	Pain Fighting Superfoods Recipes	72

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 22

Meals	Recipes	Recipe Book	Page
Meal 1	High Protein Pancakes with Greek Yogurt and Peanut Butter Icing	Pain Fighting Superfoods Recipes	12
Meal 2	Portobello Turkey Burger	Pain Fighting Superfoods Recipes	29
Meal 3	Ginger Salmon	Pain Fighting Superfoods Recipes	52
Snack/ Dessert	Nutty Coconut Trail Mix	Pain Fighting Superfoods Recipes	80

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 23

Meals	Recipes	Recipe Book	Page
Meal 1	Key Lime Raspberry Parfait	Pain Fighting Superfoods Recipes	17
Meal 2	Apple Avocado Tuna Salad	Pain Fighting Superfoods Recipes	40
Meal 3	Southwest Stuffed Red Peppers	Pain Fighting Superfoods Recipes	49
Snack/ Dessert	Blackberry Mango Fruit Salad	Pain Fighting Superfoods Recipes	79

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 24

Meals	Recipes	Recipe Book	Page
Meal 1	Coffee Toffee Protein Shake	Pain Fighting Superfoods Recipes	18
Meal 2	Garlic Salmon with Baked Kale Chips	Pain Fighting Superfoods Recipes	34
Meal 3	Italian Veggie Chicken Supreme	Pain Fighting Superfoods Recipes	57
Snack/ Dessert	Baked Plantain Chips	Pain Fighting Superfoods Recipes	81

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 25

Meals	Recipes	Recipe Book	Page
Meal 1	Bodybuilding Protein Oatmeal	Pain Fighting Superfoods Recipes	14
Meal 2	Broccoli Cauliflower Bean Soup	Pain Fighting Superfoods Recipes	37
Meal 3	Greek Chicken Dinner	Pain Fighting Superfoods Recipes	59
Snack/ Dessert	Gluten Free Chocolate Chip Cookies with Home Made Almond Milk	Pain Fighting Superfoods Recipes	75 69

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 26

Meals	Recipes	Recipe Book	Page
Meal 1	Southwest Egg White Omelet with Apple Turkey Sausage Patties	Pain Fighting Superfoods Recipes	20 23
Meal 2	Sirloin Cobb Salad	Pain Fighting Superfoods Recipes	35
Meal 3	Beef and Black Been Chili	Pain Fighting Superfoods Recipes	53
Snack/ Dessert	Chocolate Pumpkin Hazelnut Protein Balls	Pain Fighting Superfoods Recipes	70

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 27

Meals	Recipes	Recipe Book	Page
Meal 1	Vanilla Chia Breakfast Pudding	Pain Fighting Superfoods Recipes	25
Meal 2	Turkey Butternut Soup	Pain Fighting Superfoods Recipes	41
Meal 3	Lemony Macadamia Nut Crusted Black Cod	Pain Fighting Superfoods Recipes	56
Snack/ Dessert	Chocolate Avocado Smoothie	Pain Fighting Superfoods Recipes	74

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 28

Meals	Recipes	Recipe Book	Page
Meal 1	Fried Egg Salad	Pain Fighting Superfoods Recipes	22
Meal 2	Taco Salad	Pain Fighting Superfoods Recipes	33
Meal 3	Sweet Garlic Chicken Skewers with Veggies	Pain Fighting Superfoods Recipes	48
Snack/ Dessert	Apple Pie Shake	Pain Fighting Superfoods Recipes	61

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 29

Meals	Recipes	Recipe Book	Page
Meal 1	Reese's Chocolate Peanut Butter Protein Shake	Pain Fighting Superfoods Recipes	19
Meal 2	Chicken Bean Salad	Pain Fighting Superfoods Recipes	42
Meal 3	Spicy Indian Burgers	Pain Fighting Superfoods Recipes	54
Snack/ Dessert	Microwave Chocolate Mug Cake	Pain Fighting Superfoods Recipes	63

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## 30 DAY PAIN FIGHTING SUPERFOOD MEAL PLAN DAY 30

Meals	Recipes	Recipe Book	Page
Meal 1	Banana Walnut Muffins	Pain Fighting Superfoods Recipes	21
Meal 2	Garlic Chicken and Sweet Potato Fries	Pain Fighting Superfoods Recipes	32
Meal 3	Low Carb Spaghetti	Pain Fighting Superfoods Recipes	47
Snack/ Dessert	Cinnamon Cheesecake Cupcakes	Pain Fighting Superfoods Recipes	62