



The Bone Broth Diet

### Day Three Reducing Inflammation

Making better choices with food is a process that goes hand in hand with weight loss. There are foods to eliminate or decrease for health reasons. We now know that sugar wreaks havoc in the body. It tastes good and our brains love it but our pancreas, heart and brain do not. There is research that Diabetes type 3 is the new dementia. That should be enough reason to eliminate sugar. White flour products, white rice and pasta, russet potatoes are also like eating candy or sugar. They break down to sugar fast and increase blood sugar for hours. **Reduce cake, candy, cookies, white bread, rice and pasta, potatoes. To reduce inflammation in your gut, heart and brain.**

Breakfast:

1 portion protein + 1 portion healthy fat + 1 portion fruit  
1 boiled egg + ½ avocado + ½ c berries

Lunch: Tuna Salad

1 portion protein + 2 portions of vegetables + 1 portion fat  
1 can albacore tuna packed in water + green salad (no beans) + ½ avocado + 2 tsp. Balsamic Vinaigrette with splash of apple cider vinegar

Dinner: Turkey Burger Lettuce Wrap

1 portion of protein + 2 portions of vegetables + 1 portion fat  
Turkey burger patty grilled or pan fried with coconut oil spray + Lettuce + ½ avocado  
**Recipe: 1 pound of turkey burger + ½ chopped onion + ½ tsp. garlic powder + 1 tsp. dijon mustard + 2 tsp. chopped parsley or cilantro + ½ tsp. Himalayan salt + pinch pepper**

Cooking Instructions:

Spray a skillet with coconut oil. In a medium bowl mix together the ingredients.  
Make 4 patties. Sauté or grill for 5 minutes each side.

