

Nutrition

My nutrition

This varies week to week, but essentially, this is my shopping list.

These are foods that do not inflame me at all, but may inflame you. Remember to keep a running list (my journal includes this!) of food and trackers!



WEEKLY GROCERY LIST



Vegetables

- Spinach
 - Arugula / mixed greens
 - Broccoli
 - Brussels sprouts
 - Zucchini
 - Asparagus
 - Cucumbers
 - Carrots
 - Sweet potatoes
 - Red cabbage
 - Romaine Lettuce
 - Iceberg Lettuce
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Fruits

- Blueberries
 - Strawberries
 - Raspberries
 - Apples
 - Pears
 - Cherries (fresh or frozen)
 - Pomegranate (or seeds)
 - Pineapple 🍍
 - Watermelon 🍉
 - Lemons / limes
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Protein

- Chicken breast
 - Ground turkey
 - Eggs
 - Salmon
 - Shrimp
 - Tuna
 - Plain Greek yogurt
 - Lentils
 - Chickpeas
 - Edamame
 - Steak
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Healthy Fats

- Avocado
 - Extra virgin olive oil
 - Almonds
 - Walnuts
 - Chia seeds
 - Flax seeds
 - Pumpkin seeds
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Carbs

- Quinoa
 - Brown or white rice
 - Beans
 - Sweet Potatoes
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Extras / Boosters

- Garlic
- Ginger
- Turmeric
- Cinnamon

- Green tea
 - Dandelion tea
 - Black tea
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Little Joy (built in!)

- Chocolate
 - Sweetener for Coffee
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SIMPLE WEEKLY MEAL PLAN

BREAKFAST OPTIONS (rotate)

1. Greek yogurt + berries + chia seeds
 2. Eggs + spinach + whole grain toast
 3. Greek yogurt + cinnamon + blueberries + flax
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LUNCH OPTIONS (prep-friendly)

1. Grilled chicken salad (greens, cucumber, carrots, olive oil)
 2. Quinoa bowl: chicken or chickpeas + roasted zucchini + broccoli
 3. Tuna bowl: tuna + brown rice + cucumber + olive oil + lemon
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DINNERS (plug-and-play)

Monday

Salmon + roasted broccoli + sweet potato

Tuesday

Ground turkey bowl + zucchini + brown rice

Wednesday

Chicken + Brussels sprouts + quinoa

Thursday

Shrimp + sautéed spinach + brown rice

Friday

Chicken salad bowl + avocado + olive oil

Saturday

Lentil bowl + roasted veggies + quinoa

Sunday

Salmon or eggs + sweet potato + greens



SNACKS (keep it easy)

- Apple + almond butter
 - Greek yogurt
 - Hummus + carrots/cucumbers
 - Hard boiled eggs
 - Handful of almonds or walnuts
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DESSERT (because balance)

- chocolate daily
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Your Daily Formula (this is your secret weapon)

Protein + fiber + healthy fat every meal

Notice I don't have a calorie count! Why, because we are not focused on that right now. We are focused on building an anti-inflammatory diet packed with good food.

Exercise

My Lipedema Friendly Exercise Schedule (flexible)

Monday: Caroline Girvan Iron Series

▶ IRON Series 30 Min Leg Workout - Dumbbell Leg Day | 1

Tuesday: *Rest Day (my long day at work!)*

Wednesday: Caroline Girvan Iron Series

▶ IRON Series 30 Min Upper Body Workout - Shoulders, Back, Chest | 2

Thursday: Caroline Girvan

▶ IRON Series 30 Min Glute Workout - Dumbbell Lower Body | 3

Friday: Pamela Reif or Fit ON

▶ 15 MIN OLDIES DANCE WORKOUT - burn calories to 90s and 80s hits / No Equipment I ...

Saturday: Caroline Girvan

▶ IRON Series 30 Min Full Body Workout - Dumbbell Circuits | 4

Sunday: Caroline Girvan AND Pamela Reif, Fit On Pilates, OR Get Fit by Ivana

▶ IRON Series 30 Min Arms and Abs Workout - Biceps, Triceps | 5

▶ 15 MIN OLDIES DANCE WORKOUT - burn calories to 90s and 80s hits / No Equipment I ...

▶ REDUCE YOUR SADDLEBAGS (FAST AND EASY RESULTS - 2 Week Workout Challen...

The Fit On App has a variety of exercise for all stages.

Once you begin the Iron Series, just continue with the days. Please remember to start slow!

Compression

[Old Navy Light Compression Leggings](#)

[Juzo Compression](#)

Supplements

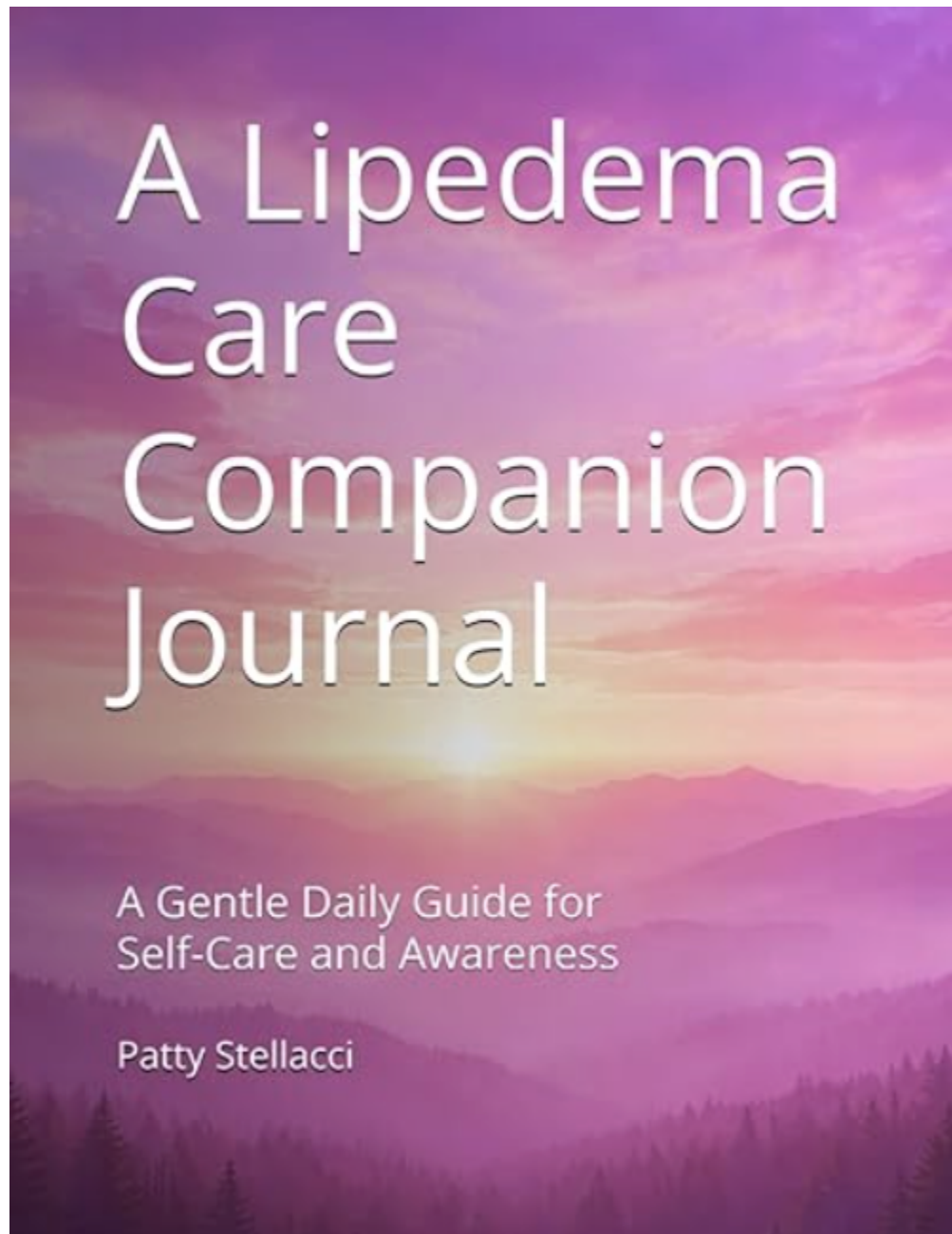
[Life Extension Pycnogenol](#)

[Lipera](#)

Always ask your doctor first!!!!

Tools

[Lipedema Journal Companion](#)



[Dry Brush](#)

[Vibration Plate](#)

Rebounder coming soon!

AI Prompts

I am 47 years old and I have lipedema stage 2. I also have.....
Please provide an anti inflammatory list.

This will lead you to so many things!

I will continue to add to this list.