



THE *Vital 7*™  
VIDEO SERIES

EATING & SLEEPING  
FOR RECOVERY

WITH HEALTH COACH KENDRA CANNOY

# Nutrition Plan to Flush Inflammation and Promote Recovery

## Step 1

Eliminate common allergens and inflammatory foods

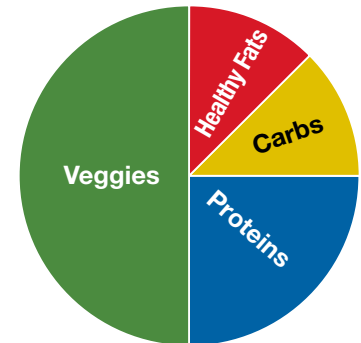
1. wheat/gluten/yeast
2. dairy
3. sugar/artificial sweeteners
4. alcohol
5. coffee
6. soy

## Step 2

Breakfast, lunch & dinner spaced 4-6 hours apart.

## Step 3

Eat in the proper proportions.



## How to Make Balanced Protein Shake

20 grams of vegan protein powder

6-8 ounces liquid (water, almond milk, rice milk, coconut milk, etc.)

1 Tbsp healthy fat (almond butter, coconut oil, olive oil, avocado, etc.)

1/4 cup low glycemic fruits (berries and green apples are best!)

1/2 cup greens

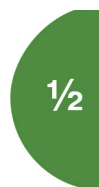
Add your favorite superfoods (Chia Seeds, flaxseeds, coconut flakes, etc.)



## How to Fill Your Plate

**Non-Starchy Veggies** (1/2 of your plate)

- kale, chard, mustard greens, spinach, broccoli, asparagus



**Lean Proteins** (1/4 of your plate)

- wild fish, organic chicken, turkey, grass-fed beef, vegan protein powder, beans, lentils, quinoa



**Healthy Carbs** (1/8 of your plate)

- brown rice, quinoa, beets, sweet potatoes, millet



**Healthy Fats** (1/8 of your plate)

- seeds and nuts, nut butters, nut oils, olive oil, avocado, flax seed, grapeseed oil, coconut oil



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