



NEUROPATHY MEAL PLAN

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Neuropathy is a condition that affects the peripheral nerves, leading to pain, tingling, and numbness in various parts of the body. These symptoms are often caused by damage to the nerves, which can result from various underlying conditions such as diabetes, autoimmune diseases, infections, and certain medications. While medical interventions and lifestyle changes are essential in managing neuropathy, paying attention to your diet can also make a significant impact.

Foods to Avoid for Neuropathy:

While there's no one-size-fits-all approach to diet for neuropathy, some individuals may find relief by avoiding certain foods that could exacerbate symptoms. Keep in mind that these recommendations might vary based on individual tolerance and specific underlying conditions. Consult with a healthcare professional or a registered dietitian for personalized advice. Here are some general guidelines:

1. **Processed Foods:** High levels of preservatives, additives, and unhealthy fats found in processed foods may contribute to inflammation, potentially worsening neuropathic symptoms.
2. **Sugary Foods:** Diets high in sugar can contribute to inflammation and may negatively impact blood sugar levels, particularly in individuals with diabetes.
3. **Fried Foods:** Foods high in unhealthy fats, such as fried foods, might contribute to inflammation and oxidative stress.
4. **Artificial Sweeteners:** Some individuals report increased neuropathic symptoms when consuming artificial sweeteners. Opt for natural sweeteners in moderation, such as honey or maple syrup.
5. **Excessive Alcohol:** Alcohol can have a neurotoxic effect and may worsen neuropathy symptoms. Limit or avoid alcohol consumption.
6. **High-Carb, Low-Fiber Foods:** Diets with a high glycemic index and low fiber content may contribute to blood sugar fluctuations. Choose whole grains and fiber-rich foods instead.



5 DAY MEAL PLAN

MONDAY

Veggie Omelette



Grilled Eggplant & Tomato Pasta



Baked salmon with roasted veggies



TUESDAY

Veggie & Hummus Sandwich



balsamic salad



Grilled chicken with asparagus



WEDNESDAY

Peanut Butter Banana Oat Shake



Rosemary Chicken with Spinach & Beans



Salmon with Mango-Citrus Salsa



THURSDAY

Whole grain toast with avocado



Chicken & Cucumber Lettuce Wraps with Peanut Sauce



Baked cod with quinoa and steamed broccoli



FRIDAY

Green smoothie



Grilled Eggplant Salad



Sweet Potato-Black Bean Burgers



VEGGIE OMELETTE

Ingredients

- 2 large eggs
- ¼ red pepper, chopped
- ¼ cup Cheddar cheese, grated
- a few leaves of fresh baby spinach
- 2 cherry tomatoes, chopped
- salt and pepper
- ¼ teaspoon butter

Instruction

1. Cut the cherry tomatoes, red pepper and spinach leaves.
2. Melt the butter in the frying pan.
3. Beat the eggs with a fork and season with salt and pepper.
4. Add the mixture to the pan and spread it out evenly. When it starts to firm up, but still has a bit of raw on top, add grated cheese and also the cherry tomatoes, spinach, and red pepper.
5. Using a spatula, ease the edges and quickly turn it over onto the other side.
6. The other side will cook a lot quicker, it only needs about 1-2 minutes.
7. When it is done, place a large plate on top of the pan and flip the omelette as fast as you can.
8. Serve immediately.



Prepare Time
5 Minutes



Cook Time
5 Minutes



Serving
1 omelette



GRILLED EGGPLANT & TOMATO PASTA

Ingredients

For the eggplant

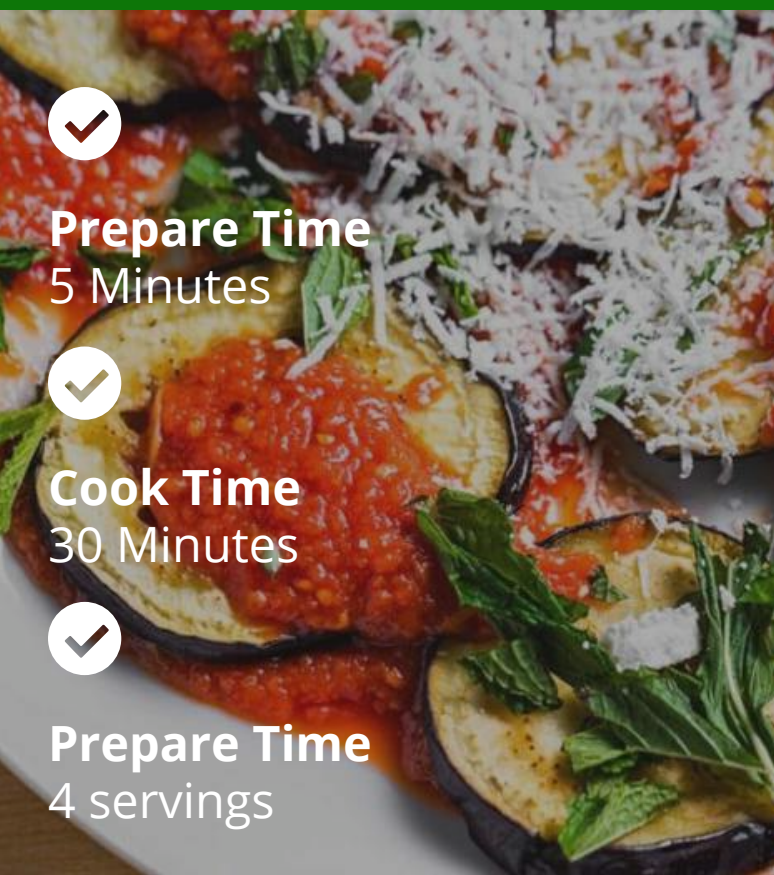
- 2 large eggplant cut into 3/8" discs
- 1/4 cup olive oil
- 2 ounces Ricotta Salata grated
- 1/4 cup mint chopped
- 1/4 cup basil chopped
- 3 tablespoons extra virgin olive oil for finishing
- 1 teaspoon salt
- 1/2 teaspoon black pepper

For the sauce

- 1 28 ounce can of plum tomatoes hand crushed or blender pulsed
- 4 cloves garlic sliced
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon dried oregano preferably Sicilian
- 1/2 teaspoon kosher salt
- 1/4 teaspoon crushed red pepper flakes optional

Instruction

- Preheat oven to 400f and set rack to the middle level. Spread eggplant onto 2 baking sheets (don't overcrowd eggplant) and brush on a bit of olive oil on each side. Sprinkle the eggplant evenly with 1 teaspoon of kosher salt and a 1/2 teaspoon of black pepper.
- Roast the eggplant, flipping the pieces at halfway point, for 25-30 minutes or until soft and cooked through.
- While eggplant is roasting prepare the sauce. In a large saucepan over medium-low heat saute the sliced garlic in a 1/4 cup of extra virgin olive oil until golden (about 2-3 minutes). Once the garlic turns golden add in the red pepper flakes and cook for 30 seconds more.
- Next, add in the plum tomatoes and bring sauce to a low simmer, stirring occasionally. Add in the dried oregano and stir together. Taste test the sauce and if required add in a 1/2 teaspoon or so of kosher salt. Once satisfied with the taste of the sauce, remove from the heat and set aside.
- Spoon a bit of the sauce onto a large platter. Lay all of the eggplant discs on the plate then spoon more sauce on top of the eggplant. Sprinkle the mint and basil on top and drizzle a bit of high-quality extra virgin olive oil. Before serving, grate the Ricotta Salata all over the eggplant. The eggplant can be served right away or at room temperature.



Prepare Time
5 Minutes



Cook Time
30 Minutes



Prepare Time
4 servings



BAKED SALMON WITH ROASTED VEGGIES

Ingredients

- 2 teaspoons olive oil
- 2 tablespoons balsamic vinegar
- 3 cloves garlic (minced)
- 1 teaspoon low-sodium tamari (or soy sauce)
- freshly ground black pepper
- 1 medium red bell pepper (cut into 1/2-inch pieces)
- 1 medium Asian-style (skinny) eggplant (cut into 1/2-inch pieces)
- 1 medium yellow squash (cut into 1/2-inch pieces)
- 1½ cups butternut squash (peeled and cut into 1/2-inch pieces)
- 4 salmon fillets (about 3 ounces each)
- garlic pepper



Instruction

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper or a silicone liner.
2. In a large bowl, whisk together the olive oil, balsamic vinegar, garlic, tamari, and pepper.
3. Add the bell peppers, eggplant, yellow squash, and butternut squash. Toss until the vegetables are well-coated, then pour the mixture onto the prepared baking sheet.
4. Season the salmon with garlic pepper.
5. Place the pan in the oven and roast the vegetables for about 3 minutes.
6. Remove the pan from the oven, add the salmon on top of the vegetables, then return to the oven.
7. Continue roasting until the salmon is cooked through and the vegetables are tender, about 12 minutes.





1 SERVING



10 MIN

VEGGIE & HUMMUS SANDWICH

Ingredients

- 2 slices whole-grain bread
- 3 tablespoons hummus
- $\frac{1}{4}$ avocado, mashed
- $\frac{1}{2}$ cup mixed salad greens
- $\frac{1}{4}$ medium red bell pepper, sliced
- $\frac{1}{4}$ cup sliced cucumber
- $\frac{1}{4}$ cup shredded carrot

Instruction

Spread 1 slice of bread with hummus and the other with avocado. Fill the sandwich with greens, bell pepper, cucumber and carrot. Slice in half and serve.



BALSAMIC SALAD

Ingredients

For the balsamic vinaigrette

- 2 tablespoons aged balsamic vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon maple syrup (or honey)
- ¼ teaspoon kosher salt
- 6 tablespoons olive oil

For the salad

- 8 cups salad greens
- ¼ cup dried cherries (or cranberries)
- ¼ cup cheese crumbles (feta, goat, or gorgonzola)
- ¼ cup slivered almonds (or walnuts, pecans, or pistachios)

Instruction

1. In a medium bowl, whisk together the balsamic vinegar, Dijon mustard, maple syrup, and salt until fully combined. Gradually whisk in the olive oil, adding 1 tablespoon at a time and whisking until it incorporates, until an emulsion forms. Serve immediately. Store refrigerated and bring to room temperature before serving (keeps at least 2 weeks).
2. Dress 8 cups salad greens with the desired amount of dressing; reserve the rest for future use.
3. On each plate, place 2 cups salad greens and sprinkle with dried fruit, cheese crumbles, and nuts.



Prepare Time
10 Minutes



Cook Time
0 Minutes



Serving
4 Servings



A close-up photograph of a white plate featuring a piece of golden-brown grilled chicken breast and several stalks of bright green asparagus. The background is softly blurred, showing more of the dish and a hint of a floral pattern on the tablecloth.

GRILLED CHICKEN WITH ASPARAGUS



Prepare Time
10 Minutes



Cook Time
15 Minutes



Serving
2 Serving

Ingredients

- 1½ pounds boneless skinless chicken breasts
- ½ cup Lawry's® Herb & Garlic Marinade With Lemon Juice, divided
- 1 pound asparagus, trimmed

Instruction

1. Place chicken in large resealable plastic bag. Add ¼ cup of the marinade; turn to coat well. Place asparagus in a second resealable plastic bag. Add remaining ¼ marinade; turn to coat. Refrigerate chicken and asparagus 30 minutes
2. Remove chicken and asparagus from marinade. Discard chicken marinade; reserve asparagus marinade.
3. Grill chicken over medium heat 6 to 7 minutes per side or until cooked through. Grill asparagus 4 minutes or until tender-crisp, turning occasionally. Brush chicken and asparagus with reserved marinade. If desired, grill lemon slices 30 seconds per side. Serve chicken with asparagus. Garnish with lemon slices.



PEANUT BUTTER BANANA OAT SHAKE



Prepare Time
15 Minutes



Serving
1 Serving



Ingredients

- ¼ cup rolled oats
- ¼ cup water
- 1 cup milk of your choice
- 1 large ripe banana, peeled and cut into thirds (see Chef Tips)
- 1 to 2 tablespoons unsweetened and unsalted peanut butter, or almond butter
- 2 teaspoons honey, or to taste
- ¼ to ½ teaspoon freshly ground nutmeg
- 2 ice cubes (optional)

Instruction

1. In a microwave-safe bowl, combine the oats and water and microwave on high for 1 minute. Alternatively, cook the oats in a small saucepan until the water has been absorbed. Set aside and let cool.
2. In a blender, combine the oatmeal, milk, banana, peanut butter, honey, nutmeg, and ice cubes, if using. Blend until smooth. Best if served right away.



ROSEMARY CHICKEN WITH SPINACH & BEANS

Ingredients

- 1 can (14-1/2 ounces) stewed tomatoes
- 4 boneless skinless chicken breast halves (6 ounces each)
- 2 teaspoons dried rosemary, crushed
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 teaspoons olive oil, divided
- 1 package (6 ounces) fresh baby spinach
- 2 garlic cloves, minced
- 1 can (15 ounces) cannellini beans, rinsed and drained



Instruction

1. Drain tomatoes, reserving juice; coarsely chop tomatoes. Pound chicken with a meat mallet to 1/4-in. thickness. Rub with rosemary, salt and pepper. In a large skillet, heat 2 teaspoons oil over medium heat. Add chicken; cook 5-6 minutes on each side or until no longer pink. Remove and keep warm.
2. In same pan, heat remaining oil over medium-high heat. Add spinach and garlic; cook and stir 2-3 minutes or until spinach is wilted. Stir in beans, tomatoes and reserved juice; heat through. Serve with chicken.



Ingredients

- 1 large navel orange
- 1 medium lemon
- 2 tablespoons olive oil
- 1 tablespoon capers, drained and coarsely chopped
- 1-1/2 teaspoons minced fresh mint
- 1-1/2 teaspoons minced fresh parsley
- 1/4 teaspoon crushed red pepper flakes
- 1/8 teaspoon plus 1/2 teaspoon salt, divided
- 1/8 teaspoon plus 1/4 teaspoon pepper, divided
- 1 medium mango, peeled and chopped
- 1 green onion, thinly sliced
- 4 salmon fillets (6 ounces each)
- 1 tablespoon canola oil

SALMON WITH MANGO-CITRUS SALSA

Instruction

1. For salsa, finely grate enough peel from orange to measure 2 teaspoons; finely grate enough peel from lemon to measure 1/2 teaspoon. Place citrus zest in a small bowl. Cut lemon crosswise in half; squeeze 2 tablespoons lemon juice and add to bowl.
2. Cut a thin slice from the top and bottom of orange; stand orange upright on a cutting board. With a knife, cut off peel and outer membrane from orange. Cut along the membrane of each segment to remove fruit.
3. Add olive oil, capers, mint, parsley, pepper flakes and 1/8 teaspoon each salt and pepper to lemon juice mixture. Gently stir in mango, green onion and orange sections.
4. Sprinkle salmon with the remaining salt and pepper. In a large skillet, heat canola oil over medium heat. Add salmon; cook 5-6 minutes on each side or until fish just begins to flake easily with a fork. Serve with salsa.



Prepare Time

10 Minutes



Cook Time

15 Minutes



Prepare Time

4 servings





2 SERVING



5 MIN

WHOLE GRAIN TOAST WITH AVOCADO

Ingredients

- 1 avocado peeled and seeded
- 2 tablespoons chopped cilantro
- juice of 1/2 lime
- 1/2 teaspoon red pepper flakes, optional
- salt & pepper to taste
- 2 slices whole grain bread, or bread of choice
- 2 eggs, fried, scrambled, or poached, optional

Instruction

1. Toast 2 slices of whole grain in a toaster until golden and crispy.
2. In a small bowl combine and mash the avocado, cilantro, lime, and salt + pepper to taste. Spread half of the mixture on each slice of toasted bread.
3. Top with fried, scrambled, or poached egg if desired.



CHICKEN & CUCUMBER LETTUCE WRAPS WITH PEANUT SAUCE

Ingredients

- ¼ cup creamy peanut butter
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons honey
- 2 tablespoons water
- 2 teaspoons toasted sesame oil
- 2 teaspoons olive oil
- 3 scallions, sliced, white and green parts separated
- 1 serrano pepper, seeded and minced (2 tsp.)
- 1 tablespoon minced fresh ginger
- 2 teaspoons minced fresh garlic
- 1 pound ground chicken breast
- 1 cup diced jicama
- 16 Bibb lettuce leaves
- 1 cup cooked brown rice
- 1 cup halved and thinly sliced English cucumber
- ½ cup fresh cilantro leaves
- Lime wedges, for serving



Prepare Time

10 Minutes



Cook Time

0 Minutes



Serving

4 Servings

Instruction

1. Whisk peanut butter, soy sauce, honey, water, and sesame oil in a small bowl.
2. Heat olive oil in a large nonstick skillet over medium heat. Add scallion whites, serrano, ginger, and garlic; cook until starting to soften, about 2 minutes. Add chicken; cook, breaking it up with a spoon or potato masher, until cooked through, 3 to 4 minutes.
3. Add the peanut sauce to the chicken mixture; cook until the sauce has thickened, about 3 minutes. Remove from heat. Stir in jicama and scallion greens.
4. To serve, make 8 stacks of 2 lettuce leaves each. Divide rice, the chicken mixture, cucumber, and cilantro among the lettuce cups. Serve with lime wedges.





EASY BAKED COD WITH SPRING VEGETABLES

Ingredients

- 1 Tbsp lemon zest (1 lemon yields ~1 Tbsp zest)
- 1/2 medium lemon, thinly sliced
- 1 bunch asparagus, trimmed and cut into 1-inch pieces (thin stems are best, otherwise cut in half lengthwise // 1 bunch yields ~1 lb or 453 g)
- 1 cup cherry tomatoes
- 1 medium yellow or orange bell pepper, thinly sliced
- 1/2 medium red onion, halved and thinly sliced (1/2 medium onion yields ~1 cup sliced)
- 1/4 – 1/2 cup whole kalamata olives
- 2 Tbsp olive oil
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 3 large cloves garlic, minced
- 2 Tbsp chopped fresh parsley
- 4 (4-6-oz.) cod fillets (4 fillets yield 1-1 ½ lbs)



Instruction

1. Preheat the oven to 400 degrees F (204 C) and set out a large baking sheet.
2. Zest the lemon (you should get about 1 Tbsp of lemon zest), then slice half of the lemon into thin slices. Reserve the other half for another use.
3. Pat the cod dry and place on the baking sheet. Sprinkle the fillets with a pinch each of salt and pepper, then arrange some of the veggies over the fish.
4. Bake for 15 to 18 minutes, or until the fish flakes easily and reaches an internal temperature of 145 degrees F (63 C).
5. Remove from the oven and sprinkle with more parsley if desired. Serve the fish and veggies together. It's especially delicious paired with our lemon risotto, polenta, or roasted potatoes. For a saucy finish, try pairing with our Easy Green Goddess Dressing.
6. Best when fresh. Leftovers will keep in a sealed container in the refrigerator for up to 1-2 days. Not freezer friendly.



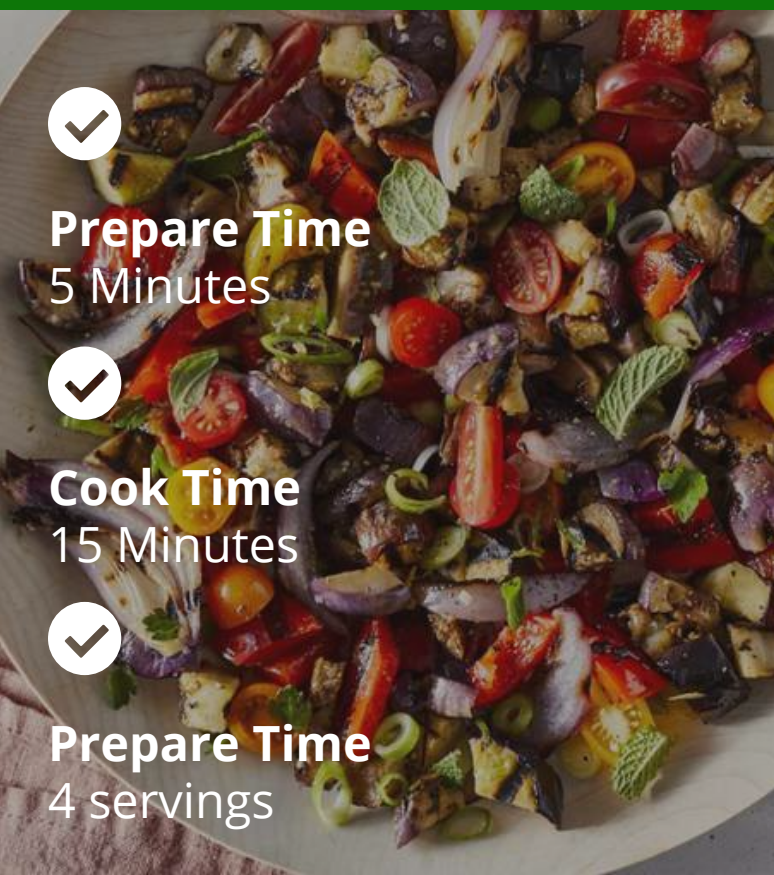
Ingredients

- ¼ cup olive oil
- 2 teaspoons za'atar (see Tips)
- 1 teaspoon lemon zest, plus 3 tablespoons lemon juice (from 1 lemon), divided
- 1 medium eggplant (about 1 pound), cut into 1/2-inch-thick slices
- 1 medium red bell pepper, stemmed, seeded and quartered lengthwise
- ½ medium red onion, peeled and cut into 1-inch wedges through the root
- Cooking spray
- 1 cup halved cherry tomatoes
- ¾ cup coarsely chopped fresh flat-leaf parsley
- ¼ cup thinly sliced scallions
- ¼ cup coarsely chopped fresh mint
- ½ teaspoon salt

GRILLED EGGPLANT SALAD

Instruction

1. Preheat a grill to medium-high.
2. Combine oil, za'atar and lemon zest in a small bowl. Brush 1 side of eggplant slices with half of the oil mixture; reserve the remaining mixture. Oil the grill rack (see Tips). Grill the eggplant, uncovered, turning often, until tender and grill marks appear on both sides, about 5 minutes total. Cut the eggplant into 1/4-inch pieces and transfer to a large bowl.
3. Coat bell pepper quarters and onion wedges with cooking spray. Grill, uncovered, until tender and charred, about 5 minutes. Chop the peppers into 3/4-inch pieces. Remove and discard onion stem. Add the peppers, onions, tomatoes, parsley, scallions and mint to the bowl with the eggplant.
4. Add lemon juice and salt to the reserved oil mixture; whisk to combine. Drizzle over the vegetables and toss to coat.



Prepare Time

5 Minutes



Cook Time

15 Minutes



Prepare Time

4 servings



GREEN SMOOTHIE



Prepare Time
10 Minutes



Serving
2 Serving



Ingredients

- 2 cups spinach
- 2 cups water
- 1 cup mango
- 1 cup pineapple
- 2 bananas (Use at least one frozen fruit to chill your smoothie. We often use frozen mangos and bananas our green smoothies.)

Instruction

1. Tightly pack 2 cups of leafy greens in a measuring cup and then toss into a blender.
2. Add water and blend together until all leafy chunks are gone.
3. Add mango, pineapple and bananas and blend again until smooth.
4. Pour into a mason jar (or cute cup of your choice).



Ingredients

- 2 cups grated sweet potato
- ½ cup old-fashioned rolled oats
- 1 cup no-salt-added black beans, rinsed
- ½ cup chopped scallions
- ¼ cup vegan mayonnaise
- 1 tablespoon no-salt-added tomato paste
- 1 teaspoon curry powder
- ⅛ teaspoon salt
- ½ cup plain unsweetened almond milk yogurt
- 2 tablespoons chopped fresh dill
- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 4 whole-wheat hamburger buns, toasted
- 1 cup thinly sliced cucumber

SWEET POTATO- BLACK BEAN BURGERS

Instruction

1. Squeeze grated sweet potato with paper towels to remove excess moisture; place in a large bowl. Pulse oats in a food processor until finely ground; add to the bowl with the sweet potatoes. Add beans, scallions, mayonnaise, tomato paste, curry powder and salt to the bowl; mash the mixture together with your hands. Shape into four 1/2-inch-thick patties. Place the patties on a plate; refrigerate for 30 minutes.
2. Stir yogurt, dill and lemon juice together in a small bowl; set aside.
3. Heat oil in a large cast-iron skillet over medium-high heat. Add the patties; cook until golden brown, about 3 minutes per side.
4. Divide the yogurt sauce evenly among top and bottom bun halves. Top each bottom bun half with a burger and cucumber slices; replace top bun halves.



Prepare Time
15 Minutes



Cook Time
30 Minutes



Prepare Time
4 servings

