

# COPD Meal Plan and Recipes



**the Right Plan**  
nutrition counseling  
By Kellie Hill



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As you already know, diet and nutrition play a significant role in managing your COPD. Your diet cannot only help you live a healthier life, but it can help reduce the severity of your COPD symptoms. On the other hand, your diet can also make your COPD symptoms and your overall health worse. This e-book will give you recipes for every meal of the day and a couple of snacks. All of which are COPD friendly and they were created by Nutritional Therapy Practitioner Kellie Hill.



## Breakfast

Breakfast is often times referred to as the most important meal of the day. While the validity of this statement gets questioned, it still reigns true when you are battling COPD. Starting your day off with a healthy and balanced breakfast can help you get all of your ducks in a row. It will supply you with good, long-lasting energy to start your day without making you feel bloated and uncomfortable.

This breakfast recipe is quite delicious and extremely easy to make. It's packed with healthy foods that will fill you up and supply you with good clean energy. You can also custom tailor this recipe to your taste.

## Breakfast- Cooked Quinoa (served hot or cold) with Almond Milk, Cinnamon, and Fruit

### Quinoa Ingredients:

- ½ cup quinoa
- 1 cup almond milk
- 1-2 sticks of cinnamon OR ¼ teaspoon of powdered cinnamon

### Quinoa Toppings:

- ½ cup of sliced or chopped fruit of your choice
- ¼ cup of toasted pecans or almonds, if desired
- 1 teaspoon honey
- ½ cup almond milk

### Directions:

1. Thoroughly rinse quinoa
2. Place rinsed quinoa and almond milk in a saucepan and bring to a boil
3. Turn the heat to low and simmer for 15-18 minutes
  - a. If using cinnamon sticks, place 1-2 sticks in saucepan as quinoa and almond milk simmer
4. If you are using cinnamon powder, stir in ¼ teaspoon
5. Cover saucepan, remove from heat and let stand for 5 minutes
6. Divide quinoa between two bowls
7. Top each bowl with half of the fruit and nuts
8. Serve with almond milk and honey (if desired)

**Serves 2**





## Snacks

Snacking is one of the great American past times. We snack when we're bored, when we're watching T.V., when we're reading a book, pretty much any time we aren't being physically active we like to snack. This is where diets can go haywire. When done right, snacking can fill you up and give you energy to keep pushing through the day. Not to mention, eating healthier snacks and controlling your portion sizes will give you the nutrients you need to better manage your COPD and help keep you at a healthy weight.

These two snacks are packed with energy-boosting nutrients and can be prepared in minutes! While snacks aren't meant to make you full and bloated, that's what happens the majority of the time. These snacks are perfectly portioned to hold you over until your next meal and you will find yourself coming back to them on a regular basis.

### Snack#1- Apple with Nut Butter

#### Ingredients:

- 1 sliced apple
- Up to 2 tablespoons of your favorite nut butter (peanut butter, almond butter, sunflower seed butter, etc.)

#### Directions:

1. Wash and slice your apple
2. Put up to 2 tablespoons of nut butter on your plate
3. Dip apple slices in nut butter and enjoy!



### Snack #2- Miso Nut Dip with Chopped Vegetables

#### Ingredients:

- ½ cup roasted nut butter
- 1 ½ tablespoon mellow white miso
- ½ teaspoon onion powder
- ¼ warm water

#### Directions:

1. Blend ingredients in a food processor until smooth
2. Place blended Miso Nut Dip in a bowl
3. Serve with fresh vegetables and enjoy!



You can also turn this dip into a dressing. To top your favorite salad with this delicious dip, simply add more water to turn it into a dressing.



## Lunch

Lunch is one of those meals that can often times get overlooked. Whether you're busy with work or out running errands it's easy to put off the feeling of hunger until you finish the task at hand.

When you're living with COPD it's essential that you eat every meal. COPD can cause your body to consume 10x more calories than someone who does not have COPD. With that in mind, it's easy to see why COPD can leave you feeling fatigued even if you're not active. Eating a healthy and filling lunch will replenish your energy and leave you feeling like you are ready to take on the world. This curried chicken salad recipe is a refreshing and healthy take on an American classic that you will absolutely love!

## Lunch- Curried Chicken Salad Over Mixed Greens

### Ingredients:

- 2 cups cooked chicken breast, cubed
- ½ cup celery, finely chopped
- 1 cup apple, chopped
- 1 teaspoon freshly grated ginger
- 1 teaspoon curry powder
- 1/8 teaspoon cayenne pepper
- ¼ cup mayonnaise
- 1 ½ tablespoon dried cranberries
- ½ tablespoon orange zest
- 2 tablespoons fresh orange juice
- 2 cups mixed baby greens



[Kelli has a video for this recipe. CLICK HERE!](#)

### Directions:

1. In a large bowl, combine all ingredients except the greens. Toss well, cover, and chill for 15 minutes.
2. Divide chicken salad in half, place each serving on top of your mixed greens, and enjoy!



## Dinner

Dinner is an important meal, it's usually the one meal you're guaranteed to spend with your loved ones and it provides your body with the energy and nutrients needed to help your body repair itself overnight and supplement your immune system. This is why eating healthy with COPD is essential to treating the disease.

Eating an unhealthy meal for dinner is like taking one-step forward and two steps back. Instead of prepping your body for a full night of rest and recovery you are setting yourself up for failure. This recipe for salmon and collard greens is high in protein and other nutrients that are essential to the body's recovery process and this recipe was custom tailored for COPD patients to help prevent bloating and pressure from pushing up against your diaphragm.

## Dinner- Salmon and Collard Greens

### Ingredients:

- 1 clove garlic
- ½ medium onion
- 1 lb collard greens
- 4 teaspoons and 1 table spoon fresh raw apple cider vinegar
- 3 tablespoons extra virgin olive oil
- 2x 4-ounce salmon steaks
- 1 tablespoon fresh chopped dill, or ½ teaspoon dried
- Sea salt
- Black Pepper



### Directions:

1. Heat broiler. Press garlic and chop onion. Allow it to sit for 5-10 minutes.
2. Rinse the collard greens. Cut off tough bottom part of collard green stems. Cut leaves into ½" slices. Cut stems into ¼" slices. Cut crosswise as well to make small pieces. Sprinkle with 4 teaspoons of apple cider vinegar. Using your hands, "massage" the greens and allow them to sit for 5-10 minutes.
3. While greens are sitting, heat a broiler pan until hot
4. Sprinkle salmon with salt, pepper, and dill. Broil about 4 inches from heat for about 5-7 minutes, or until fish flakes easily with a fork.
5. Put 2 inches of water in the bottom of a large pot. Make sure water is at a rapid boil before adding collard greens. Add the chopped leaves and stems to a steamer and place in a covered pot. Steam for 5 minutes; begin timing as soon as you drop the steamer basket into the boiling water.
6. Add chopped onions during the last 2 minutes of steaming
7. Place greens/onions in colander and press out excess water
8. Transfer to a serving dish and toss with remaining 1 tablespoon of apple cider vinegar, extra virgin olive oil, salt and peeper, while it's still hot.
9. Serve salmon with collard greens and garnish with lemon wedges.

**Serves 2**



## Dessert

Rich and sugary desserts tend to be the norm, whether it's an ice cream sundae, chocolate brownies, or cheesecake. When you're living with COPD it's important that you don't over indulge on sweets. With that being said, you don't need to deprive yourself from a treat at night. This dessert recipe is the perfect substitution for sugary desserts and it can be easily modified or added to if you want. For example, if you've been very disciplined with your diet you can add a scoop of vanilla ice cream or frozen yogurt.

## Dessert- Almond Bars

### Ingredients:

- 1 cup raw almonds
- 1 tablespoon ginger root
- 2 tablespoons sesame seeds
- 1 cup raisins
- 2 tablespoons raw honey
- ½ scoop protein powder



**[Check out Kelli's Almond Bars Video \*HERE!\*](#)**

### Directions:

1. Grind all ingredients, except for honey, in a food processor until fairly fine but still having some texture (you don't want it to have the consistency of peanut butter).
2. Add honey and process just long enough for it to blend.
3. Press into a square about ¾ inch thick on a plate or a square pan and refrigerate for about an hour or more
4. Cut into 2 inch squares

***Serves 12***



We hope the healthy recipes in this book contribute to your good health and help in your COPD fight. Special thanks to Kellie Hill for providing this valuable information and great recipes.

You can find other resources for healthy living on [www.1stClassMed.com](http://www.1stClassMed.com).

More information about Kellie Hill can be found at [www.therightnutritionplan.com](http://www.therightnutritionplan.com).

This recipe guide is complements of:



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