

THE MAGICAL ANTI-INFLAMMATORY *foods*



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Introduction

We all know that a healthy diet is good for the body and aids in weight loss. But did you know that it can also help to reduce swelling, arthritis pain, swelling after surgery, and even muscle pain?

The anti-inflammatory diet is eating that emphasizes foods high in antioxidants. These foods include fruits, vegetables, and plants. Antioxidants help to neutralize free radicals in the body and aid in the prevention of various chronic inflammation problems.

This diet does not prohibit animals that are known to be inflammatory such as red meat or eggs. It does, however, recommend limiting consumption of these types of animals to just twice a week. This means eating red meat on Monday and Wednesday and eggs every other day.

If you're looking to reduce your inflammation, you'll want to choose a diet that is rich in anti-inflammatory nutrients. Anti-inflammatory foods are packed with nutrients that help to reduce inflammation throughout your body.

Try to eat plenty of foods high in anti-inflammatory nutrients like omega-3 fatty acids, which are found in fish, soybeans, and canola oil. These foods will bring the inflammation down and help repair tissue damage as well.

You should eat more fruits and vegetables that are low in inflammatory compounds. These foods include pumpkin, carrots, green peppers, apples, and blackberries. Fruits high in anti-inflammatory nutrients include blueberries, plums, and pears. Vegetables include broccoli and celery. Another great way to get more anti-inflammatory nutrients is by drinking green tea. Green tea has been shown to have significant anti-inflammatory effects on the body after consumption. Green tea may also help reduce the risk of developing many types of cancer.

People are always asking about the best diet for arthritis, but there are many different types of arthritis. Each person with arthritis has different dietary needs, but there are several things that tend to be common among people with arthritis.

They have difficulty digesting food that is high in foods that are rich in proteins, such as meat and eggs. It is because these foods tend to be difficult for their bodies to absorb and use for

energy. Because of this, a person with arthritis often finds themselves on a diet that is lower in protein, such as the anti-inflammatory diet explained below.

The anti-inflammatory diet is a diet plan that helps to alter the body's acidic environment. The body naturally maintains an acidic environment in the form of hydrochloric acid in the stomach. The human digestive system needs this acidity to destroy harmful bacteria and germs.

However, when people suffer from conditions such as rheumatoid arthritis or lupus, this acidity can become imbalanced and too high. When this occurs, the body releases chemicals called prostaglandins, which cause inflammation. The anti-inflammatory diet was developed to help balance the body's pH levels by reducing the amount of food that contains protein and by ingesting more alkaline foods, including vegetables and fruits. However, because this does not necessarily work for everyone, you may need to consult your doctor before making any changes in your eating habits.

Chapter 1. The Anti-Inflammatory Diet That Saves You from All Diseases

Before we dive into the specifics of the anti-inflammatory diet, you must first understand what inflammation is all about. Right now, you might be wondering why this diet is so important or why you need to follow it. The term 'inflammation' typically comes with a negative connotation, but the truth is, inflammation is a natural response or process in the body. Without it, your body cannot protect itself from things that can cause harm. But once inflammation gets out of control, things will start going downhill. In this chapter, you will learn the truth about inflammation, along with an introduction to the anti-inflammatory diet and how to start following it.

The Inner Workings of Your Immune System

Inflammation doesn't just refer to something that grows in size. Inflammation is a healthy response of the immune system to viruses, injuries, and infections. Whenever your body is damaged or becomes infected, the immune system triggers inflammation as part of the process of healing. Inflammation can also be a protective response that involves molecular mediators, immune cells, and blood vessels. In this case, inflammation is meant to eliminate damaged tissues, clear out the primary causes of injuries to the cells, purge dead cells, and initiate the process of tissue repair. As you can see, inflammation is very important. This type of natural and beneficial inflammation is known as acute inflammation. Our body needs acute inflammation, which always dies down when the body goes back to normal.

However, when inflammation in your body sticks around despite the absence of infections or any other threats, this is known as chronic inflammation—the bad type of inflammation that is associated with various health conditions. There are several reasons why chronic inflammation may occur, including:

- The presence of some type of autoimmune disorder such as multiple sclerosis, celiac disease, or type 1 diabetes, for example.
- When your body isn't able to eliminate the agent that causes inflammation, like in the case of food sensitivities.

- When you are experiencing chronic stress.
- When you are constantly exposed to low levels of irritants, like environmental pollutants or toxic chemicals that you aren't aware of.

If you can identify what is causing your chronic inflammation, you can determine how to overcome it. If you think that you are suffering from chronic inflammation, you should speak to your doctor about it. This is what I did when I felt like there was always something wrong with me. When my doctor told me that I was already at risk, it opened my eyes and forced me to re-evaluate my lifestyle choices. Making a transition to the anti-inflammatory diet even before you are diagnosed with chronic inflammation or any other type of disease associated with inflammation is your healthiest option. This means that you can avoid chronic inflammation altogether, so your body can use inflammation correctly.

The anti-inflammatory diet focuses on fruits, veggies, whole grains, healthy fats, lean protein, herbs, spices, and foods that contain omega-3 fatty acids. It also aims to minimize or eliminate the consumption of excess alcohol, red meat, and processed food products. Although it is called a 'diet,' concentrating on anti-inflammatory foods is more of an eating style. You don't have to follow strict guidelines. Instead, you learn how to make consciously healthier choices when it comes to food.

What Causes Chronic Inflammation?

Now that you know that inflammation is a natural response of the body, you don't have to see it as a negative thing. Instead, you must accept that inflammation occurs and make sure that it only occurs when it's needed. Otherwise, if inflammation keeps occurring within your body or if it never goes away, this would indicate that you already suffer from chronic inflammation.

The 'good' type of inflammation, acute inflammation, is the pain, swelling, warmth, and redness that appear around joints or tissues when you get injured. This happens when your immune system releases white blood cells in response to the injury. These white blood cells surround the site of the injury to keep the whole area protected. Through acute inflammation, injuries and infections can heal faster and more efficiently.

Once your inflammation increases to excessive levels or it doesn't go away even after your infections or injuries are gone, this is considered chronic inflammation. Here, your immune

system continuously produces white blood cells and other chemical messengers that keep inflammation around. In other words, your body feels like it's constantly under attack, which is why your immune system is always fighting back. Over time, this type of inflammation will start having adverse effects on your body, and it could even lead to several serious health conditions.

This happens because the white blood cells that are constantly being produced by your immune system start attacking your healthy organs and tissues. For instance, if you were overweight or obese, your body would have a lot of visceral fat cells. If you suffered from chronic inflammation, your immune system might consider those cells as a threat, so the white blood cells it produces will start attacking those visceral fat cells. In this case, as long as you remain overweight or obese, your body will continue to experience chronic inflammation.

By nature, chronic inflammation can remain for extended periods. It causes other diseases to occur and, in turn, these diseases can also cause inflammation to occur. This starts a vicious cycle of damage to your body that you need to put a stop to by making changes to your diet and lifestyle. Aside from illnesses, chronic inflammation can be caused by other factors such as:

- Prolonged (and often unaware) exposure to things that cause irritations or allergic reactions to your body. These can come in the form of chemicals, pollution, or even from the food you eat.
- An autoimmune disorder wherein your immune system attacks healthy tissues in your body.
- An injury or infection that is left untreated. The natural response to such would be acute inflammation, but without treatment, it could lead to chronic inflammation.
- Unhealthy habits like smoking and excessive alcohol consumption, for example.

The challenge with chronic inflammation is that it's different for everyone. Some people might experience severe symptoms that disrupt their lives, while others don't notice any symptoms at all. For the latter, this could be more dangerous, because they won't know that they are already suffering from chronic inflammation. Over time, this could lead to the development of a chronic disorder, which would be much more difficult to deal with. Also, there are some cases where chronic inflammation happens without any obvious underlying cause. If you're worried about this (and you should be), some of the most common symptoms to look out for include abdominal pain, fever, fatigue, chest pain, mouth sores, or rashes. If you have been experiencing

these symptoms and they don't go away, then you may already be suffering from chronic inflammation.

If you experience acute inflammation, you generally don't have to worry about it since this is your body's natural response. Usually, you can sleep off the symptoms, use a cold compress, or take a pain reliever to ease any discomfort. But if you can handle the pain, it's best to allow your body to heal on its own. Chronic inflammation is more challenging, especially if you don't manifest any symptoms. This is why it's recommended to have regular check-ups with your doctor so that they can determine if you are suffering from chronic inflammation, even if you don't feel anything. Naturally, if you want to avoid chronic inflammation and all its associated risks, you must get ahead of the game. Start making changes to your lifestyle and your diet. The good news is that you're reading this book, which means you're already on your way to learning how to live a healthier life.

Chapter 2. What Is Inflammation?

Acute, or short-term, inflammation is a healthy part of the body's natural healing process. Chronic inflammation, on the other hand, has become more prevalent due to long-term exposure to foods and environmental toxins that cause an inflammatory response. High physical and emotional stress conditions, poor sleep, sedentary lifestyle, and prolonged periods of overweight or obesity also contribute. When our bodies are chronically in an inflammatory, reactive mode, it can be a root cause of many conditions, including allergies, asthma, cancer, diabetes, autoimmune disease, and some degenerative neurological disorders such as Parkinson's and Alzheimer's.

It is important to remember that while prolonged untreated bouts of acute inflammation can lead to chronic inflammation over time, acute inflammatory responses are not uncommon and are a natural part of healthy active lifestyles. Habits and routines are controllable variables in our lives that impact health. You can prevent and reverse many chronic inflammatory conditions by making impactful lifestyle changes now.

Symptoms of Inflammation

Inflammation often presents in ways that vary from individual to individual. Symptoms vary depending on the cause, the main area affected, and the duration of a condition. Symptoms of acute inflammation also tend to be easier to identify and only affect a localized area. These include pain and tenderness, swelling or fluid retention (edema), redness or rash, shortness of breath (such as in the case of an allergic reaction), and immobility (such as in the case of injury).

Chronic inflammation may manifest itself in similar ways, but it presents a wider range of symptoms that many people overlook or do not associate with inflammation. These symptoms include brain fog; changes in mood; chronic fatigue and exhaustion; gut dysfunction such as bloating, gas, diarrhea, and/or constipation; increased food intolerance; chronic skin rash or acne; weight gain; increased blood pressure; and lack of blood sugar control.

	ACUTE INFLAMMATION	CHRONIC INFLAMMATION

CAUSES	<ul style="list-style-type: none"> • Short-term illness • Brief exposure to toxins or certain foods • Trauma (such as a fall, puncture wound, or surgery) • Physical stress (such as intense exercise or muscle overexertion) 	<ul style="list-style-type: none"> • Acute inflammatory response that is not addressed and becomes a long-term condition • Decreased immune function • Oxidation of cells through long-term exposure to toxic foods or environmental pollutants • Poor dietary choices resulting in long-term overweight or obesity • Long-term physical or emotional stress and/or lack of sleep
ONSET	Immediate	Prolonged
EXAMPLES	<ul style="list-style-type: none"> • Allergic reaction to a food or substance • Sprained ankle, muscle tear, or other joint injuries • Bruise or abrasion • Sunburn • Poison ivy or insect bite 	<ul style="list-style-type: none"> • Insulin resistance, metabolic syndrome, and resulting type 2 diabetes • Auto-immune conditions, such as lupus and rheumatoid arthritis, that cause the body to attack its own cells • Inflammatory bowel disease (IBD) • Skin conditions such as psoriasis and eczema

DURATION	Less than one month; often less than one day when treated	More than one month and up to several years
COMMON TREATMENTS	<ul style="list-style-type: none"> • Over-the-counter non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin and ibuprofen • Corticosteroids such as topical or oral cortisol • RICE protocol for joint or muscle injury: Rest, Ice, Compression, Elevation 	<ul style="list-style-type: none"> • Anti-inflammatory dietary protocol • Prescription medications to target specific disease states and associated symptoms • Oral naturopathic supplements such as curcumin, fish oil, CBD oil

Levels of both acute and chronic inflammation can be identified with a blood test for a C-reactive protein (CRP) biomarker. CRP is an acute inflammatory protein that becomes concentrated at sites of inflammation or in the presence of chronic conditions, such as rheumatoid arthritis, cardiovascular disease, and infection. Very few pharmaceutical drugs prescribed to “treat” chronic conditions will decrease CRP levels, although they may reduce symptoms of the condition. Until the inflammatory response has been extinguished, the disease or condition will never fully be treated, only temporarily silenced by pharmacological interventions.

So many of the symptoms of chronic inflammation are more commonly known by their diagnosed chronic disease. Weight gain = obesity. Increased blood pressure = hypertension. Increased blood sugar or hyperglycemia = pre-diabetes or diabetes. Gut dysfunction = inflammatory bowel syndrome (IBS). Chronic rash = psoriasis. Mental fog or reduced brain function = early-onset Alzheimer’s. The role of inflammation in the development and progression of certain types of cancer has also been studied extensively. Results link the inflammatory response to 15 to 20 percent of all deaths from cancer worldwide. Rather than diagnose and prescribe, let’s look at these conditions for what they are: symptoms of a chronically inflamed body. Once we understand the root causes of these symptoms, we can stop the inflammation and reverse the condition.

Steps You Can Take to Reduce Inflammation

The good news is that there are steps you can proactively take to lower inflammation in the body and reduce the symptoms of chronic inflammation. From adding certain foods into your diet to examining lifestyle choices, here are some considerations for putting an anti-inflammatory action plan into place.

Dietary Choices

“You are what you eat,” as the common phrase goes. The more we research the effects of certain foods on the body, the more this saying rings true. Unfortunately, the standard American diet (SAD) is filled with processed, high-sugar, chemically-laden, and artificially enhanced “fake” foods that are causing too many people to feel miserable on a daily basis. If you bought a new car that you were relying on for safe and reliable transportation for your family and you wanted it to last at least 10 years, would you put watered-down gas in it? Never change the oil? Of course not. So, why wouldn’t we treat our bodies with the same care and upkeep we give our cars? If we put our bodies with foods that cause more harm than good, how do we expect to function at peak performance?

In recent years, the greater medical community has come to better understand the strong connection between adequate and proper nutrition and reduction in disease and death. We see a strong correlation between the consumption of certain foods and increased rates of disease, as well as the importance of making dietary changes to improve and restore health. We know that diets high in sugars and refined processed carbohydrates lead to increased rates of obesity, diabetes, hypertension, and cardiovascular disease, among other complications. The American Heart Association (AHA) has set limits on daily recommendations for added sugars in the diet, and in 2020, the US Food and Drug Administration (FDA) amended the nutrition label on foods to include added sugars along with the percentage of daily recommendation to help Americans adhere to these guidelines. Most people accept and understand that these foods are “unhealthy,” but overlook their connection to inflammation as the reason why.

I have found great success treating my patients with a modified ketogenic dietary protocol, which eliminates many pro-inflammatory foods typically accepted as keto-friendly and includes a wide variety of anti-inflammatory fats, colorful fruits and vegetables, and quality protein sources. By focusing on these foods and greatly reducing the number of carbohydrates in the diet, my anti-

inflammatory ketogenic diet protocol is extremely effective at reducing inflammation and improving health while maintaining nutritional variety, palatability, and sustainability.

Lifestyle Changes

It's important to look at not only what you eat but also how you're living on a day-to-day basis. Positive habits and routines can impact inflammation as well.

Sleep

Sleep is not a luxury, but a necessity for proper cell and brain function, blood sugar regulation, healthy weight management, and stable mood. Studies show that inadequate sleep elevates blood sugars regardless of dietary or prescription intervention, which leads to weight gain and insulin resistance. I recommend aiming for six to eight hours of sleep nightly. If going to bed late is your normal habit, aim for bedtime 15 minutes earlier every week until you have naturally changed your schedule and increased sleep time.

Physical Activity

The activity doesn't necessarily mean exercise. Find an activity that you enjoy and create a new routine of doing it. Walking with a friend (or solo), biking, swimming, dancing, and stretching are all wonderful forms of physical activity that improve heart health, reduce stress and inflammation, and enhance mood. If movement is new to you, set a goal of 5 to 10 minutes daily and increase from there as desired. The important part is to set the routine and habit rather than focusing on the intensity or duration. Once the routine is ingrained, it will be easy to continue as a lifelong practice.

Stress Reduction

Whether it is physical (intense exercise or a physically demanding job) or emotional (work deadlines, family struggles, financial worries), stressful situations put our bodies into "fight or flight" mode, causing insulin spikes, reduced metabolic rate, and increased blood pressure. When temporary, these natural defense mechanisms do not cause long-term damage, but when stress is chronic, it leads to an increased risk for disease from a chronic inflammatory state. In our fast-paced world, it is nearly impossible to avoid stress, but we can work toward helping our bodies mitigate its negative impact. Whether through exercise, meditation, reading, journaling, music, massage, or other relaxing activities, it is important to help your body release and handle everyday stress.

Weight Loss

Achieving and maintaining a healthy weight has long been associated with positive health outcomes. Not only does having less weight to carry around reduce the stress to our joints, heart, lungs, and other vital organs, we also tend to feel better emotionally, which can have a very positive impact on our lifestyle and nutrition choices.

When the body has an excess of stored macronutrients (more body fat than it needs), it stimulates the release of pro-inflammatory factors into the bloodstream. These cause oxidative stress on cells, which can lead to many conditions, including cancer, insulin resistance, metabolic syndrome, and cardiovascular disease. Reducing excess fat storage through healthy weight loss can stop this inflammatory process and reduce the risk of disease.

Chapter 3. Acute or Chronic: The Differences

How to Get Rid of Inflammation

When you make positive changes to your diet and lifestyle can lower your risk of chronic inflammation. When you constantly eat inflammatory foods, these will start affecting your body negatively. In the same way, if you constantly practice unhealthy habits, chronic inflammation will surely follow close behind. The anti-inflammatory diet is only one aspect of leading a healthier life. Let's discuss the most practical and effective tips to reduce inflammation.

Exercise Regularly

Regular exercise is essential if you want to reduce or prevent inflammation. For the best results, try to exercise every single day. Vary your workout routines and try to have fun with them! If you don't feel motivated to exercise on your own, you can try joining a class whether online or in a gym where you can work out with other people. If exercise isn't part of your current lifestyle, you can start gradually by adding more physical activities to your day such as walking to work, taking the stairs instead of the elevator, or even walking around the office every 30 minutes of sitting at your desk.

Learn How to Manage Your Stress

I have already mentioned how stress can either cause or contribute to chronic inflammation. You want to avoid high levels of stress, and you can do this by learning how to manage your stress more effectively. There are many ways to do this, such as learning time management, meditation, biofeedback, or yoga. Try out different methods to see which one works best for you.

Achieve a Healthy Weight

Obese or overweight are more prone to inflammation. If you know that you fall into these categories, I have great news for you! By following the recommendations specified in this book and sticking with this diet, you may start shedding those stubborn excess pounds. Since this diet is healthy and balanced, your body will happily get rid of unnecessary stores that typically come

in the form of excess fat and water. When you start losing weight, you can also decrease the inflammation in your body—and the risks associated with it.

Consider Fasting

Have you ever considered following the intermittent fasting (IF) eating pattern? Fasting can be very beneficial in terms of reducing inflammation. And the great thing about IF is that there are several ways to do it. Pairing intermittent fasting with the anti-inflammatory diet can bring about wonderful results. Give this a try by starting with spontaneous meal skipping and work your way toward longer fasting windows. Your body will thank you for it.

Don't Allow Yourself to Get 'Hungry'

When it comes to fasting, you should do it gradually. Otherwise, you might end up feeling 'hungry'. This is when you feel so hungry that you end up getting angry at every little thing. Although 'hungry' isn't a technical term, it perfectly describes the situation. When you're hungry, you'll tend to overeat. What's worse, you'll end up craving unhealthy foods that are typically inflammatory in nature, too.

Take an Alcohol Break

Since excessive consumption of alcohol can cause inflammation, you may want to take a (temporary) alcohol break. If you're the kind of person who likes having a glass of wine, a bottle of beer, or a cocktail every night, consider curbing the impulse for a couple of days. Doing this helps your body calm down while reducing any inflammation that is occurring inside your body. Then, you can go back to your routine—but this time, opt for healthier alcoholic beverages that don't contain added sugar.

Of course, if you want to reduce inflammation and improve your health in the long run, you may want to give up alcohol consumption altogether. I understand that this is one of the more difficult things to do, especially since enjoying a glass of red wine after a long, tiring day seems very relaxing, but your body will surely thank you for it! If you're still unsure, why don't you conduct an experiment? Try to take a "10 Day Challenge" where you give up alcohol and replace it with a healthier habit—like going to bed early. Do this for ten days and see how it improves your health. Then, try to keep this habit up for a longer period...

Get Enough Sleep Each Night

These days, we feel like we don't have enough time throughout the day to do everything we want or need to do. Because of this, we tend to stay up late in an attempt to finish all of our tasks on time. In some cases, people stay up because it is their only time to unwind and relax. But isn't it much more relaxing to fall asleep early? It's healthier, too. Getting enough sleep each night (between seven to eight hours) helps your body rest and repairs itself. But if you routinely get fewer than the recommended hours of sleep, this can exacerbate the inflammation in your body—and it might even lead to chronic inflammation.

Be a Picky Eater

While being a picky eater isn't a good thing for children, as an adult, this is something you need to start practicing. Whether you are choosing ingredients for cooking or you are looking for ready-to-eat foods, it's important to check labels to make sure that you are only getting healthy items.

Choose Anti-Inflammatory Foods

Finally, you should start following an anti-inflammatory diet. This is a very easy diet, as it isn't too strict or restrictive. You simply have to learn how to make healthier choices in terms of food and follow a couple of simple guidelines to make you healthier. For instance, you'll have to load up on fruits and veggies, flavor your meals with herbs and spices, introduce probiotics into your diet, minimize your consumption of dairy, and make a few more adjustments to "clean up" your existing diet.

With all of these tips, you are now ready to learn more about the anti-inflammatory diet. Among all the lifestyle changes you need to make, this is probably the most significant one, so keep reading!

Chapter 4. Food and Substances That Eliminate the Inflammatory Causes

Foods that fight inflammation are also called anti-inflammatory foods. Naturally, these are the ones that reduce inflammation in your body. Generally, these foods contain important nutrients like polyphenols, antioxidants, and other anti-inflammatory compounds that help make you healthier while providing protective effects, too. The anti-inflammatory foods to focus on are:

Eggs

Eggs are considered a "functional food," as these contain essential components and nutrients that affect the body's inflammation responses. In particular, the vitamin D content of eggs makes it an amazing anti-inflammatory option.

Fish and shellfish

Fish and shellfish are wonderful sources of protein. They also contain essential nutrients like omega-3 fatty acids that help reduce inflammation. When choosing fish, it's best to opt for wild-caught instead of farm-raised. Of course, the latter is still a better option than foods that promote inflammation. You should aim to eat fish and shellfish at least three times each week. Here are some of the options you can choose from:

- Anchovies
- Herring
- Mackerel
- Oysters
- Salmon
- Sardines

- Trout
- Tuna

Fruits

Fruits are essential to your health. Considered as "nature's candy," fruits are delicious, refreshing, and they contain so many nutrients that can help prevent inflammation. For instance, avocados are rich in vitamin E and monounsaturated fats, both of which have anti-inflammatory benefits. Berries are chock-full of vitamins, minerals, fiber, and anthocyanins, a type of antioxidant that offers anti-inflammatory effects. The best types of berries to munch on are blackberries, blueberries, and raspberries.

Then, there are cherries—a delicious fruit that contains catechins and anthocyanins, antioxidants that combat inflammation. Tart cherries are best if you're looking to reduce inflammation. Grapes are highly anti-inflammatory, too, because they also contain anthocyanins. They also contain resveratrol, a compound that offers several health benefits. Aside from these, here are more examples of fruits to include in your diet:

- Apples
- Apricots
- Bananas
- Oranges
- Pineapple
- Strawberries

Healthy Fats

Using healthy fats in your cooking is a great way to include anti-inflammatory foods in your diet. Healthy fats contain omega-9 fatty acids that help reduce inflammation. Using these oils for salad dressings, cooking, and even baking can help you improve your health. Include these healthy fats in your diet:

- Avocado oil
- Coconut oil
- Grapeseed oil
- Olive oil

Herbs and Spices

Herbs and spices are important additions to your diet, as they add nutrients and flavor to your dishes. When cooking various recipes, you can add these herbs and spices for a boost of anti-inflammatory goodness. For instance, garlic is very frequently used in dishes because of the flavor and aroma it brings. But aside from this, it also offers anti-inflammatory and other benefits to your health. Onions are very common, too, as they reduce inflammation, cholesterol levels, and your risk of developing heart disease.

Turmeric is one of the more exotic spices out there, and it has a very strong and earthy flavor. It is typically used in Indian dishes like curries. This spice contains a potent compound known as curcumin, which helps reduce inflammation in a big way. Various herbs also reduce inflammation while adding wonderful new flavours to your dishes. As you become a great cook, experiment with the use of herbs and spices to enhance your dishes. Here are examples of herbs and spices to include in your diet:

- Cinnamon
- Cloves
- Ginger
- Rosemary
- Sage
- Thyme

Lean Meat (or white meat)

If you are a fan of meat, you don't have to eliminate this completely from your diet. However, you should opt for lean, high-quality meats whenever possible. Also, choose pasture-raised, wild, and grass-fed meats to avoid the compounds in meat that tend to cause inflammation in the body.

Legumes, Nuts, and Seeds

Nuts and seeds contain omega-3 fatty acids. It offers anti-inflammatory benefits. Certain legumes, like beans, also offer these benefits, along with being a good source of protein. Include these legumes, nuts, and seeds in your diet:

- Almonds
- Flax
- Hazelnuts
- Kidney beans
- Navy beans
- Pistachios
- Soybeans
- Sunflower seeds
- Walnuts

Organ Meats

Although red meat isn't recommended on the anti-inflammatory diet, organ meats and offal are more accepted. In fact, the more you can eat the better! You should try foods that are rich in glycines such as skin, joints, connective tissues, and bone broth, as these contain nutrients that may help reduce inflammation.

Probiotics

Usually, foods that are rich in probiotics come in fermented form. While some people may not appreciate the taste of these types of foods, you should include them in your diet if you want to prevent inflammation. Here are examples of probiotic-rich foods to include in your diet:

- Coconut milk kefir
- Coconut milk yogurt
- Fermented fruit
- Fermented vegetables
- Kombucha
- Water kefir

Vegetables

Just like fruits, vegetables are an essential part of any diet, even the anti-inflammatory diet. Veggies can be eaten raw or cooked, and they come in a wide range of options. Each type of vegetable has its own nutrients that help fight inflammation while providing other benefits to your health, too. For instance, broccoli is a type of cruciferous vegetable that is extremely nutrient-dense and contains antioxidants to reduce inflammation.

Mushrooms are also an amazing addition to your dishes and they come in different varieties, like portobello, shiitake, and truffles, for example. They contain antioxidants and phenols that protect your body from inflammation. Peppers, like chili and capsicum, are great, too—full of antioxidants like vitamin C that offer powerful anti-inflammatory benefits. If you want to start making healthier diet choices, include plenty of vegetables in your meals. Aim for up to eight servings of veggies like these each week:

- Acorn squash
- Arugula

- Beets
- Brussels sprouts
- Cabbage
- Carrots
- Cassava
- Cauliflower
- Celery leaves
- Collards
- Fennel
- Kale
- Leeks
- Lettuce
- Mustard greens
- Okra
- Parsnip
- Rutabaga
- Scallions
- Sea vegetables
- Spaghetti squash
- Spinach
- Sweet potato

- Turnips
- Watercress
- Winter squash

Whole Grains

Whole grains provide you with nutritious fiber. Since fiber may help reduce inflammation, you can include whole grains in your diet, too.

- Barley
- Brown rice
- Bulgur
- Oatmeal
- Quinoa
- Whole-wheat flour

It is important to note that some grains such as wheat, barley, and rye aren't suitable for those who suffer from gluten-intolerance or celiac disease.

Other Foods and Beverages

Other types of food don't fall into the categories above but can still fit into your diet. These include:

- Cocoa and dark chocolate contain flavanols — compounds with anti-inflammatory properties. You can use these in various recipes to make them more decadent and beneficial.
- Coffee is a beverage that contains anti-inflammatory compounds like polyphenols. If you plan to change your diet, you won't have to say goodbye to your morning cup of Joe.

- Tea, especially green tea, also contains antioxidants and other healthy compounds that combat inflammation. Add lemon or honey to your tea to make it more flavourful.

When it comes to choosing anti-inflammatory foods, try to find high-quality ingredients as these won't contain any unnecessary additives that might give you the opposite effects. To keep yourself interested in anti-inflammatory foods, vary your diet as much as possible. Learning how to cook and trying various recipes will help you succeed in your anti-inflammatory diet journey.

Chapter 5. What Foods Are Forbidden on an Anti-Inflammatory Diet?

Obviously, food is important for our survival and is nutritious; a good diet will help us stay healthy. Nevertheless, some people show complete disregard for their diets and often sacrifice food completely.

Suppose you think about what your body is doing for one moment while reading this book. Your brain processes everything, your lungs help you breathe, and your heart pumps continuously. All of this activity alone will consume a lot of energy, and that's when you slow down!

The body requires fuel to work efficiently, just like a car. The digestive system is responsible for converting food into energy for your body. Some energy is stored and used later, and some will be used straight away—remember, your body uses energy (even when you sleep) even when you think you are doing nothing.

As you can gather, food is vital to keeping you healthy, so any significant food intake reduction is typically a poor (and dangerous) idea. Many people reduce the intake of food to try and lose weight. This is a very bad idea for some reasons, but it can make you seriously ill at the bottom.

Other people just work too hard and don't always remember to eat properly. They will save lunch at a meeting and only have time to have a liquid lunch. Know, women just need 2000 calories a day to live, and men just need 2500, but you just can't find it in a meal replacement shake!

The more active you are the more energy you need and the more food you need to eat. But you should not just eat anything that you like; instead, you must eat a balanced protein, carbohydrate, and fat diet. Try always to have time to eat, our hectic lives don't always allow us to pay much attention to what we eat, but you can certainly try three main meals a day.

Food is the fundamental need for us all, and we all earn money for this fundamental need. We have to eat three meals a day to keep our bodies going to do our everyday tasks. Many people "eat food to live," while others "live to eat." In reality, nutrition plays a special role in every life.

Food consumption choices are usually divided into the following two main categories:

- 1- Vegetarian food: These foods include milk, fruit, and vegetable products. These are the things obtained from plants and trees.
- 2- Non-Vegetarian food: These include meat and meat products, chicken, turkey, fish, calamari, etc. Normally, non-vegetarian food is obtained by killing animals.

Meat Food Quality

Food nutrition is essential, and animals may not live for a long time without this daily dose of nutrition. It is essential to support life as the obtained food helps our cells to perform their routine functions. Different materials have various nutritional amounts. The nutrients are classified into the following six classes:

1. Carbohydrates: These give the body strength, which is found in bread, rice, and other grain products.
2. Fats: It consists of a group of water-insoluble compounds. This is found in products such as ghee, butter, fish oil, lard, etc. Fats are retained in the body for later energy use.
3. Minerals: These are required for proper body functions such as transportation of oxygen throughout the body, normalization of the nervous system stimulating growth, etc. Many food products, including wheat products, such as bread, fish, milk, and milk powder, can contain minerals.
4. Protein: These are important muscle, skin, and hair components. Proteins may be of assistance in producing various enzymes in the body that control various important functions. Milk, meat, fish, eggs, and vegetables are major sources of protein.
5. Vitamins: An essential nutrient for good health. It is an essential organic compound as a nutrient. Fruits, vegetables, cereals, milk, and eggs are good sources of vitamins.
6. Water: The "elixir of life" is popularly known. The human body contains 55-78% water. For the essential functioning of the different important parts of the human body, it is necessary.

This reflects the importance of food and nutrients in our diet. As long as a person lives, he needs the necessary amount of water and food. Unhealthy eating habits lead to an unhealthy and ill body. The food we eat contains essential nutrients that support the metabolism of our body.

A balanced and nutritious diet helps maintain a good body mass index (BMI) and ensures that one is well fed. Nutritional deficiency can contribute to the build-up of toxins in our body. This can lead to long-term chronic diseases.

It increases the risk of other illnesses such as diabetes, osteoporosis, cardiovascular disorders, cancer, and stroke. It is important to establish good eating habits and also incredibly important to eat the right food.

Eating the wrong type of food, such as fried, greasy, processed foods, may also decrease your nutritional count. A nutritious diet is, therefore, very important to avoid or cure various health problems and diseases.

Food Nutritious Groups:

No single diet category can fulfill the nutritional needs of our body. It is incredibly important that we add a range of nutritious foods to our meals to provide all the kinds of nutrients our body requires. Five primary food groups are extremely nutritious:

- Meat and vegetables
- Crops
- Grains and pulses
- Dairy products
- Fish and sea-foods

The five groups listed above provide a sufficient supply of vitamins, minerals, and dietary fiber for the body when consumed in a safe, balanced diet. However, the food category served varies from person to person as it depends on factors such as age, body dimension, gender, and activity level. In a group and across groups, it is important to consume a variety of food products.

Because every food item in each food group provides different amounts of nutrition, some foods of a food group have more calories than other foods of the same food category. This eating pattern ensures that each food group gives you maximum recommended nutrition. Besides, a wide variety of food can also provide an enjoyable and delicious meal!

By adopting the eating habits mentioned above, the body is protected from many health issues and diseases. This not only helps prevent but also helps cure many diseases. Remember, better than cure is prevention.

You should note that medicines treat only the symptoms of an illness and not the root cause. Incorrect eating habits are the root cause of most illnesses and cancers. This causes the build-up of toxins in the body system, which makes the condition worse. A well-balanced, nutritious diet, by contrast, remedies the root cause of diseases and restores the overall wellness of the body.

I would like you to begin to think about this: "Is what I am eating making me better or sicker?"

You are not powerless while you battle inflammation. I want your diet to activate or suppress a protein called cytokines that induces inflammation. There is little or no neutral soil. It is as if anything you drink sends a warning to your immune system to induce either more or less inflammation.

Chapter 6. Detox Recipes for your 24-Hour Wellbeing

Breakfast

Fruit and Herb Salad Parfait

A fruit salad is an anti-inflammatory powerhouse and a satisfying, filling way to start your day. This collection of fruit boosts your fiber, vitamin, and mineral intake first thing in the morning, and it's balanced with anti-inflammatory unsaturated fats and protein. You'll stay full and energized well into your day.

Preparation Time: 10 minutes

Cooking Time: 0 minute

Servings: 3

Ingredients:

- 1 cup Ginger-Berry Granola
- 1 cup blackberries
- 1 cup raspberries
- 1 cup sliced strawberries
- 1 apple, chopped
- 2 tangerines or clementine oranges, segmented
- 3 large fresh basil leaves, chopped
- 3 large fresh mint leaves, chopped

- 1-½ cups plain dairy or non-dairy yogurt
- 1 tablespoon honey

Directions:

1. Prepare the granola as directed.
2. In a large bowl, combine the blackberries and raspberries, strawberries, apple, tangerines, basil, and mint and mix until combined.
3. Portion the fruit salad into 3 screw-top glass jars and top each one with ½ cup of yogurt.
4. Drizzle each with 1 teaspoon of honey and top with ⅓ cup of granola.

Nutrition:

Per serving:

- Calories: 434 kcal
- Total Fat: 14 g
- Saturated Fat: 4 g
- Protein: 12 g
- Total Carbohydrates: 70 g
- Fiber: 13 g
- Sugar: 40 g
- Cholesterol: 16 mg

Cinnamon-Walnut Brown Rice Pudding

This warming, comforting rice pudding is a healthy twist on a classic. Low in added sugar and high in antioxidants and complex carbohydrates, this brown rice dish will fuel your morning. Cinnamon and omega-3-rich walnuts give this recipe depth of flavor and texture. Use soy milk for higher protein content.

Preparation Time: 45 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

- Basic Brown Rice
- 2 cups unsweetened non-dairy milk, divided
- $\frac{1}{3}$ cup maple syrup
- $\frac{1}{4}$ teaspoon salt
- 1 large egg, beaten
- $\frac{1}{2}$ teaspoon pure vanilla extract
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ cup chopped walnuts

Directions:

1. Prepare the brown rice as directed.
2. Combine the rice with $1\frac{1}{2}$ cups of milk in the saucepan, the maple syrup, and salt. Cook over medium heat for 15 to 20 minutes, or until thick.
3. Pour in the remaining $\frac{1}{2}$ cup of milk and the egg. Continue cooking for 2 to 3 minutes, stirring constantly. Remove the pudding from the heat, stir in the vanilla, cinnamon, and walnuts.

4. Portion the rice pudding into 4 medium storage containers.

Nutrition:

- Calories: 339 kcal
- Total Fat: 9 g
- Saturated Fat: 1 g
- Protein: 10 g
- Total Carbohydrates: 54 g
- Fiber: 2 g
- Sugar: 21 g
- Cholesterol: 47 mg

Stovetop Steel-Cut Oats with Banana, Cherries, and Almonds

You can whip up hearty oats on the stove in less than 30 minutes. Naturally sweetened with banana, these steel-cut oats are full of fiber and are complemented by delicious anti-inflammatory cherries and almonds. To save time, cook the oats ahead, and you can have this recipe done in barely 5 minutes!

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 5

Ingredients:

- 2 cups steel-cut oats
- 4-½ cups non-dairy milk
- 1 very ripe large banana, fresh or frozen
- 2 cups cherries, fresh or frozen, halved and pitted
- ½ cup slivered almonds, chopped

Directions:

1. Combine the oats and milk in a saucepan, and bring to a boil over medium-high heat. Reduce the heat to medium-low. Simmer for 15 minutes, or until the oats are soft.
2. Remove from the heat and add the banana. Cover the pot so that the banana softens in the trapped heat. Mash or stir the softened banana into the oats until incorporated. Add the cherries and almonds, mixing to combine.
3. Cool the oats completely, and then portion it into 5 screw-top glass jars and garnish with more cherries or almonds, if desired.

Nutrition:

- Calories: 380 kcal
- Total fat: 11 g
- Protein: 14 g
- Total Carbohydrates: 55 g
- Fiber: 9 g
- Sugar: 20 g
- Cholesterol: 0 mg

Simple No-Grain Banana Pancakes with Fruit Compote

Did you know that pancakes can be healthy? These no-grain banana pancakes are naturally gluten- and grain-free and high in protein. There's no maple syrup served with these pancakes; instead, you'll use anti-inflammatory and naturally sweet fruit compote.

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 2

Ingredients:

- 2 cups berries (strawberries, blueberries, or cherries), fresh or frozen
- Juice of 1 medium orange
- 2 bananas, mashed
- 2 large eggs, beaten
- $\frac{1}{4}$ teaspoon baking soda
- 1 tablespoon coconut oil

Directions:

1. Combine the berries and orange juice in a small saucepan. Bring to a boil over medium-high heat. Reduce the heat to medium-low and cook for 10 to 12 minutes, stirring occasionally with a whisk or masher and mashing the fruit, until the mixture thickens slightly. Remove from the heat. When it cools, the mixture will thicken more.
2. While the compote cooks, in a medium bowl, combine the bananas, eggs, and baking soda, mix with a wooden spoon to incorporate.
3. In a large skillet, heat the coconut oil over medium-high heat until hot. Pour the pancake batter into the pan, using $\frac{1}{4}$ cup of batter for each pancake. Cook the pancakes until they puff up slightly, appear set in the middle, and the edges become translucent 4 to 5 minutes. Gently flip the pancakes and cook for 1 to 2 minutes more.

4. Portion the cooled pancakes into 2 storage containers. Transfer the compote to a screw-top glass jar.

Nutrition:

Per serving:

- Calories: 321 kcal
- Total Fat: 13 g
- Saturated Fat: 8 g
- Protein: 9 g
- Total Carbohydrates: 48 g
- Fiber: 8 g
- Sugar: 29 g
- Cholesterol: 186 mg

Tofu Scramble with Veggies

Tofu scrambles, as well as eggs, do, so start your day with a protein-packed scramble full of your favourite flavourful vegetables. Flavoured with turmeric, a potent anti-inflammatory herb, this scramble will take on vibrant yellow colour and rich flavor. Feel free to swap in whichever antioxidant-dense vegetables you enjoy the most.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 2

Ingredients:

- 1 tablespoon olive oil
- ½ medium yellow onion, diced
- 1 garlic clove, minced
- 1 cup chopped asparagus
- 1 cup baby spinach, chopped
- 1 (8-ounce) block firm tofu, pressed with paper towels and crumbled
- ½ teaspoon ground turmeric
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

Directions:

1. Heat the oil in a large skillet.
2. Add the onion, garlic, and asparagus and sauté for 3 to 5 minutes, until the onions are translucent and the asparagus has softened.

3. Add the baby spinach and cook, stirring constantly, until it reduces in size and incorporates into the mixture.
4. Add the tofu and continue to sauté over medium heat for 4 to 5 minutes until the tofu browns slightly.
5. Add a small splash of water and use a spatula to scrape up the stuck bits.
6. Add the turmeric, salt, and pepper and stir to combine.
7. Remove from the heat.
8. Portion the scramble into 2 storage containers.

Nutrition:

- Calories: 258 kcal
- Total Fat: 17 g
- Saturated Fat: 2 g
- Protein: 20 g
- Total Carbohydrates: 12 g
- Fiber: 5 g
- Sugar: 3 g
- Cholesterol: 0 mg

Zucchini Breakfast Muffins

Zucchini is the secret ingredient in these breakfast muffins, boosting your mornings with fiber, vitamins, minerals, and antioxidants. There's no need to start your day with sugar-filled pastries when a whole-grain, naturally sweetened, a secretly veggie-packed option is so easy to whip up. Feel free to swap in gluten-free all-purpose flour to make these gluten-free.

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 12 muffins

Ingredients:

- 2 cups grated zucchini (about 2 small zucchini)
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 2 large eggs
- ½ cup maple syrup
- ½ cup unsweetened non-dairy milk (oat, almond, or soy)
- ¼ cup grapeseed or avocado oil
- 1 teaspoon pure vanilla extract

Directions:

1. Preheat the oven to 375 °F. Line with paper a 12-cup muffin tin or silicone liners.
2. Press the grated zucchini gently between paper towels to remove excess moisture. Set it aside.
3. In a large bowl, whisk together the whole wheat flour, all-purpose flour, baking powder, baking soda, cinnamon, and salt.
4. Whisk together the eggs in a medium bowl, maple syrup, milk, oil, and vanilla. Pour the egg mixture into the flour mixture, stir with a wooden spoon to combine. Gently fold in the zucchini until just incorporated.
5. Divide the batter evenly among the muffin cups and bake for 18 to 20 minutes, or until the muffin tops are firm to the touch.
6. Let the muffins cool and then transfer them to a large storage container.

Nutrition:***Per serving (2 muffins):***

- Calories: 338 kcal
- Total Fat: 12 g
- Saturated Fat: 2 g
- Protein: 8 g
- Total Carbohydrates: 52 g
- Fiber: 4 g
- Sugar: 18 g
- Cholesterol: 62 mg

Chile-Cumin Scrambled Eggs

Scrambled eggs make a lovely vehicle for veggies and anti-inflammatory spices. Brighten up your average scramble by adding Savory cumin and vibrant chiles before serving. Enjoy this scramble on toast, wrapped in a tortilla, with a side of fruit, or, best of all, with Roasted Red Potatoes with Herbs.

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

Ingredients:

- ½ recipe Roasted Red Potatoes with Herbs
- 2 teaspoons olive oil
- ¼ medium yellow onion, diced
- 1 garlic clove, minced
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon ground cumin
- ⅛ teaspoon chili powder
- 4 large eggs, beaten
- 1 (4-ounce) can diced mild green chiles

Directions:

1. Prepare the red potatoes as directed and put them in the oven.
2. Heat the oil over medium heat. Add the onion and garlic and sauté for 3 to 4 minutes until the onion is translucent.

3. Add the salt, pepper, cumin, and chili powder, mixing them into the onion mixture for about 30 seconds.
4. Add the eggs and chiles. Scramble the mixture using the wooden spoon quickly and constantly so that the eggs cook evenly. Remove from the heat.
5. Remove the potatoes from the oven and cool before storing.
6. Portion the potatoes and eggs separately in 2 storage containers each.

Nutrition:

Per serving:

- Calories: 391 kcal
- Total Fat: 21 g
- Saturated Fat: 5 g
- Protein: 15 g
- Total Carbohydrates: 34 g
- Fiber: 5 g
- Sugar: 5 g
- Cholesterol: 372 mg

Fiesta Breakfast Bowls with Black Beans and Savory Herbed Quinoa

A breakfast bowl is a quick, healthy, and easy on-the-go breakfast to take to work or school. This fiesta bowl boasts bright colours and bold flavours from anti-inflammatory vegetables and Savory spices, plus fiber and protein from black beans, quinoa, and hard-boiled eggs. If you're not nightshade-free, add salsa or hot sauce as a garnish.

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 3

Ingredients:

- 1 cup Savory Herbed Quinoa
- 3 large eggs
- 1 (15.5-ounce) can black beans
- ½ teaspoon ground cumin
- Juice of 1 lime
- 1½ cup baby spinach
- Salt
- Freshly ground black pepper
- 1 small avocado, sliced
- ¼ cup chopped fresh cilantro

Directions:

1. Prepare the quinoa as directed.

2. Place the eggs in a medium pot. Cover with water so that they're completely submerged. Bring the water to a boil. When the water boils, remove the pot from the heat, cover, and let sit for 11 minutes. Drain the water and set the eggs aside to cool.
3. While the eggs are cooking, in a large saucepan, combine the black beans, cumin, and lime juice and stir over medium heat until the mixture is heated through 3 to 5 minutes. Remove from the heat and let cool.
4. If serving right away, line the bottom of each bowl with $\frac{1}{2}$ cup of spinach, and then top one half of each bowl with quinoa and the other half with black beans. Peel and halve the eggs and place two halves on top of each bowl. Add salt and pepper to taste. Garnish with avocado and cilantro.
5. If storing for later, store the quinoa and beans together in 3 medium storage containers. Store the spinach in a separate large container and the cilantro and avocado together in 3 separate small containers or baggies. Store the eggs in their shells.

Nutrition:***Per serving:***

- Calories: 267 kcal
- Total Fat: 13 g
- Saturated Fat: 3 g
- Protein: 14 g
- Total Carbohydrates: 4 g
- Fiber: 10 g
- Sugar: 2 g
- Cholesterol: 140 mg

Simple Breakfast Wraps

Not all breakfasts are good to make ahead, but these simple and Savory meal prep-friendly breakfast wraps certainly are. This adaptable recipe uses eggs or tofu as its base. This recipe uses cheese, but you can easily eliminate it or use nutritional yeast instead.

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 4 wraps

Ingredients:

- 1 teaspoon olive oil
- 4 large eggs or 1 (14-ounce) block firm tofu
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 cups baby spinach
- 4 tablespoons crumbled feta cheese
- 4 (8-inch) tortillas, gluten-free or whole wheat

Directions:

1. In a large skillet, warm the oil over medium heat. Add the eggs or tofu, salt, pepper, and spinach. Scramble the mixture, stirring constantly (and breaking up the tofu, if using), for 3 to 5 minutes, until the eggs are cooked (or the tofu is warmed through) and the spinach has reduced in size and incorporated into the mixture.
2. To assemble the wraps, spread 1 tablespoon of feta in the middle of each tortilla. Divide the egg or tofu and spinach mixture among the tortillas on top of the feta, then wrap the tortillas as you would a burrito, folding the sides in, folding the bottom, and then tucking the top down. Let the wraps cool.

3. Roll each wrap in foil.

Nutrition:

Per serving (1 wrap):

- Calories: 238 kcal
- Total Fat: 12 g
- Saturated Fat: 5 g
- Protein: 12 g
- Total Carbohydrates: 20 g
- Fiber: 5 g
- Sugar: 2 g
- Cholesterol: 194 mg

Lunch

Protein Lunch Smoothie Packs with Berries and Greens

Smoothies aren't just for breakfast—they make a great quick lunch to keep your energy up and your blood sugar levels stable. This delicious, filling, all-natural smoothie combines whole-food protein from silken tofu, filling complex carbs from oats, and inflammation-calming antioxidants from fruits and veggies. Freeze the ingredients in smoothie “packs,” add milk and tofu, and blend them up in seconds!

Preparation Time: 5 minutes

Cooking Time: 0 minute

Servings: 4 smoothies

Ingredients:

- 1 cup old-fashioned rolled oats
- 2 bananas, halved and frozen
- 1⅓ cups frozen strawberries
- 2 cups spinach
- 6 cups unsweetened almond or oat milk
- 16 ounces silken tofu

Directions:

1. To each of 4 freezer bags, add ¼ cup of oats, half a banana, ⅓ cup of strawberries, and ½ cup of spinach. Store the smoothie packs in the freezer.
2. To make a single smoothie, in a blender, combine 1½ cups of milk and 4 ounces of tofu. Add the contents of 1 smoothie pack and blend until smooth and creamy.

Nutrition:***Per serving (1 smoothie):***

- Calories: 475 kcal
- Total Fat: 11 g
- Saturated Fat: 1 g
- Protein: 19 g
- Total Carbohydrates: 81 g
- Fiber: 10 g
- Sugar: 29 g
- Cholesterol: 0 mg

Tofu and Veggie Skewers

In this recipe, tofu and veggies are marinated in a homemade, all-natural sauce and then oven-baked on skewers in a delicious, hands-free preparation style that's ultra-portable and fun to eat. Serve over brown rice for a balanced, filling meal.

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients:

- Garlic-Herb Marinated Tempeh or Tofu
- Basic Brown Rice
- ½ red onion, cut into large chunks
- 1 medium zucchini, cut into ½-inch-thick slices
- 1 yellow squash, cut into ½-inch-thick slices
- 1 (8-ounce) package mushrooms, stems removed

Directions:

1. Marinate the tofu for 20 minutes as directed.
2. Soak 8 (6-inch) wooden skewers in water (so they don't char in the oven) for 20 minutes.
3. Meanwhile, start the brown rice as directed.
4. Preheat the oven to 425 °F. Line a large sheet pan with parchment paper.
5. To make the skewers, slide marinated tofu slices (reserve the marinade), chunks of onion, zucchini slices, squash slices, and mushrooms in an alternating pattern onto the skewers, leaving 1 inch of skewer empty on each end.

6. Transfer the skewers to the pan and drizzle half of the reserved tofu marinade over them. Set the remaining marinade aside.
7. Bake the skewers for 20 minutes, then flip them and coat them with the remaining marinade.
8. Bake for 15 to 20 minutes more, until the tofu has browned and the vegetables are soft.
9. Remove the brown rice from the heat and set it aside to cool.
10. Portion the cooled brown rice into 4 large containers and place 2 skewers in each.

Nutrition:

Per serving (2 skewers):

- Calories: 417 kcal
- Total Fat: 18 g
- Saturated Fat: 3 g
- Protein: 20 g
- Total Carbohydrates: 45 g
- Fiber: 3 g
- Sugar: 4 g
- Cholesterol: 0 mg

Ginger-Turmeric Carrot Soup

This pureed soup is full of anti-inflammatory nutrients that add depth of flavor. Carrots create an earthy, creamy base and pair well with sweet butternut squash. Packaged pre-cut butternut squash (usually found in the refrigerated or freezer section of grocery stores) will save you a lot of time and effort in this recipe. Pair this soup with any of the salads in this book.

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 5

Ingredients:

- 4 medium carrots, chopped
- 1 cup cubed butternut squash
- ½ yellow onion, diced
- 2 garlic cloves, minced
- 1-inch piece fresh ginger, grated
- 1 tablespoon ground turmeric
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 3 cups vegetable broth
- 1 (13.5-ounce) can lite coconut milk
- ⅓ cup chopped fresh parsley leaves

Directions:

1. In a large pot, add the carrots, squash, and onion and stir occasionally for 5 to 7 minutes, until the vegetables start to soften and the onions become translucent.
2. Add the garlic, ginger, turmeric, salt, and pepper and stir constantly to combine for 2 minutes more. Add the broth and coconut milk.
3. Bring the mixture to a boil. Reduce the heat. Cover the pot and simmer the soup for 20 minutes.
4. Once the vegetables are soft, puree the soup in batches in a stand blender (or in the pot with an immersion blender) until smooth. Allow to cool before storing.
5. Portion the soup into 5 medium storage containers.
6. Store the parsley in a separate container.

Nutrition:***Per Serving:***

- Calories: 277 kcal
- Total Fat: 24 g
- Saturated Fat: 17 g
- Protein: 3 g
- Total Carbohydrates: 17 g
- Fiber: 4 g
- Sugar: 7 g
- Cholesterol: 0 mg

Vegan Sweet Potato and Corn Chowder

Regular chowder is heavy in saturated fat from butter and cream. Luckily, there's another way to make chowder that's anti-inflammatory and still Savory, rich, and delicious. Sweet potato, corn, and protein-packed soy milk create a rich, creamy base for this naturally vegan dish.

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 5

Ingredients:

- 3 tablespoons olive oil
- 1 large yellow onion, diced
- 1 large leek, sliced into thin rounds
- 3 large sweet potatoes, peeled and diced
- 1 tablespoon water
- ½ teaspoon dried thyme
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 4 cups vegetable broth
- 1 cup unsweetened soy milk
- 4 cups corn kernels, fresh, canned, or frozen
- 8 fresh basil leaves, chopped

Directions:

1. Heat the oil over medium heat... Add the onion, leek, and sweet potatoes and cook, stirring occasionally for 6 to 8 minutes, or until the vegetables start to soften and the onions become translucent. Add 1 tablespoon of water at a time. If the mixture is sticking to the pan, scrape up the stuck bits with a wooden spoon.
2. Add the thyme, salt, and pepper. Cook for 2 minutes more, stirring constantly to combine. Add the broth, increase the heat to high, and bring the mixture to a boil. Reduce the heat to medium-low. Simmer for 30 to 35 minutes until the sweet potatoes are tender.
3. Stir in the soy milk. Puree the soup in batches in a stand blender (or in the pot with an immersion blender) until smooth. Return the puree to the pot and add the corn. If the corn is frozen, stir it over medium heat for 5 to 10 minutes to thaw. Cool before storing.
4. Portion the soup into 5 medium storage containers. Store the basil in a separate small container.

Nutrition:***Per Serving:***

- Calories: 331 kcal
- Total Fat: 11 g
- Saturated Fat: 2 g
- Protein: 8 g
- Total Carbohydrates: 57 g
- Fiber: 7 g
- Sugar: 9 g
- Cholesterol: 6 mg

Savory White Bean Soup

Bean soup is the perfect way to maximize protein and fiber as well as anti-inflammatory vitamins, minerals, and antioxidants. Savory garlic and rosemary create earthy undertones that make this delicious and filling soup perfect for any time of year. Bean soup freezes well, so make a batch (or even double it!) and freeze it to grab for lunch whenever you need it.

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 5

Ingredients:

- 2 tablespoons olive oil
- 1 large yellow onion, diced
- 3 garlic cloves, minced
- ½ teaspoon dried rosemary
- ½ teaspoon dried thyme
- 1 teaspoon salt
- ¾ teaspoon freshly ground black pepper
- 1 tablespoon water
- 4 cups vegetable broth
- 3 (15.5-ounce) cans white beans (great northern or cannellini), drained and rinsed
- ½ cup chopped fresh parsley leaves

Directions:

1. Heat the oil over medium heat. Add the onion and cook for 4 to 6 minutes, stirring occasionally, until the onions become translucent and soft. Add the garlic and sauté for 2 minutes more, or until the garlic is soft and fragrant.
2. Add the rosemary, thyme, salt, and pepper and cook for 2 minutes more, stirring constantly to combine. Add 1 tablespoon of water at a time. If the mixture is sticking to the pan, scrape up the stuck bits with a wooden spoon. Add the broth and beans. Increase the heat to high and bring the mixture to a boil. Then, reduce the heat to medium-low, cover, and simmer for 20 minutes.
3. Using an immersion blender blend or mash about half of the soup, leaving the other half with texture. Cool before storing.
4. Portion the soup into 5 medium storage containers. Store the parsley in a separate small container.

Nutrition:***Per Serving:***

- Calories: 263 kcal
- Total Fat: 6 g
- Saturated Fat: 1 g
- Protein: 14 g
- Total Carbohydrates: 39 g
- Fiber: 12 g
- Sugar: 3 g
- Cholesterol: 0 mg

Bean, Corn, and Quinoa Salad

This highly adaptable salad is the perfect make-ahead dish to fill you up all week. It's full of protein and fiber from beans, corn, and whole-grain quinoa. Add different veggies and play around with the seasonings for never-ending variety. A simple dressing makes flavours in this dish pop while anti-inflammatory herbs add health benefits and a light, refreshing taste.

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 5

Ingredients:

- 1 cup quinoa, rinsed
- 2 cups water
- ½ cup diced red onion
- 2-½ tablespoons olive oil
- Juice of 2 limes
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1-½ cups corn kernels, fresh or frozen
- 2 (15.5-ounce) cans black beans
- ½ cup chopped fresh cilantro
- 3 avocados, halved

Directions:

1. Combine the quinoa and water in a saucepan.
2. Bring it to a boil over high heat. Reduce the heat to medium-low. Cook for 15 minutes, or until the water is absorbed and the quinoa is fluffy.
3. Meanwhile, combine the onion, oil, lime juice, cumin, salt, and pepper.
4. Transfer the cooked quinoa to the bowl and add the corn and beans. Mix well to coat evenly and cool before storing.
5. Portion the quinoa salad into 5 medium storage containers. Portion the cilantro and half an avocado into each of 5 small containers. (Save the remaining half avocado for another recipe or another use.)

Nutrition:***Per Serving:***

- Calories: 498 kcal
- Total Fat: 20 g
- Saturated Fat: 3 g
- Protein: 18 g
- Total Carbohydrates: 69 g
- Fiber: 19 g
- Sugar: 4 g
- Cholesterol: 0 mg

Lemony Lentil Salad

Lentils are the perfect anti-inflammatory addition to a salad. This simple lentil dish is brightened up with fragrant citrus vinaigrette. To ensure that the salad keeps well all week long, I've opted for sturdier lentils, such as black, brown, and French green lentils. Other lentils (especially red) will cook more quickly but will have a softer texture.

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 5

Ingredients:

- 2 cups black, brown, or French green lentils, rinsed
- 4 cups vegetable broth
- Simple Citrus Vinaigrette Dressing
- 10 cups salad greens of your choice
- ¼ cup chopped fresh dill

Directions:

1. Combine the lentils and broth in a large pot, and bring to a boil over high heat. Reduce the heat to medium-low. Simmer for 25 to 30 minutes, until the lentils are soft and the water is absorbed.
2. Meanwhile, make the vinaigrette as directed.
3. When the lentils are finished, pour the dressing over the lentils in the pot and stir well to coat. Let cool.
4. Portion the dressed lentils into 5 medium storage containers. Portion 2 cups of salad greens into each of 5 separate medium containers. Store the dill in 5 separate small containers.

Nutrition:***Per Serving:***

- Calories: 420 kcal
- Total Fat: 7 g
- Saturated Fat: 1 g
- Protein: 23 g
- Total Carbohydrates: 68 g
- Fiber: 18 g
- Sugar: 5 g
- Cholesterol: 0 mg

Creamy Bean Pasta Salad with Fresh Vegetables

If you haven't tried bean pasta yet, now's the time! It's higher in fiber and protein than whole wheat pasta but has nearly the same flavor and texture—plus, it's naturally gluten-free. If you're not avoiding gluten, feel free to swap in whole wheat pasta. The creamy vegan dressing in this pasta salad complements all the fresh, fiber-rich, anti-inflammatory vegetables in the dish.

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 4

Ingredients:

- 1 (8-ounce) package bean pasta (such as chickpea), rotini, or elbow shapes
- Creamy Avocado Dressing
- 1 (15.5-ounce) can chickpeas
- 12 kalamata olives, pitted and chopped
- ¼ cup diced red onion
- 1 medium cucumber, diced
- 1 large celery stalk, diced
- ¼ cup chopped fresh parsley

Directions:

1. Bring to a boil a large pot of water over high heat. Cook the pasta according to package instructions, erring toward al dente (usually 8 to 10 minutes). Drain and let cool.
2. Meanwhile, make the avocado dressing as directed.
3. In a large bowl, combine the chickpeas, olives, onion, cucumber, celery, and avocado dressing and stir with a wooden spoon to coat thoroughly. Add the pasta and gently stir until it's just combined with the other ingredients. Add the parsley and stir until just incorporated.

4. Portion into 4 medium storage containers.

Nutrition:

Per Serving:

- Calories: 419 kcal
- Total Fat: 14 g
- Saturated Fat: 3 g
- Protein: 10 g
- Total Carbohydrates: 67 g
- Fiber: 15 g
- Sugar: 7 g
- Cholesterol: 0 mg

Quinoa and Apple Protein Bowls

This salad combines protein-packed tofu and whole-grain quinoa with plenty of fresh greens and sweet apples to add even more vitamins, minerals, and antioxidants. Quinoa freezes well, so feel free to prep and freeze quinoa ahead of time to save you some time making this dish.

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

- 1 (14-ounce) block firm or extra-firm tofu
- 1 cup quinoa, rinsed
- 2 cups water
- $\frac{1}{3}$ cup olive oil
- $\frac{1}{4}$ cup apple cider vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon maple syrup
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 3 cups baby spinach or chopped romaine lettuce
- 1 medium apple, chopped

Directions:

1. Drain the liquid from the tofu. Press the tofu gently on all sides with paper towels or a clean kitchen towel. Cut it in half horizontally. Slice it into 6 thick strips, and then cut those crosswise in the opposite direction, 4 times, to make cubes.
2. In a pot, combine the quinoa and water and bring to a boil over high heat. Reduce the heat to medium-low, cover, and cook for 15 minutes, or until the water is absorbed, and the quinoa is fluffy. Remove from the heat and let cool.
3. Meanwhile, in a medium bowl, whisk together the oil, vinegar, mustard, maple syrup, salt, and pepper.
4. If serving right away, fill each of 4 bowls with $\frac{3}{4}$ cup of spinach and top with one portion of the quinoa. Top the quinoa with one-quarter of the chopped apple and one-quarter of the cubed tofu. Drizzle with dressing.
5. If storing for later, portion the quinoa, apple, tofu, and greens into 4 medium containers. Divide the dressing equally into 4 separate small containers.

Nutrition:***Per Serving:***

- Calories: 444 kcal
- Total Fat: 26 g
- Saturated Fat: 3 g
- Protein: 17 g
- Total Carbohydrates: 39 g
- Fiber: 5 g
- Sugar: 7 g
- Cholesterol: 0 mg

Tofu, Chickpea, and Veggie Bowls

Protein-packed with both tofu and chickpeas, this is a Savory dish full of anti-inflammatory herbs like garlic, parsley, and ginger. Get creative with your ingredients and add as many veggies as you want! Consider broccoli, Brussels sprouts, cauliflower, mushrooms, green beans, cherry tomatoes, or bell peppers.

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Servings: 4

Ingredients:

- Garlic-Herb Marinated Tempeh or Tofu
- Basic Brown Rice
- Simple Ginger Teriyaki Sauce
- 1 (15.5-ounce) can chickpeas
- 2 large carrots, shredded
- 2 cucumbers, chopped
- 1 cup chopped fresh parsley

Directions:

1. Marinate the tofu and preheat the oven as directed in the tofu recipe.
2. Meanwhile, start the brown rice and make the teriyaki sauce as directed.
3. While the rice is simmering, transfer the tofu to the oven and finish cooking it.
4. Remove the brown rice from the heat.

5. If serving right away, in each of 4 bowls create a base of brown rice. Top with tofu, chickpeas, carrots, and cucumbers. Drizzle the bowls with the teriyaki sauce and garnish with parsley.
6. If storing for later, portion the tofu, rice, and beans together into 4 medium containers. Store the fresh vegetables and parsley separately in 4 small containers. Store the teriyaki sauce in a screw-top glass jar.

Nutrition:

- Calories: 485 kcal
- Total Fat: 15 g
- Saturated Fat: 2 g
- Protein: 22 g
- Total Carbohydrates: 68 g
- Fiber: 8 g
- Sugar: 13 g
- Cholesterol: 0 mg

Almond Butter and Berry Sandwiches

A simple but sophisticated sandwich is a perfect meal-prep choice. Adults and kids alike will enjoy this healthy version of everyone's favourite comfort food, made entirely with anti-inflammatory ingredients. Serve with whole-grain crackers or chips, Edamame Hummus, or sliced raw vegetables, such as carrot sticks.

Preparation Time: 5 minutes

Cooking Time: 0 minute

Servings: 5 sandwiches

Ingredients:

- 10 slices whole-wheat or gluten-free bread
- 10 tablespoons natural almond butter (no added oil, sugar, or salt)
- 5 tablespoons no-sugar-added berry jam of your choice
- 10 large strawberries, thinly sliced

Directions:

1. For each sandwich, lay 2 slices of bread on a flat surface. Spoon 2 tablespoons of almond butter on one of the slices and spread it to the edges. Top the almond butter with 1 tablespoon of berry jam and spread it. Add the sliced strawberries on top of the jam in a single layer. Top with the second piece of bread and cut in half on the diagonal.
2. Store the sandwiches in resealable plastic bags or storage containers. Keep all the remaining components portioned out for convenient use to make additional sandwiches.

Nutrition:

Per serving (1 sandwich):

- Calories: 369 kcal
- Total Fat: 20 g

- Saturated Fat: 2 g
- Protein: 15 g
- Total Carbohydrates: 36 g
- Fiber: 8 g
- Sugar: 6 g
- Cholesterol: 0 mg

Black Bean and Mango Lettuce Wraps

This simple wrap recipe is bold in both colour and flavor, featuring anti-inflammatory black beans, mangos, cilantro, and lime. Garnished with rich **Avocado Crema**, these wraps are easy to assemble for a filling, protein-forward lunch. You'll likely have leftover lettuce from this recipe; use it to create a simple side to eat during the week.

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 12 wrap (4 servings)

Ingredients:

- Garlic-Lime Black Beans
- ½ cup Avocado Crema
- 1 head butter lettuce
- 1 teaspoon olive oil
- Juice of 1 lime
- ¼ teaspoon salt
- 1 fresh mango or 1 cup thawed frozen mango chunks
- scallions, thinly sliced
- ¾ cup chopped fresh cilantro

Directions:

1. Cook the black beans as directed and set them aside to cool. While the beans cool, prepare the avocado cream as directed.
2. Remove 12 large outer leaves of the lettuce to use as wraps.

3. Whisk together the oil, lime juice, and salt in a medium bowl. Add the mango, scallions, and cilantro and stir to combine.
4. If serving right away, put $\frac{1}{3}$ cup of black bean mixture in the middle of each leaf of lettuce. Top with 1 to 2 tablespoons of the mango mixture and 1 to 2 teaspoons of avocado cream.
5. If storing for later, store the lettuce leaves, black beans, mango mixture, and avocado cream in separate storage containers.

Nutrition:

Per serving (3 wraps):

- Calories: 379 kcal
- Total Fat: 16 g
- Saturated Fat: 4g
- Protein: 14 g
- Total Carbohydrates: 53 g
- Fiber: 17 g
- Sugar: 18 g
- Cholesterol: 0 mg

Tempeh Wraps with Avocado and Veggies

A garlicky tempeh wrap with fresh veggies and creamy, anti-inflammatory avocado is the perfect lunch to keep you energized all afternoon long. Complemented with a homemade vegan Caesar dressing, this is a flavor-filled wrap that you'll make again and again.

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

- Garlic-Herb Marinated Tempeh or Tofu
- Zesty Vegan Caesar Dressing
- 4 large wraps or tortillas (whole wheat or corn, if you're gluten-free)
- 4 large romaine lettuce leaves
- 2 medium carrots, thinly sliced lengthwise
- 1 cup fresh sprouts (bean sprouts, radish, or broccoli sprouts)
- 2 avocados, sliced

Directions:

1. Marinate and bake the tempeh as directed.
2. Meanwhile, make the dressing as directed.
3. If serving right away, for each wrap, lay a tortilla on a flat surface. Place a lettuce leaf on the tortilla. Spread $\frac{1}{4}$ cup of dressing on it with a spatula. Add one portion of carrot slices and $\frac{1}{4}$ cup of sprouts to each tortilla. Add 2 to 3 slices of tempeh, followed by half an avocado. Wrap the tortilla around the filling like a burrito, keeping the top open.

4. If storing for later, wrap the tortillas individually in plastic, then roll them in foil. Portion the tempeh, romaine, carrots, sprouts, and avocado halves into 4 large containers. Store the dressing in 4 individual small containers or a screw-top jar.

Nutrition:

Per Serving:

- Calories: 597 kcal
- Total Fat: 40 g
- Saturated Fat: 8 g
- Protein: 23 g
- Total Carbohydrates: 48 g
- Fiber: 15 g
- Sugar: 6 g
- Cholesterol: 0 mg

Sweet Potato and Salmon Bowls

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

- Fresh Dill Marinade
- 1 pound skin-on salmon fillet
- sweet potatoes, peeled and cut into 1/4-inch-thick rounds
- tablespoons olive oil, divided
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper, divided
- 2 large zucchini, halved lengthwise and cut crosswise into half-moons

Directions:

1. Preheat the oven to 400° F. Line 1 or 2 large sheet pans with parchment paper.
2. Prepare the dill marinade as directed and transfer it to a 9-by-12-inch glass baking dish.
3. Cut the salmon into four 4-ounce servings and place it flesh-side down in the marinade. Marinate for at least 20 minutes.
4. Meanwhile, arrange the sweet potato pieces on the pans. Drizzle with 2 tablespoons of olive oil and sprinkle with the cumin, 1/4 teaspoon of salt, and 1/8 teaspoon of pepper. Bake them for 30 minutes, or until tender. Transfer to a wire cooling rack.
5. Replace the parchment paper on the sheet pans.

6. Place the zucchini on one side of the pan and the salmon pieces on the other side, skin-side down. Pour any remaining marinade on top of the salmon. Drizzle the zucchini with the remaining 1 tablespoon of olive oil and sprinkle with the remaining $\frac{1}{4}$ teaspoon of salt and $\frac{1}{8}$ teaspoon of pepper. Bake for 14 to 18 minutes. Until the salmon is just cooked through and the zucchini is golden brown. Cool before storing.
7. Portion the salmon, zucchini, and sweet potato slices into 4 large storage containers.

Nutrition:

Per Serving:

- Calories: 363 kcal
- Total Fat: 18 g
- Saturated Fat: 3 g
- Protein: 26 g
- Total Carbohydrates: 25 g
- Fiber: 5 g
- Sugar: 8 g
- Cholesterol: 62 mg

White Bean Chopped Salad

Preparation Time: 20 minutes

Cooking Time: 0 minute

Servings:

Ingredients:

- (15.5-ounce) cans white beans, drained and rinsed
- ½ medium red onion, diced
- 1 bunch flat-leaf parsley, finely chopped
- Simple Citrus Vinaigrette Dressing
- cups chopped lettuce

Directions:

1. Place the beans, onion, and parsley in a large bowl.
2. Prepare the vinaigrette as directed. Pour it over the bean mixture. Use a wooden spoon and gently stir to coat the beans. There will be extra dressing at the bottom of the mixture; it will coat the lettuce the mixture is served on later.
3. Portion ¾ cup of the bean mixture into each of 5 medium containers. Portion 1 cup of lettuce greens into 5 separate medium containers.

Nutrition:

- Calories: 215 kcal
- Total Fat: 6 g
- Saturated Fat: 1 g
- Protein: 12 g

- Total Carbohydrates: 31 g
- Fiber: 8 g
- Sugar: 1 g
- Cholesterol: 0 mg

Kale Caesar Salad Wraps

A veggie wrap is a quick, flavourful, and filling lunch packed with anti-inflammatory ingredients and protein. Sturdy kale leaves make better leftovers than more delicate greens like butter lettuce and spinach. To avoid soggy, the kale salad is stored separately from the tortillas until you're ready to eat.

Preparation Time: 20 minutes

Cooking Time: 0 minute

Servings: 3 wraps

Ingredients:

- 1 large bunch lacinato/dinosaur kale
- 1 (15.5-ounce) can chickpeas, drained and rinsed
- medium carrots, grated
- Zesty Vegan Caesar Dressing
- large whole wheat, corn, or gluten-free tortillas

Directions:

1. Remove the stems and midribs from the kale leaves, and then roughly chop the leaves. Transfer the chopped kale to a large bowl.
2. Add the chickpeas and grated carrots to the bowl.
3. Prepare the Caesar dressing as directed and pour it over the kale mixture. Using your hands or a mixing spoon, stir gently to coat. If you like your kale crispier, skip this step and dress the kale just before serving.
4. Portion the kale Caesar into 4 medium containers (if storing the Caesar dressing separately, portion it into 4 small containers). Roll 3 individual tortillas and wrap them in paper towels. Wrap them again in foil and place them in 3 resealable bags.

Nutrition:

- Calories: 314 kcal
- Total Fat: 10 g
- Saturated Fat: 2 g
- Protein: 13 g
- Total Carbohydrates: 46 g
- Fiber: 10 g
- Sugar: 9 g
- Cholesterol: 0 mg

Sweet Potato Avocado Toast

Maximize your vegetable intake first thing in the morning by making “toast” out of sweet potatoes. Feel free to get creative with the toppings, adding in even more veggies if you want to. Prepping avocado ahead of time can be difficult because avocado tends to brown. To keep it fresh over five days, I add water to the top of the mixture.

Preparation Time: 15 minutes

Cooking Time: 5 minute

Servings: 5

Ingredients:

- large sweet potatoes cut lengthwise into 1/4-inch-thick slices
- 2 large eggs
- avocados halved and pitted
- 1 garlic clove, minced
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon ground cumin
- Juice of 1 lime
- radishes, finely chopped

Directions:

1. Preheat the oven to 400 °F. Line 1 or 2 large sheet pans with parchment paper.
2. Arrange the sweet potato slices on the sheet pans and bake for 20 minutes, or until tender. They may look like they're not entirely cooked all the way—that's okay; you'll be heating them again later. Transfer them to a wire rack to cool thoroughly.

3. While the potatoes are baking, place the eggs in a pot of water so that they're completely covered. Bring the water to a boil over high heat. When the water boils, remove the pot from the heat, cover, and let stand for 11 minutes. Drain the water and set the eggs aside to cool.
4. Scoop the avocados into a large bowl and mash them lightly with a fork until chunky. Add the garlic, salt, pepper, cumin, lime juice, and radishes. Mix with a wooden spoon until all ingredients are incorporated.
5. Portion the avocado mixture (about 1/4 cup each) into 5 small containers and smooth it with a spoon to eliminate air pockets. Pour 2 tablespoons of cold water on top of the avocado to prevent browning. Store the hard-boiled eggs in a medium container with their shells, or peel them ahead of time (to keep peeled eggs fresh, place a damp paper towel over them and replace it daily). Store the sweet potato slices in a medium container.

Nutrition:

- Calories: 364 kcal
- Total Fat: 23 g
- Saturated Fat: 5 g
- Protein: 12 g
- Total Carbohydrates: 32 g
- Fiber: 13 g
- Sugar: 8 g
- Cholesterol: 186 mg

Salmon with Savory Herbed Quinoa and String Beans

This balanced meal, with omega-3-rich salmon, whole-grain quinoa, and delicious string beans, is quick and easy to meal prep so you don't have to worry about what's for dinner all week long.

The salmon and beans are roasted on a single sheet pan that you can pop into the oven without a mess.

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Servings: 5

Ingredients:

- Fresh Dill Marinade
- 1½ pounds skin-on salmon fillet
- Savory Herbed Quinoa
- 1 pound green beans, ends snapped off (about 3 cups)
- 1 tablespoon olive oil
- Salt
- Freshly ground black pepper

Directions:

1. Prepare the dill marinade as directed and transfer it to a 9-by-12-inch glass baking dish.
2. Cut the salmon into five 4- to 5-ounce portions and place it flesh-side down in the marinade for at least 20 minutes.
3. Preheat the oven to 400°F. Line a large sheet pan with parchment paper.
4. While the salmon marinates, start the quinoa recipe. While the quinoa is cooking, toss the green beans in the oil in a medium bowl and season to taste with salt and pepper.

5. Place the salmon pieces skin-side down along the edges of the sheet pan. Place the beans in the middle of the pan. Bake for 14 to 18 minutes, until the salmon is just cooked through. Baking time will depend on the thickness of the fish.
6. While the salmon is baking, let the quinoa rest, then toss it with the seasonings, and set it aside.
7. Remove the salmon from the oven to cool.
8. Divide the quinoa evenly into 5 large glass storage containers (about $\frac{3}{4}$ cup each). Divide the green beans among the containers, placing them on one side of the quinoa. Place a piece of salmon on the other side.

Nutrition:

- Calories: 411 kcal
- Total Fat: 17 g
- Saturated Fat: 3 g
- Protein: 33 g
- Total Carbohydrates: 29 g
- Fiber: 5 g
- Sugar: 4 g
- Cholesterol: 75 mg

Dinner

Chicken Bone Broth

Homemade bone broth is rich in nutrients and is known to be healing and restorative. Making your own bone broth can save you money and ensure it's full of all the wonderful benefits without any unwanted ingredients. Making your bone broth in the Instant Pot eliminates the need to have a boiling pot on your stovetop for an entire day. This recipe gets the job done in just over 2 hour's total!

Preparation Time: 10 minutes

Cooking Time: 90 minutes

Servings: 8

Ingredients:

- Bones from a 3–4 pound chicken
- 4 cups water
- 2 large carrots, cut into chunks
- 2 large stalks celery
- 1 large onion
- fresh rosemary sprigs
- 3 fresh thyme springs
- 2 tablespoons apple cider vinegar
- 1 teaspoon kosher salt

Directions:

1. Put all the ingredients and allow it to sit for 30 minutes.

2. Pressure cook and adjust the time to 90 minutes.
3. Pressure release naturally until float valve drops and then unlock lid.
4. Strain the broth and transfer into a storage container. The broth can be refrigerated three to five days or frozen up to six months.

Nutrition:

Per Serving:

- Calories: 44 kcal
- Fat: 1 g
- Protein: 7 g
- Sodium: 312 mg
- Fiber: 0 g
- Carbohydrates: 0 g
- Sugar: 0 g

Chicken Bone Broth with Ginger and Lemon

Chicken bone broth is already filled with nutrients, but adds some fresh ginger and lemon and the health effects are compounded.

This makes a great base for many soups, or simply uses this as a healthy sipping broth.

Preparation Time: 10 minutes

Cooking Time: 90 minutes

Servings: 8

Ingredients:

- Bones from a 3–4 pound chicken
- 8 cups water
- 2 large carrots, cut into chunks
- 2 large stalks celery
- 1 large onion
- 3 fresh rosemary sprigs
- 3 fresh thyme springs
- 2 tablespoons apple cider vinegar
- 1 teaspoon kosher salt
- 1-½ inches piece fresh ginger, sliced (peeling not necessary)
- 1 large lemon, cut into fourths

Directions:

1. Put all the ingredients in it and allow it to sit for 30 minutes.
2. Pressure cook and adjust the time to 90 minutes.

3. Strain the broth using a fine-mesh strainer and transfer it into a storage container.
4. Can be refrigerated for five days or frozen for six months.

Nutrition:

- Calories: 44 kcal
- Fat: 1 g
- Protein: 7 g
- Sodium: 312 mg
- Fiber: 0 g
- Carbohydrates: 0 g
- Sugar: 0 g

Vegetable Stock

Making your own vegetable stock could not be easier or quicker than when you use the Instant Pot. Even better, you'll save money as well. Use this tasty stock in any soup that calls for a vegetable stock base. You can adjust the flavor of this broth-based on your preferences. Play with the vegetables you use, get creative, and find your favourite combination using this base recipe as your guide. Vegetables need to be washed, but there is no need to peel.

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 8

Ingredients:

- 2 large carrots
- 1 large onion
- 2 large stalks celery
- 8 ounces white mushrooms
- 5 whole cloves garlic
- 2 cups parsley leaves
- 2 bay leaves
- 2 teaspoons whole black peppercorns
- 2 teaspoons kosher salt
- 10 cups water

Directions:

1. Place all the ingredients in it. Secure the lid.
2. Pressure cook and adjust the time to 40 minutes.

3. Strain the broth using a fine-mesh strainer and transfer it into a storage container. Can be refrigerated for three to five days or frozen for up to six months.

Nutrition:

- Calories: 9 kcal
- Fat: 0 g
- Protein: 0 g
- Sodium: 585 mg
- Fiber: 0 g
- Carbohydrates: 2 g
- Sugar: 1 g

Chicken Vegetable Soup

They say chicken noodle soup is the perfect soup when you're sick, but it's a better idea to skip the noodles and add more vegetables! This Chicken Vegetable Soup tastes just like your favourite classic, but without the noodles that can contribute to inflammation.

Preparation Time: 23 minutes

Cooking Time: 15 minutes

Servings: 8

Ingredients:

- 2 tablespoons avocado oil
- 1 small yellow onion, peeled and chopped
- 2 large carrots, peeled and chopped
- 2 large stalks celery, ends removed and sliced
- 3 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 8 cups chicken stock
- 3 boneless, skinless, frozen chicken breasts

Directions:

1. Heat the oil for 1 minute. Add the onion, carrots, and celery and sauté for 8 minutes.
2. Add the garlic, thyme, and salt and sauté for another 30 seconds. Press the Cancel button.
3. Add the stock and frozen chicken breasts to the pot. Secure the lid.
4. Pressure Cook and adjust the time to 6 minutes.

5. Allow cooling into bowls to serve.

Nutrition:

- Calories: 209 kcal
- Fat: 7 g
- Protein: 21 g
- Sodium: 687 mg
- Fiber: 1 g
- Carbohydrates: 12 g
- Sugar: 5 g

Carrot Ginger Soup

Fresh ginger gives this soup a small bite and also packs a powerful anti-inflammatory punch. Ginger is one of the most potent anti-inflammatories you can use, and it pairs perfectly with carrot in this light and healthy soup. Serve this with a spring greens salad for a lunch you'll want to eat every week.

Preparation Time: 20 minutes

Cooking Time: 21 minutes

Servings: 4

Ingredients:

- 1 tablespoon avocado oil
- 1 large yellow onion, peeled and chopped
- 1 pound carrots, peeled and chopped
- 1 tablespoon fresh peeled and minced ginger
- 1-½ teaspoons salt
- 3 cups vegetable broth

Directions:

1. Add the oil to the inner pot, allowing it to heat for 1 minute.
2. Add the onion, carrots, ginger, and salt and sauté for 5 minutes. Press the Cancel button.
3. Add the broth and secure the lid and adjust the time to 15 minutes.
4. Allow the soup to cool a few minutes and then transfer to a large blender. Blend on high until smooth and then serve.

Nutrition:

- Calories: 99 kcal
- Fat: 4 g
- Protein: 1 g
- Sodium: 1,348 mg
- Fiber: 4 g
- Carbohydrates: 16 g
- Sugar: 7 g

Turkey Sweet Potato Hash

This versatile recipe can be breakfast or a make-ahead lunch option for work.

Preparation Time: 10 minutes

Cooking Time: 17 minutes

Servings: 4

Ingredients:

- 1-½ tablespoons avocado oil
- 1 medium yellow onion, peeled and diced
- 2 cloves garlic, minced
- 1 medium sweet potato, cut into cubes (peeling not necessary)
- ½ pound lean ground turkey
- ½ teaspoon salt
- 1 teaspoon Italian seasoning blend

Directions:

1. Add the oil and allow the oil to heat 1 minute and then add the onion and cook until softened, about 5 minutes. Add the garlic and cook an additional 30 seconds.
2. Add the sweet potato, turkey, salt, and Italian seasoning and cook for another 5 minutes.

Nutrition:

- Calories: 172 kcal
- Fat: 9 g
- Protein: 12 g
- Sodium: 348 mg

- Fiber: 1 g
- Carbohydrates: 10 g
- Sugar: 3 g

Turkey Taco Lettuce Boats

You will never think about tacos the same way again after you've tried this recipe. Instead of taco shells, a large romaine lettuce leaf becomes home for all of your taco fixings. This is not only a healthy way to enjoy tacos, but the cool, crisp leaf is a nice contrast to the warm taco mixture.

Preparation Time: 10 minutes

Cooking Time: 24 minutes

Servings: 4

Ingredients:

- 1 tablespoon avocado oil
- 1 medium onion
- 2 large carrots
- 2 medium stalks celery
- 2 cloves garlic, minced
- 1 pound lean ground turkey
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 teaspoon cumin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup chipotle salsa
- 12 large romaine leaves
- 1 medium avocado, peeled, pitted, and sliced

Directions:

1. Add the oil. Allow the oil to heat for 1 minute and then add the onion, carrots, celery, and garlic. Cook until softened, about 5 minutes.
2. Add the turkey and cook until brown for about 3 minutes.
3. Add the chili powder, paprika, cumin, salt, pepper, and salsa and stir to combine.
4. To serve, spoon a portion of the taco meat into a romaine lettuce leaf and then top with sliced avocado.

Nutrition:

- Calories: 339 kcal
- Fat: 18 g
- Protein: 27 g
- Sodium: 900 mg
- Fiber: 8 g
- Carbohydrates: 18 g
- Sugar: 8 g

Turkey and Greens Meatloaf

No more worrying that you won't have time for the meatloaf to cook on a busy weeknight—the Instant Pot shaves a good portion of the normal cooking time off! Adding greens to your turkey meatloaf is a brilliant way to get more nutrient-dense greens into your diet. Your picky eaters might not even mind with this moist and flavourful meatloaf!

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients:

- 1 tablespoon avocado oil
- 1 small onion, peeled and diced
- cloves garlic, minced
- 3 cups mixed baby greens, finely chopped
- 1 pound lean ground turkey
- ¼ cup almond flour
- 1 large egg
- ¾ teaspoon salt
- ½ teaspoon black pepper

Directions:

1. Add the oil to the inner pot. Press the Sauté button and heat the oil for 1 minute.
2. Add the onion and sauté until softened, 3 minutes. Add the garlic and greens and sauté for 1 more minute. Press the Cancel button.
3. In a medium bowl, combine the turkey, flour, egg, salt, and pepper.

4. Add the onion and greens mixture to the turkey mixture and stir to combine.
5. Rinse out the inner pot and then add 2 cups of water.
6. Make an aluminium foil sling by folding a large piece of foil in half and bending the edges upward.
7. Form the turkey mixture into a rectangular loaf and place it on the aluminium foil sling. Place the sling onto the steam rack with handles, and lower it into the inner pot.
8. Carefully remove the meatloaf from the inner pot and allow it to rest for 10 minutes before slicing to serve.

Nutrition:

- Calories: 271 kcal
- Fat: 17 g
- Protein: 25 g
- Sodium: 406 mg
- Fiber: 2 g
- Carbohydrates: 5 g
- Sugar: 1 g

Simple Italian Seasoned Turkey Breast

Don't save the turkey for Thanksgiving. This simple recipe will have you craving a Thanksgiving turkey all year long. The Instant Pot produces a perfectly moist and tender turkey breast in a fraction of the time it takes to cook in the oven!

Preparation Time: 10 minutes

Cooking Time: 18 minutes

Servings: 4

Ingredients:

- 1½ pounds boneless, skinless turkey breast
- 2 tablespoons avocado oil, divided
- 1 teaspoon sweet paprika
- 1 teaspoon Italian seasoning blend
- ½ teaspoon kosher salt
- ½ teaspoon thyme
- ¼ teaspoon garlic salt
- ¼ teaspoon black pepper

Directions:

1. Dry the turkey breast with a towel. Cut the turkey breast in half to fit in your Instant Pot.
2. Brush both sides of the turkey breast with 1 tablespoon oil.
3. In a small bowl, mix together the paprika, Italian seasoning, kosher salt, thyme, garlic salt, and pepper. Rub this mixture onto both sides of the turkey breast.

4. Press the Sauté button and heat the remaining 1 tablespoon oil in the inner pot for 2 minutes. Add the turkey breast and sear it on both sides, about 3 minutes per side. Press the Cancel button.
5. Remove the turkey from the inner pot and place it on a plate. Add 1 cup water to the inner pot and use a spatula to scrape up any stuck brown bits. Place the steam rack in the pot and the turkey breast on top of it.

Nutrition:

- Calories: 248 kcal
- Fat: 9 g
- Protein: 40 g
- Sodium: 568 mg
- Fiber: 0 g
- Carbohydrates: 0 g
- Sugar: 0 g

Spiced Chicken and Vegetables

These chicken dishes utilize a bold seasoning blend to make a flavourful dinner that is quick and easy to prepare.

This dish is wonderful served with Basic Brown Rice or Coconut Curry Lentils.

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

- 1 teaspoon dried thyme
- $\frac{1}{4}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground allspice
- 1 teaspoon kosher salt
- $\frac{1}{2}$ teaspoon black pepper
- 2 large bone-in chicken breasts
- $\frac{1}{2}$ cup chicken stock
- 2 medium onions, peeled and cut in fourths
- 4 medium carrots

Directions:

1. In a small bowl, mix together the thyme, ginger, allspice, salt, and pepper.
2. Use half of the spice mixture to season the chicken breasts.
3. Pour the chicken stock into the inner pot and then add the chicken breasts.

4. Place the onions and carrots on top of the chicken and sprinkle them with the rest of the seasoning blend.
5. Remove the chicken and the vegetables and serve alone or with rice or lentils.

Nutrition:

- Calories: 337 kcal
- Fat: 5 g
- Protein: 56 g
- Sodium: 755 mg
- Fiber: 3 g
- Carbohydrates: 12 g
- Sugar: 5 g

Lemon Garlic Turkey Breast

Turkey breasts are so easy to make in the Instant Pot, it's worth trying a variety of different flavor combinations. This recipe uses lemon and garlic, a classic combination. Lemon zest brightens the flavor, and garlic and shallot add complexity. The whole family will love the taste of this dinner, and you'll love the ease of preparing it.

Preparation Time: 10 minutes

Cooking Time: 17 minutes

Servings: 4

Ingredients:

- 1 (1½-pound) boneless, skinless turkey breast
- 2 tablespoons avocado oil, divided
- Zest from ½ large lemon
- ½ medium shallot, peeled and minced
- 1 large clove garlic, minced
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

Directions:

1. Dry the turkey breast with a towel. Cut the turkey breast in half to fit in your Instant Pot.
2. Brush both sides of turkey breast with 1 tablespoon oil.
3. In a small bowl, mix together the lemon zest, shallot, garlic, salt, and pepper. Rub this mixture onto both sides of the turkey breast.
4. Press the Sauté button and heat the remaining 1 tablespoon oil in the inner pot for 2 minutes. Add the turkey breast and sear it on both sides, about 3 minutes per side. Press the Cancel button.

5. Remove the turkey from the inner pot and place it on a plate. Add 1 cup water to the inner pot and use a spatula to scrape up any stuck brown bits. Place the steam rack in the pot and the turkey breast on top of it.
6. Slice and serve.

Nutrition:

- Calories: 250 kcal
- Fat: 9 g
- Protein: 40 g
- Sodium: 445 mg
- Fiber: 0 g
- Carbohydrates: 1 g
- Sugar: 0 g

Homestyle Chicken and Vegetables

Homestyle chicken and vegetables is always a family-favourite dinner. The bone-in chicken breasts stay moist and tender and the carrots and potatoes cook at the same time in the same pot. Those bright orange carrots also have vitamin A and beta-carotene, both of which are believed to be potent inflammation fighters. Dinner time has never been easier or more delicious.

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

- 2 large bone-in chicken breasts
- 1 teaspoon kosher salt, divided
- ½ teaspoon black pepper, divided
- ½ cup chicken stock
- 6 large carrots
- 8 medium whole new potatoes

Directions:

1. Season the chicken breasts with ½ teaspoon salt and ¼ teaspoon pepper.
2. Pour the stock into the pot.
3. Add chicken breasts and place the carrots and potatoes on top of the chicken.
4. Season with the rest of the salt and pepper.
5. Transfer to the plates to serve and spoon the juices on top.

Nutrition:

- Calories: 398 kcal
- Fat: 5 g
- Protein: 58 g
- Sodium: 822 mg
- Fiber: 5 g

Chicken Tenders with Honey Mustard Sauce

Everything is better with a tasty dipping sauce, and this recipe is no exception. These chicken tenders cook quickly and perfectly in the Instant Pot, and they are made even better with a simple two-ingredient dipping sauce. This is a kid-friendly dinner that the whole family will enjoy.

Preparation Time: 5 minutes

Cooking Time: 7 minutes

Servings: 4

Ingredients:

- 1 pound chicken tenders
- 1 tablespoon fresh thyme leaves
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon avocado oil
- 1 cup chicken stock
- ¼ cup Dijon mustard
- ¼ cup raw honey

Directions:

1. Dry the chicken tenders with a towel and then season them with thyme, salt, and pepper.
2. Add the oil and let it heat for 2 minutes. Add the chicken tenders and sear them until brown on both sides, about 1 minute per side. Press the Cancel button.
3. Remove the chicken tenders and set them aside. Add the stock to the pot. Use a spoon to scrape up any small bits from the bottom of the pot.

4. Place the steam rack in the inner pot and place the chicken tenders directly on the rack.
5. While the chicken is cooking, make the honey mustard sauce.
6. In a small bowl, combine the Dijon mustard and honey and stir to combine.
7. Serve the chicken tenders with the honey mustard sauce.

Nutrition:

- Calories: 223 kcal
- Fat: 5 g
- Protein: 22 g
- Sodium: 778 mg
- Fiber: 0 g
- Carbohydrates: 19 g
- Sugar: 18 g

Chicken Breasts with Cabbage and Mushrooms

If you think boneless, skinless chicken breasts have to be bland or boring, think again. Cabbage and mushrooms provide a Savory punch to this one-pot meal. Cabbage and mushrooms also both have inflammation-fighting compounds, making this meal perfect for your anti-inflammatory diet.

Preparation Time: 10 minutes

Cooking Time: 18 minutes

Servings: 4

Ingredients:

- 2 tablespoons avocado oil
- 1 pound sliced Baby Bella mushrooms
- 1-½ teaspoons salt, divided
- 2 cloves garlic, minced
- 8 cups chopped green cabbage
- 1½ teaspoons dried thyme
- ½ cup chicken stock
- 1-½ pounds boneless, skinless chicken breasts

Directions:

1. Add the oil. Allow it to heat for 1 minute. Add the mushrooms and ¼ teaspoon salt and sauté until they have cooked down and released their liquid, about 10 minutes.
2. Add the garlic and sauté for another 30 seconds. Press the Cancel button.
3. Add the cabbage, ¼ teaspoon salt, thyme, and stock to the inner pot and stir to combine.

4. Dry the chicken breasts and sprinkle both sides with the remaining salt. Place on top of the cabbage mixture.
5. Transfer to plates and spoon the juices on top.

Nutrition:

- Calories: 337 kcal
- Fat: 10 g
- Protein: 44 g
- Sodium: 1,023 mg
- Fiber: 4 g
- Carbohydrates: 14 g
- Sugar: 2 g

Coconut Lime Chicken and Rice

Chicken and rice is a classic favourite, and here it's given a little bit of Caribbean flair. Coconut milk gives this dish a creamy, rich texture. While full-fat coconut milk adds the most flavor, the lite version works as well. Dried ginger adds spice to this recipe, but that's not all. Ginger contains gingerols, which possess powerful anti-inflammatory and antioxidant properties.

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 4

Ingredients:

- 1 cup jasmine rice
- 1 can unsweetened full-fat coconut milk
- ½ cup chicken stock
- 1-¼ pounds boneless, skinless chicken breasts
- 1 teaspoon salt
- ½ teaspoon ground cumin
- ¼ teaspoon ground ginger
- Juice from 1 medium lime
- ½ cup chopped cilantro leaves and stems

Directions:

1. Place the rice, coconut milk, stock, chicken, salt, cumin, and ginger in the inner pot and stir to combine.
2. Stir in the lime juice and spoon into four bowls. Top each bowl with an equal amount of cilantro and serve.

Nutrition:

- Calories: 527 kcal
- Fat: 22 g
- Protein: 38 g
- Sodium: 702 mg
- Fiber: 1 g
- Carbohydrates: 38 g
- Sugar: 1 g

Smoothies and Teas

Green Tea Power Smoothie

Green tea is the perfect base for a morning smoothie. It's hydrating and anti-inflammatory due to its dense antioxidant content, and it contains caffeine for an energy boost. Smoothies are a great way to maximize your intake of fruits and veggies, as well as healthy fats and proteins, in the morning. This recipe makes only one serving—for meal-prep purposes, multiplies the recipe by 5 (or more) and stores the components as smoothie “packs” (see Storage tip), and stores in the freezer for later use. Brew the green tea fresh for each smoothie.

Preparation Time: 10 minutes

Cooking Time: 0 minute

Servings: 1

Ingredients:

- 1 cup boiling water
- 1 green tea bag
- ½ banana, cut up and frozen
- ¼ cup frozen blueberries
- 1 cup frozen spinach
- 1 tablespoon chia seeds
- 3 ice cubes

Directions:

1. In a large, heatproof measuring cup, pour the boiling water over the green tea bag. Steep to taste.

2. While the tea steeps, place the frozen banana, blueberries, spinach, and chia seeds in a blender.
3. Drop the ice cubes into the tea to cool it partially.
4. Pour the still-warm tea over the smoothie ingredients and blend until smooth, about 1 minute.

Nutrition:

Per serving:

- Calories: 188 kcal
- Total Fat: 6 g
- Saturated Fat: 1 g
- Protein: 9 g
- Total Carbohydrates: 31 g
- Fiber: 12 g
- Sugar: 12 g
- Cholesterol: 0 mg

Green Smoothie Bowl

Preparation Time: 15 minutes

Cooking Time: 0 minute

Servings: 2

Ingredients:

- 2 cups packed baby spinach
- 1 green apple, cored
- 1 small ripe banana
- ½ ripe avocado
- 1 tablespoon maple syrup
- ½ cup mixed berries
- ¼ cup toasted slivered almonds (optional)
- 1 teaspoon sesame seeds

Directions:

1. Combine the spinach, apple, banana, avocado, and maple syrup in a blender and blend until smooth. The mixture should be thick.
2. Divide the mixture between two bowls. Top with the berries, almonds (if using), and sesame seeds, and serve.

Nutrition:

- Calories: 280 kcal
- Total fat: 14 g
- Total carbohydrates: 38 g

- Sugar: 21 g
- Fiber: 9 g
- Protein: 6 g
- Sodium: 40 mg

Turmeric-Almond Smoothie

Preparation Time: 10 minutes

Cooking Time: 0 minute

Servings: 2

Ingredients:

- 1 pear, cored and quartered
- cups baby spinach
- ¼ avocado
- 1 cup silken tofu
- 1 teaspoon ground turmeric or 1 thin slice of peeled turmeric root
- ½ cup unsweetened almond milk
- 2 tablespoons honey (optional)
- 1 cup ice

Directions:

1. In a blender, combine all the ingredients and blend until smooth. Divide between two glasses and serve.
2. Substitution tip: if pears aren't in season, you can substitute an apple for similar flavor and nutritional rewards.

Nutrition:

- Calories: 270 kcal
- Total fat: 11 g
- Total carbohydrates: 38 g

- Sugar: 27 g
- Fiber: 6 g
- Protein: 10 g
- Sodium: 80 m

Turmeric Milk

Preparation Time: 15 minutes

Cooking Time: 0 minute

Servings: 2

Ingredients:

- ½ tablespoons of maple syrup
- 1/4 of a teaspoon of ground cinnamon
- A pinch of black pepper
- 1 teaspoon of ground turmeric
- 2 cups of cashew milk, almond milk, or coconut milk

Directions:

1. Set your oven on medium heat and place a pot on it. Add all the ingredients into it.
2. Then, allow it to simmer for ten minutes.
3. Pour the turmeric milk into two cups and serve.

Nutrition:

- Calories: 270 kcal
- Total fat: 11 g
- Total carbohydrates: 38 g
- Sugar: 27 g
- Fiber: 6 g
- Protein: 10 g

- Sodium: 80 m

Rosemary Lemon Iced Tea

Preparation Time: 10 minutes

Cooking Time: 0 minute

Servings: 2

Ingredients:

- ½ cup of sugar
- 4 cups of water
- One sprig of rosemary
- 2 lemons
- 4 tea bags (Earl Grey)

Directions:

1. Peel the lemons but don't take too much of the white part into the peels because it will make the tea bitter.
2. In a small-sized pot, add water, lemon peels, and sugar. Boil.
3. Remove the pot and add the tea bags and the rosemary sprig. Keep the lid on and leave the pot aside for five minutes.
4. Strain the tea and remove the tea bags. Take the peeled lemons, juice them, and add the juice into the tea. Serve chilled over ice.

Nutrition:

- Calories: 379 kcal
- Fat: 10 g
- Carbohydrates: 63 g

- Protein: 13 g

Conclusion

The Western diet is high in meat, refined sugars, and carbohydrates. As a result of this diet style, inflammation in the body can be triggered. This inflammation can cause chronic disease and thus many problems to the body. The best way to reduce the risk of chronic disease is through an anti-inflammatory diet, or plant-based diet style. Assess and evaluate the validity of each claim with scientific evidence.

Protein and omega-3 fatty acids are anti-inflammatory. When inflammation is reduced, disease risk decreases, and one's body can heal itself. It is common to follow the same eating pattern for years. In America, it is common for people to eat a higher amount of meat and carbohydrates, which can cause inflammation in the body. The best diet for reducing inflammation is a plant-based diet style. This low saturated fat, high-fiber diet style is also healthy for the heart. Research shows that eating specific food items such as fruits and vegetables reduces inflammation in the body.

The Mediterranean diet style is rich in plant-based foods and reduces inflammation. The Mediterranean diet decreases the risk of coronary heart disease. The anti-inflammatory diet should include a variety of healthy fruits and vegetables, whole grains, legumes, nuts, and seeds. Reducing inflammatory markers can be done through an anti-inflammatory diet. Some of the best anti-inflammatory foods are fish such as salmon, tuna, and mackerel. Weight loss is common when eating an anti-inflammatory diet. The Mediterranean diet has been linked to reducing inflammation in the body.

The American Heart Association recommends an anti-inflammatory diet to lower the risk of cardiovascular disease. Healthy carbs include fruits, vegetables, whole grains, legumes, and nuts. A plant-based diet is high in fiber and reduces inflammation in the body. To reduce inflammation in the body, one should eat an anti-inflammatory diet. The omega-3 fatty acids found in fish can lower the risk of inflammation and heart disease. Omega-3s reduce inflammation within the body. Omega-3 fatty acids and proteins can reduce inflammation.

The majority of Americans eat a diet high in refined sugars, saturated fat, fried foods, and processed foods. The Western diet is high in fat and sugar. The Western diets consist of many processed foods, high in refined sugar, and also meat, which can cause inflammation within the

body. Increased omega-6 fatty acids can trigger an inflammatory response in the body. There is a link between a Western diet and inflammation levels in the body. Due to the consumption of unhealthy food, people are more likely to have high inflammatory markers in the body.

Inflammatory markers, such as C-reactive protein, are linked with a Western diet. A Western diet can cause inflammation within the body. Inflammation is implicated in several chronic diseases such as cancer, cardiovascular disease, and Type 2 diabetes. A diet high in fat and sugar can cause inflammation within the body. The Western diet is a high-fat and refined-sugar diet style.

Research indicates that the Western diet is linked with chronic inflammation. The Western diet is high in fat and sugar. The Western diet causes inflammation within the body. People who are overweight have a higher chance of developing inflammatory diseases such as Type 2 diabetes and cardiovascular disease. A Western diet can cause weight gain by increasing inflammation within the body.