

The Healing Anti-Inflammatory Diet Cookbook for Beginners – UK Edition:

**2500 Days of Easy and Delicious Recipes. Fight Inflammation,
Boost Energy and Strengthen Immunity with a 31-Day Meal
Plan and Extra Tips**

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Introduction

If you're reading this, there's a good chance you've been told to try an anti-inflammatory diet – whether to help manage a long-term condition like arthritis, support your gut health, reduce chronic pain, ease bloating, balance your energy levels, or simply feel better in yourself. Many people turn to this way of eating when they've had enough of feeling unwell, tired, or stuck with food that doesn't seem to help.

I created this cookbook with you in mind – whether you're just starting out or looking for easy, tasty meals that don't require hours in the kitchen or strange ingredients you've never heard of. I know it can feel overwhelming when you're told to change your diet – especially if you're already managing pain, fatigue, or a health condition. That's why I focused on simple recipes that are gentle on your body, full of flavour, and made with everyday ingredients you can find in UK supermarkets.

I've done my best to include options for all kinds of requests – from gluten-free and dairy-free ideas to plant-based and meat-based dishes, quick meals for busy days, budget-friendly choices, and even a few sweet treats. Whether you've got joint pain, skin flare-ups, digestive issues, or you just want to eat in a way that supports your health long-term, there's something here for you.

This book is not about cutting out everything you enjoy – it's about eating in a way that helps calm inflammation in the body and supports healing from the inside out. It's about feeling better in your own skin and knowing that what you're eating is helping rather than hurting.

So let's keep things simple, kind, and nourishing – with food that works *for* you, not against you.

Chapter 1: What You Should Know Before You Start

Before diving into the recipes, it's important to understand a few basics about the anti-inflammatory diet – what it's for, how it works, and what you might expect when you begin.

What is inflammation?

Inflammation is the body's natural response to injury, infection, or stress. It helps us heal – but when it sticks around too long, it can start to cause problems. Chronic (long-term) inflammation is linked to many health issues like arthritis, heart disease, digestive conditions, skin flare-ups, fatigue, and even low mood. The goal of this diet is to gently calm that internal fire and support your body's ability to heal and feel better.

It's not a strict diet.

There's no one-size-fits-all anti-inflammatory plan. This is not about perfection or cutting out everything you enjoy. It's about including more foods that help reduce inflammation and fewer that tend to make it worse. It's flexible, doable, and meant to fit into real life.

The focus is on real, whole foods.

You'll be eating plenty of vegetables, fruit, whole grains, nuts, seeds, oily fish, olive oil, and lean protein. You'll be cutting back on ultra-processed foods, added sugars, and refined carbs – not because they're "bad", but because they don't support the body's healing process.

Everyone's different.

Some people feel better quickly. For others, it takes a bit longer. You might find certain foods affect you more than others. This book gives you a solid starting point – and you can always tweak things to suit your needs.

You don't need to do everything at once.

Change takes time. You don't have to completely change your way of eating overnight. Start with one or two swaps, try a few easy recipes, and build from there. The important thing is to be kind to yourself and keep moving in the right direction.

Chapter 2: What to Eat and What to Avoid – Getting Started with the Anti-Inflammatory Diet

Before we get into the recipes, it's important to understand the basics of the anti-inflammatory diet – what it is, how it can help, and which foods are best to eat more of (and which to ease off).

This isn't a strict or complicated way of eating. You don't need to count every calorie or give up everything you enjoy. The goal is to support your body by choosing foods that help reduce inflammation – which can lead to less pain, better digestion, improved energy and even a clearer mind.

Many people follow this diet to help manage conditions such as arthritis, autoimmune issues, IBS, heart disease, skin flare-ups, low mood or simply ongoing tiredness and bloating. And a big part of it comes down to your daily food choices.

Eat More of These: Foods That Help Calm Inflammation

The following foods are nourishing, satisfying, and naturally support your body's ability to reduce inflammation:

- **Vegetables** – Especially leafy greens like spinach, kale, rocket and watercress, as well as broccoli, courgettes, beetroot, carrots, peppers and sweet potatoes.
- **Fruit** – Berries (blueberries, raspberries, strawberries), plus apples, oranges, cherries, grapes and pears.
- **Whole grains** – Oats, brown rice, quinoa, wholemeal bread and wholegrain pasta.
- **Legumes** – Chickpeas, lentils, black beans and kidney beans are full of fibre and plant protein.

- **Nuts and seeds** – Almonds, walnuts, chia, flaxseed and pumpkin seeds are all great in small handfuls or sprinkled on meals.
- **Oily fish** – Salmon, mackerel, trout and sardines are rich in omega-3 fats that help fight inflammation. Aim for 2–3 portions per week if you eat fish.
- **Lean protein** – Skinless chicken, turkey, tofu, tempeh and eggs (if well tolerated).
- **Healthy fats** – Use extra virgin olive oil in cooking or salad dressings, and include avocados and olives for healthy fat intake.
- **Herbs and spices** – Turmeric and ginger are especially helpful, and herbs like parsley, basil and coriander add flavour without additives.
- **Water and herbal teas** – Staying hydrated supports digestion and energy.

Superfoods: Everyday Heroes in Your Kitchen

Some foods are especially good at calming inflammation – these are often called *superfoods*. You don't need to buy expensive powders or trendy imports. Many of the most powerful options are everyday foods you'll already find in your local shop.

Here are some of the best anti-inflammatory superfoods to include in your weekly meals:

- **Berries** – Rich in antioxidants and vitamin C, they help protect your cells from damage and support your immune system.
- **Leafy greens** – Spinach, kale and rocket are full of vitamins A, C, K and fibre, which help your body heal and stay energised.
- **Oily fish** – A great source of omega-3 fats, which are known to ease inflammation, especially in joints and the heart.
- **Olive oil** – Particularly extra virgin, it contains antioxidants and healthy fats that reduce inflammation when used in place of other oils.
- **Nuts and seeds** – Full of fibre, magnesium, and healthy fats – just a small handful can make a big difference.
- **Turmeric and ginger** – Both have powerful anti-inflammatory and pain-relieving properties. They work well in soups, stews, teas and curries.
- **Broccoli** – Part of the cruciferous veg family, broccoli contains compounds that may protect against chronic inflammation.
- **Avocados** – Rich in monounsaturated fats, potassium and fibre – they're great for the heart and gut.
- **Green tea** – Naturally soothing and full of antioxidants that help reduce inflammation markers in the body.

You'll find many of these ingredients used throughout the recipes in this book – not because they're trendy, but because they genuinely help and are easy to use in real-life British kitchens.

Foods to Cut Back On

Some foods don't support your body's healing process and may even trigger more inflammation when eaten regularly. You don't need to be perfect, but cutting back on these can really help:

- **Ultra-processed foods** – Ready meals, takeaways, and packaged snacks are often loaded with salt, sugar, cheap fats and additives.
- **Refined carbs** – White bread, white rice, regular pasta, pastries and overly sweet cereals can spike blood sugar and worsen inflammation.
- **Added sugars** – Found in sweets, cakes, sugary drinks, sweetened yoghurts and sauces.
- **Processed meats** – Like bacon, sausages, ham and salami – these often contain preservatives and saturated fats.
- **Fried food** – Chips, crisps, fried chicken and battered items are best swapped for grilled, baked or roasted versions.
- **Alcohol** – Regular drinking can increase inflammation and affect sleep, gut health and mood. Stick to low amounts or avoid altogether.
- **Artificial ingredients** – Additives, flavourings and colourings in many packaged foods may irritate the gut and increase inflammation over time.

Start Where You Are

You don't have to overhaul your diet overnight. Just begin by adding more of the good stuff and slowly phasing out foods that don't serve your health. Even small swaps – like switching to wholemeal bread, cooking with olive oil, or adding an extra portion of veg – can make a real difference.

This book will guide you through it with easy, flavourful recipes that suit everyday life in the UK – using ingredients you can find at any local supermarket.

Chapter 3: Myths and Facts About the Anti-Inflammatory Diet

There's a lot of noise out there when it comes to health and diets – and the anti-inflammatory way of eating is no exception. It's easy to get confused or put off by things you might hear online, from friends, or even in magazines. So let's clear a few things up. This chapter tackles the most common myths about the anti-inflammatory diet and separates them from the facts – so you can get started with confidence and realistic expectations.

Myth 1: “You have to give up all your favourite foods”

Fact: This isn't about cutting out everything you love. It's about making better choices most of the time. You can still enjoy a bit of chocolate, the odd takeaway, or a slice of cake at a birthday – it's what you eat day-to-day that matters most.

Myth 2: “It's only for people with arthritis”

Fact: While it's true that the diet can help with joint pain, it's not just for arthritis. People use this way of eating to support heart health, digestion, skin conditions, autoimmune issues, energy levels, and even mental wellbeing. Inflammation affects the whole body, so calming it can help in many ways.

Myth 3: “It's just another trend or fad”

Fact: The anti-inflammatory diet is based on solid science and traditional eating patterns, like the Mediterranean diet. It's not a short-term trend – it's a long-term, balanced way of eating that many people follow for life.

Myth 4: “You have to buy expensive ‘superfoods’ or supplements”

Fact: Absolutely not. Most anti-inflammatory foods are everyday basics – like oats, carrots, lentils, berries, olive oil and leafy greens. You don't need powders, pills or anything fancy. This book focuses on simple, affordable ingredients you can get from any local supermarket.

Myth 5: “All inflammation is bad”

Fact: Your body actually needs a bit of inflammation – it's how you fight off infections and heal injuries. But when inflammation sticks around for too long, it becomes harmful. The anti-inflammatory diet helps bring things back into balance.

Myth 6: “Healthy food is boring or bland”

Fact: Not if it's done right! Herbs, spices, citrus, garlic, ginger and olive oil all add loads of flavour without relying on sugar, salt or artificial ingredients. The recipes in this book are all made to be tasty as well as nourishing – no sad salads here.

Myth 7: “You'll see results overnight”

Fact: Like anything worthwhile, change takes time. You might start to feel more energetic or less bloated within a week or two, but bigger changes (like with joint pain or skin issues) may take a few months. Stick with it – your body will thank you.

By understanding what this diet is really about, you'll be better prepared to make it part of your life – in a way that feels realistic, flexible, and enjoyable.

Chapter 4: When Will You Start Feeling the Difference?

One of the most common questions people ask when they start this way of eating is: *“How long before I feel any better?”* The answer? It varies from person to person – but the good news is that many people start to notice small, positive changes within just a few days or weeks.

This chapter is all about what to expect and how your body may respond as you begin to eat in a way that supports lower inflammation.

What You Might Notice First

Within the first **7 to 14 days**, lots of people say they start to feel:

- **Less bloated** – Your digestion may feel smoother and more settled
- **More energy** – No more afternoon slumps or constant yawning
- **Fewer cravings** – Especially for sugary snacks and processed foods
- **Better sleep** – Falling asleep more easily and waking up feeling more rested
- **Improved mood** – A calmer mind, less irritability or brain fog

These early changes are a good sign – your body is beginning to adjust and respond to the nourishing food you’re giving it.

Longer-Term Improvements

Over **4 to 12 weeks**, you may begin to notice:

- **Reduced joint pain or stiffness**
- **Clearer skin** – Less redness, breakouts or sensitivity
- **Better gut health** – More regular and comfortable digestion
- **Steadier mood** – Fewer ups and downs, more emotional balance
- **Weight loss** – If that’s one of your goals, it often happens naturally over time
- **Lower blood pressure, cholesterol, or blood sugar** – if you’re monitoring these with your GP

These changes don’t happen overnight, and progress might come in fits and starts – but the key is consistency. Small, daily improvements add up over time.

Be Kind to Yourself

Some people feel fantastic after a week. Others need a few months to see major shifts – especially if inflammation has been building up for years. Try not to compare yourself to others or expect instant results.

Keep things simple, stay hydrated, listen to your body, and take each meal as a fresh opportunity to support your health. The more you build meals around real, whole foods and fewer processed ones, the better you’re likely to feel – physically and mentally.

Chapter 5: 31-Day Meal Plan

Eating well every day doesn’t need to be complicated. This 31-day meal plan is designed to take the guesswork out of healthy eating while helping you enjoy every bite. You’ll find a balanced variety of nourishing breakfasts, satisfying lunches, hearty dinners, energising snacks, naturally sweet desserts, and soothing drinks – all using the anti-inflammatory recipes from this book.

Each day offers a colourful mix of plant-based meals, lean proteins, omega-rich fish, and wholesome treats, so you’re never short of flavour or variety. Many lunches and dinners are paired with fresh salads or vibrant vegetable sides for a complete, balanced plate. There’s plenty of flexibility too – feel free to swap similar meals around the week, batch-cook your favourites, or double up for lunch the next day.

Whether you're just getting started or want to feel more energised and nourished, this plan will guide you through a full month of eating in a way that's kind to your body, affordable, and delicious.

Let's get started!

Week 1

Day 1

Breakfast: Overnight Oats with Blueberries and Chia

Lunch: Sweet Potato and Kale Stew + Spinach and Avocado Salad

Dinner: Baked Salmon with Lemon and Dill + Roasted Cauliflower and Lentil Salad

Snack: Spiced Roasted Chickpeas with Turmeric and Cumin

Drink: Lemon and Turmeric Healing Tea

Dessert: Citrus and Chia Fruit Salad

Day 2

Breakfast: Nutty Banana Toast on Wholegrain Sourdough

Lunch: Golden Turmeric and Lentil Soup + Tomato, Cucumber, and Basil Salad

Dinner: Turmeric-Spiced Turkey Mince with Spinach and Peas + Steamed Broccoli

Snack: Avocado and Sunflower Seed Toast with Lemon Zest

Drink: Cooling Cucumber and Mint Infusion

Smoothie: Golden Turmeric Mango Smoothie

Day 3

Breakfast: Cauliflower 'Porridge' with Coconut and Ginger

Lunch: Roasted Butternut Squash and Chickpea Soup + Chickpea and Cucumber Salad

Dinner: Garlic and Rosemary Grilled Rabbit + Roasted Sweet Potatoes

Snack: Ginger-Lime Roasted Cashews

Drink: Cinnamon and Clove Detox Tea

Dessert: Avocado and Cacao Mousse

Day 4

Breakfast: Savoury Oat Bowl with Spinach and Tahini Drizzle

Lunch: Mushroom and Barley Stew with Thyme + Carrot and Beetroot Salad

Dinner: Baked Chicken Breasts with Olive Tapenade and Courgettes

Snack: Carrot and Hummus Pinwheels

Drink: Spiced Apple and Cinnamon Infusion

Smoothie: Berry and Spinach Power Blend

Day 5

Breakfast: Soft-Boiled Eggs with Steamed Greens

Lunch: Roasted Butternut Squash and Chickpea Stuffed Portobello Mushrooms + Mixed Greens and Pomegranate Salad

Dinner: Slow-Cooked Lamb Shanks with Carrots and Celery

Snack: Baked Kale Chips with Sesame and Sea Salt

Drink: Ginger, Lemon, and Honey Elixir

Dessert: Spiced Apple and Cinnamon Crumble

Day 6

Breakfast: Roasted Pears with Walnuts and Hemp Seeds

Lunch: Warm Spiced Parsnip and Pear Soup + Kale and Sweet Potato Salad

Dinner: Poached Cod with Tomato and Basil + Steamed Greens

Snack: Turmeric-Paprika Roasted Almonds

Drink: Iced Hibiscus and Rosewater Infusion

Smoothie: Anti-Inflammatory Green Dream

Day 7

Breakfast: Miso Breakfast Soup with Kale and Mushrooms

Lunch: Grilled Courgette Rolls with Herbed Cashew Cream + Roasted Vegetable Quinoa Salad

Dinner: Turmeric and Coconut Braised Turkey Thighs + Wild Rice

Snack: Avocado and Cucumber Rice Cakes

Drink: Golden Turmeric Ginger Latte

Dessert: Coconut Mango Chia Pudding

Week 2

Day 8

Breakfast: Turmeric-Spiced Porridge with Almond Milk

Lunch: Spiced Carrot and Ginger Soup + Quinoa and Roasted Vegetable Salad

Dinner: Grilled Tuna Steaks with a Lemon and Olive Oil Dressing + Steamed Broccoli

Snack: Cinnamon Baked Peaches with Walnuts

Drink: Peppermint and Ginger Digestive Tea

Smoothie: Citrus and Turmeric Energiser

Day 9

Breakfast: Sweet Potato and Beet Hash with Herbs

Lunch: Roasted Cauliflower Steaks with Tahini and Pomegranate + Mixed Greens

Dinner: Spiced Turkey Meatballs in Tomato and Pepper Sauce + Steamed Courgettes

Snack: Carrot and Hummus Pinwheels

Drink: Chilled Green Tea and Apple Cider Vinegar Tonic

Dessert: Berry and Almond Bliss Balls

Day 10

Breakfast: Avocado Smash on Rye with Pumpkin Seeds

Lunch: Coconut and Spinach Lentil Stew + Carrot and Coriander Fritters

Dinner: Ginger and Garlic Chicken with Steamed Broccoli

Snack: Baked Kale Chips with Sesame and Sea Salt

Drink: Chamomile and Turmeric Calm Tea

Smoothie: Avocado and Cucumber Hydration Smoothie

Day 11

Breakfast: Golden Millet with Stewed Plums and Cardamom

Lunch: Cabbage and Sweet Potato Detox Soup + Chickpea and Cucumber Salad

Dinner: Coriander-Spiced Beef Stir-Fry with Peppers + Brown Rice

Snack: Turmeric-Paprika Roasted Almonds

Drink: Cooling Cucumber and Mint Infusion

Dessert: Chocolate-Dipped Strawberries with Turmeric

Day 12

Breakfast: Warm Quinoa Bowl with Apples and Cinnamon

Lunch: Sardine Salad with Avocado and Mixed Greens + Rye Crispbread

Dinner: One-Pan Chicken with Cabbage and Caraway Seeds

Snack: Ginger-Lime Roasted Cashews

Drink: Golden Turmeric Ginger Latte

Smoothie: Ginger-Pineapple Detox Smoothie

Day 13

Breakfast: Chickpea Pancakes with Turmeric and Fresh Tomato Salsa

Lunch: Roasted Butternut Squash and Chickpea Soup + Carrot and Beetroot Salad

Dinner: Slow-Cooked Rabbit Ragu with Spinach and Tomatoes

Snack: Avocado and Cucumber Rice Cakes

Drink: Chilled Ginger-Lime Sparkler
Dessert: Turmeric and Ginger Poached Pears

Day 14

Breakfast: Berry and Flaxseed Smoothie
Lunch: Butternut Squash and Black Bean Tacos with Lime Yoghurt + Mixed Greens
Dinner: Cardamom and Fennel Baked Sea Bass + Roasted Vegetables
Snack: Cucumber and Hummus Bites with Fresh Dill
Drink: Lemon and Turmeric Healing Tea
Dessert: Lime and Coconut Energy Bites

Week 3

Day 15

Breakfast: Turmeric-Spiced Porridge with Almond Milk
Lunch: Herbed Chicken Traybake with Red Onion and Squash + Kale and Sweet Potato Salad
Dinner: Mussels in a Turmeric and Coconut Broth + Steamed Greens
Snack: Almond and Coconut Energy Balls with Cinnamon
Drink: Spiced Apple and Cinnamon Infusion
Smoothie: Papaya, Ginger, and Lime Smoothie

Day 16

Breakfast: Roasted Pears with Walnuts and Hemp Seeds
Lunch: Spiced Carrot and Ginger Soup + Roasted Cauliflower and Lentil Salad
Dinner: Turmeric-Spiced Pork Tenderloin with Steamed Brussels Sprouts
Snack: Turmeric-Paprika Roasted Almonds
Drink: Chamomile and Turmeric Calm Tea
Dessert: Avocado and Cacao Mousse

Day 17

Breakfast: Cauliflower 'Porridge' with Coconut and Ginger
Lunch: Stuffed Sweet Potatoes with Quinoa and Turmeric Hummus + Mixed Greens
Dinner: Ginger-Scented Braised Beef Short Ribs with Kale
Snack: Cucumber and Hummus Bites with Fresh Dill
Drink: Citrus-Mint Detox Water
Smoothie: Chia Berry Refresher

Day 18

Breakfast: Nutty Banana Toast on Wholegrain Sourdough
Lunch: Golden Turmeric and Lentil Soup + Tomato, Cucumber, and Basil Salad
Dinner: Grilled Chicken Skewers with Turmeric Yoghurt Marinade + Quinoa
Snack: Carrot and Hummus Pinwheels
Drink: Ginger, Lemon, and Honey Elixir
Dessert: Spiced Apple and Cinnamon Crumble

Day 19

Breakfast: Soft-Boiled Eggs with Steamed Greens
Lunch: Mushroom and Walnut 'Meatballs' with Tomato and Basil Sauce + Wild Rice
Dinner: Lemon and Thyme Grilled Rabbit with Steamed Spinach
Snack: Baked Kale Chips with Sesame and Sea Salt
Drink: Iced Turmeric Lemonade
Smoothie: Anti-Inflammatory Green Dream

Day 20

Breakfast: Miso Breakfast Soup with Kale and Mushrooms
Lunch: Stuffed Peppers with Lentils and Wild Rice + Mixed Greens and Pomegranate Salad
Dinner: Crispy Baked Trout with Roasted Asparagus
Snack: Avocado and Sunflower Seed Toast with Lemon Zest
Drink: Cooling Cucumber and Mint Infusion
Dessert: Berry and Almond Bliss Balls

Day 21

Breakfast: Chickpea Pancakes with Turmeric and Fresh Tomato Salsa
Lunch: Cabbage and Sweet Potato Detox Soup + Carrot and Coriander Fritters
Dinner: Coconut Chicken Soup with Kale and Carrot + Steamed Rice
Snack: Ginger-Lime Roasted Cashews
Drink: Chilled Green Tea and Apple Cider Vinegar Tonic
Dessert: Chocolate-Dipped Strawberries with Turmeric

Week 4

Day 22

Breakfast: Overnight Oats with Blueberries and Chia
Lunch: Roasted Butternut Squash and Chickpea Stuffed Portobello Mushrooms + Spinach and Avocado Salad
Dinner: Slow-Cooked Chicken and Sweet Potato Stew
Snack: Turmeric-Paprika Roasted Almonds
Drink: Cinnamon and Clove Detox Tea
Smoothie: Golden Turmeric Mango Smoothie

Day 23

Breakfast: Warm Quinoa Bowl with Apples and Cinnamon
Lunch: Hearty Bean and Tomato Stew + Tomato, Cucumber, and Basil Salad
Dinner: Cumin and Coriander Grilled Lamb with Roasted Sweet Potatoes
Snack: Cucumber and Hummus Bites with Fresh Dill
Drink: Turmeric and Coconut Soothing Drink
Dessert: Cinnamon-Baked Peaches with Walnuts

Day 24

Breakfast: Berry and Flaxseed Smoothie
Lunch: Roasted Butternut Squash and Chickpea Soup + Carrot and Beetroot Salad
Dinner: Grilled Courgette Rolls with Herbed Cashew Cream + Wild Rice
Snack: Almond and Coconut Energy Balls with Cinnamon
Drink: Pineapple and Ginger Anti-Inflammatory Cooler
Dessert: Lime and Coconut Energy Bites

Day 25

Breakfast: Golden Millet with Stewed Plums and Cardamom
Lunch: Sweet Potato and Kale Stew + Mixed Greens and Pomegranate Salad
Dinner: Baked Chicken Breasts with Olive Tapenade and Courgettes
Snack: Avocado and Sunflower Seed Toast with Lemon Zest
Drink: Iced Hibiscus and Rosewater Infusion
Smoothie: Avocado and Cucumber Hydration Smoothie

Day 26

Breakfast: Cauliflower 'Porridge' with Coconut and Ginger
Lunch: Spiced Aubergine and Chickpea Bake + Chickpea and Cucumber Salad
Dinner: Poached Cod with Tomato and Basil + Steamed Broccoli
Snack: Ginger-Lime Roasted Cashews

Drink: Ginger, Lemon, and Honey Elixir

Dessert: Avocado and Cacao Mousse

Day 27

Breakfast: Nutty Banana Toast on Wholegrain Sourdough

Lunch: Roasted Cauliflower Steaks with Tahini and Pomegranate + Quinoa and Roasted Vegetable Salad

Dinner: Paprika and Turmeric Braised Rabbit with Cauliflower Rice

Snack: Carrot and Hummus Pinwheels

Drink: Lemon and Turmeric Healing Tea

Smoothie: Citrus and Turmeric Energiser

Day 28

Breakfast: Sweet Potato and Beet Hash with Herbs

Lunch: Coconut and Spinach Lentil Stew + Roasted Cauliflower and Lentil Salad

Dinner: Seared Scallops with Roasted Beetroot and Kale

Snack: Turmeric-Paprika Roasted Almonds

Drink: Chilled Ginger-Lime Sparkler

Dessert: Spiced Apple and Cinnamon Crumble

Week 5

Day 29

Breakfast: Soft-Boiled Eggs with Steamed Greens

Lunch: Beetroot and Cabbage Broth + Chickpea and Cucumber Salad

Dinner: Turmeric and Coconut Braised Turkey Thighs + Steamed Spinach

Snack: Baked Kale Chips with Sesame and Sea Salt

Drink: Cinnamon and Clove Detox Tea

Smoothie: Ginger-Pineapple Detox Smoothie

Day 30

Breakfast: Avocado Smash on Rye with Pumpkin Seeds

Lunch: Mushroom and Barley Stew with Thyme + Carrot and Beetroot Salad

Dinner: Baked Salmon with Lemon and Dill + Quinoa and Greens

Snack: Avocado and Cucumber Rice Cakes

Drink: Turmeric and Coconut Soothing Drink

Dessert: Chocolate-Dipped Strawberries with Turmeric

Day 31

Breakfast: Miso Breakfast Soup with Kale and Mushrooms

Lunch: Butternut Squash and Black Bean Tacos with Lime Yoghurt + Mixed Greens

Dinner: Garlic and Rosemary Grilled Rabbit with Steamed Broccoli

Snack: Berry and Almond Bliss Balls

Drink: Golden Turmeric Ginger Latte

Dessert: Citrus and Chia Fruit Salad

Chapter 6: Nourishing Recipes for Every Day and Special Occasions

In this chapter, you'll find a collection of simple, delicious recipes designed to support your body and help reduce inflammation. Whether you're looking for easy meals for your everyday routine or something special to share with family and friends, these dishes are here to show you that eating anti-inflammatory doesn't mean sacrificing flavour or enjoyment.

Each recipe is crafted with healing, whole foods that are not only nutritious but also incredibly satisfying. From vibrant breakfasts to hearty dinners, light lunches, and even some feel-good treats for special occasions, these meals are made to nourish you – and taste amazing at the same time.

Enjoy the ease of everyday cooking, and let these recipes help you feel your best, with nourishing meals that are perfect for any time of day or a memorable celebration.

A Nourishing Start – Anti-Inflammatory Breakfasts

Breakfast sets the tone for your day, providing the nourishment your body needs to stay energised, focused, and balanced. On an anti-inflammatory diet, your first meal is an opportunity to calm the body, support digestion, and provide long-lasting energy—without relying on ultra-processed foods or added sugars.

With the right ingredients, breakfast can help reduce inflammation, improve concentration, and keep you feeling satisfied well into the morning.

What to Include in an Anti-Inflammatory Breakfast

- **Fibre-rich grains:** Try oats, buckwheat, or quinoa to help support gut health and steady energy.
- **Healthy fats:** Include avocado, nuts, seeds, or a drizzle of flaxseed oil to support brain and heart health.
- **Fresh fruits and vegetables:** Berries, spinach, and other colourful produce offer natural antioxidants and essential nutrients.
- **Plant-based or lean proteins:** Think tofu, beans, or eggs for a satisfying start.

Tips for a Nourishing Morning

- Prep the night before—overnight oats or pre-chopped fruit make mornings easier.
- Choose whole, minimally processed ingredients to keep inflammation in check.
- Add warming spices like cinnamon or turmeric for extra anti-inflammatory benefits.
- With these vibrant, whole-food breakfasts, you'll begin your day with clarity, calm energy, and a happy gut.

Overnight Oats with Blueberries and Chia

Preparation Time: 5 minutes | **Cooking Time:** None (overnight soak) | **Servings:** 1

Ingredients:

50 g rolled oats
150 ml unsweetened almond milk
(or any plant-based milk)
1 tablespoon chia seeds
½ teaspoon ground cinnamon
½ teaspoon vanilla extract
(optional)
75 g fresh or frozen blueberries
1 teaspoon maple syrup (optional)

Instructions:

1. In a jar or bowl, combine the oats, almond milk, chia seeds, cinnamon, and vanilla extract if using. Stir well.
2. Gently fold in the blueberries.
3. Cover and refrigerate overnight, or for at least 6 hours.
4. In the morning, give the mixture a good stir. Add a little extra almond milk if it's too thick.
5. Drizzle with maple syrup if desired, and serve chilled or at room temperature.

Serving Suggestions:

Top with a spoonful of plain coconut yoghurt or a few chopped walnuts for extra creaminess and crunch.

Nutritional Information (Per Serving):

Calories: 280 kcal | Protein: 7 g | Carbohydrates: 38 g | Fibre: 9 g | Sugars: 9 g | Fat: 10 g | Cholesterol: 0 mg

Savoury Oat Bowl with Spinach and Tahini Drizzle

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Serves:** 1

Ingredients:

50 g rolled oats
250 ml water or low-sodium
vegetable stock
1 handful fresh spinach
1 tablespoon tahini
1 teaspoon lemon juice (optional)
A pinch of ground turmeric
A pinch of black pepper
1 teaspoon olive oil
Sea salt to taste

Instructions:

1. In a small saucepan, bring the water or stock to the boil. Stir in the oats, turmeric, black pepper, and a small pinch of salt.
2. Reduce the heat and simmer gently for 5–7 minutes, stirring occasionally, until the oats are soft and creamy.
3. Add the spinach and stir until wilted—this should take about 1–2 minutes.
4. In a small bowl, mix the tahini with lemon juice and 1–2 teaspoons of warm water until smooth and pourable.
5. Spoon the oats into a bowl, drizzle with tahini sauce, and finish with a swirl of olive oil.

Serving Suggestions:

Top with a few slices of avocado for added protein and anti-inflammatory fats.

Nutritional Information (Per Serving):

Calories: 290 kcal | Protein: 9 g | Carbohydrates: 28 g | Fibre: 6 g | Sugars: 1 g | Fat: 16 g | Cholesterol: 0 mg

Soft-Boiled Eggs with Steamed Greens

Preparation Time: 5 minutes | **Cooking Time:** 6 minutes | **Servings:** 1

Ingredients:

2 medium eggs
1 large handful leafy greens (such as spinach, kale, or spring greens)
1 teaspoon olive oil
A pinch of sea salt
A twist of black pepper (optional)
A few chilli flakes (optional)

Instructions:

1. Bring a small pan of water to the boil. Gently lower in the eggs and simmer for 6 minutes for soft yolks.
2. While the eggs cook, steam the greens over boiling water for 2–3 minutes until tender but vibrant.
3. Once the eggs are done, place them in cold water for 1 minute to stop the cooking.
4. Peel the eggs and place them on a plate with the steamed greens.
5. Drizzle with olive oil, season with salt, and add black pepper or chilli flakes if desired.

Serving Suggestions:

Serve with a slice of wholegrain toast or a few wedges of ripe avocado for added fibre and healthy fats.

Nutritional Information (Per Serving):

Calories: 210 kcal | Protein: 12 g | Carbohydrates: 3 g | Fibre: 2 g | Sugars: 1 g | Fat: 16 g | Cholesterol: 370 mg

Cauliflower ‘Porridge’ with Coconut and Ginger

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

150 g cauliflower florets (roughly chopped)
150 ml unsweetened coconut milk (from a carton, not a tin)
1 teaspoon freshly grated ginger
½ teaspoon ground cinnamon
1 tablespoon ground flaxseed
1 teaspoon maple syrup (optional)
1 tablespoon desiccated coconut
A small pinch of sea salt

Instructions:

1. Place the cauliflower florets in a food processor and pulse until they resemble rice or fine grains.
2. In a small saucepan, combine the cauliflower ‘rice’, coconut milk, grated ginger, cinnamon, and a pinch of salt.
3. Cook over a gentle heat for 6–8 minutes, stirring occasionally, until the cauliflower softens and the mixture thickens slightly.
4. Stir in the ground flaxseed and maple syrup if using, and cook for another minute.
5. Spoon into a bowl and top with desiccated coconut before serving.

Serving Suggestions:

Add a few fresh berries or a spoonful of almond butter for extra nourishment and texture.

Nutritional Information (Per Serving):

Calories: 190 kcal | Protein: 4 g | Carbohydrates: 10 g | Fibre: 6 g | Sugars: 4 g | Fat: 14 g | Cholesterol: 0 mg

Nutty Banana Toast on Wholegrain Sourdough

Preparation Time: 5 minutes | **Cooking Time:** 2 minutes | **Servings:** 1

Ingredients:

1 slice wholegrain sourdough bread
½ ripe banana, sliced
1 tablespoon unsweetened almond butter or walnut butter
A pinch of ground cinnamon
A few crushed walnuts or pumpkin seeds (optional)

Instructions:

1. Toast the slice of sourdough to your liking.
2. Spread the nut butter evenly over the warm toast.
3. Top with banana slices and a light sprinkle of cinnamon.
4. Add crushed walnuts or pumpkin seeds if using.

Serving Suggestions:

Serve with a cup of green tea or warm water with fresh ginger to further support anti-inflammatory benefits.

Nutritional Information (Per Serving):

Calories: 260 kcal | Protein: 6 g | Carbohydrates: 25 g | Fibre: 5 g | Sugars: 6 g | Fat: 14 g | Cholesterol: 0 mg

Roasted Pears with Walnuts and Hemp Seeds

Preparation Time: 5 minutes | **Cooking Time:** 20 minutes | **Servings:** 1

Ingredients:

1 ripe pear, halved and cored
1 teaspoon coconut oil or olive oil
½ teaspoon ground cinnamon
1 tablespoon chopped walnuts
1 teaspoon hemp seeds
1 teaspoon maple syrup (optional)

Instructions:

1. Preheat the oven to 180°C (fan 160°C/gas mark 4).
2. Place the pear halves cut side up in a small baking dish. Brush lightly with oil and sprinkle with cinnamon.
3. Roast in the oven for 18–20 minutes, until the pears are soft and golden at the edges.
4. Remove from the oven and sprinkle with walnuts and hemp seeds.
5. Drizzle with maple syrup if desired, and serve warm.

Serving Suggestions:

Lovely on its own, or alongside a spoonful of unsweetened coconut yoghurt for extra creaminess and balance.

Nutritional Information (Per Serving):

Calories: 210 kcal | Protein: 4 g | Carbohydrates: 18 g | Fibre: 4 g | Sugars: 12 g | Fat: 14 g | Cholesterol: 0 mg

Turmeric-Spiced Porridge with Almond Milk

Preparation Time: 5 minutes | **Cooking Time:** 5-7 minutes | **Servings:** 1

Ingredients:

50 g rolled oats
250 ml unsweetened almond milk
½ teaspoon ground turmeric
½ teaspoon ground cinnamon
A pinch of black pepper
1 teaspoon maple syrup (optional)
1 tablespoon ground flaxseed (optional)

Instructions:

1. In a small saucepan, combine the oats, almond milk, turmeric, cinnamon, black pepper, and a pinch of salt.
2. Bring to a gentle simmer over medium heat, stirring occasionally.
3. Cook for 5–7 minutes, until the oats are soft and the porridge has thickened to your liking.
4. Stir in maple syrup and ground flaxseed if desired, then remove from heat.
5. Spoon into a bowl and serve warm.

Serving Suggestions:

Top with a few sliced almonds or a sprinkle of chia seeds for added crunch and healthy fats.

Nutritional Information (Per Serving):

Calories: 250 kcal | Protein: 7 g | Carbohydrates: 33 g | Fibre: 6 g | Sugars: 6 g | Fat: 9 g | Cholesterol: 0 mg

Miso Breakfast Soup with Kale and Mushrooms

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

1 teaspoon miso paste (preferably organic, gluten-free if needed)
250 ml hot water
1 small handful kale, chopped
50 g mushrooms, sliced (shiitake, button, or any preferred variety)
1 teaspoon sesame oil
½ teaspoon grated fresh ginger
1 spring onion, finely sliced (optional)
A pinch of black pepper
1 teaspoon toasted sesame seeds (optional)

Instructions:

1. In a small saucepan, dissolve the miso paste in the hot water and stir until fully combined.
2. Add the sliced mushrooms and grated ginger to the broth, and simmer for 5 minutes until the mushrooms are tender.
3. Add the chopped kale to the pot and cook for another 2–3 minutes, until the kale is wilted and tender.
4. Stir in the sesame oil and season with black pepper.
5. Serve the soup in a bowl, garnished with sliced spring onion and toasted sesame seeds if desired.

Serving Suggestions:

Pair with a slice of wholegrain sourdough for a more filling breakfast.

Nutritional Information (Per Serving):

Calories: 180 kcal | Protein: 6 g | Carbohydrates: 12 g | Fibre: 4 g | Sugars: 3 g | Fat: 14 g | Cholesterol: 0 mg

Avocado Smash on Rye with Pumpkin Seeds

Preparation Time: 5 minutes | **Cooking Time:** 2 minutes | **Servings:** 1

Ingredients:

1 ripe avocado
1 slice rye bread
1 tablespoon pumpkin seeds
A squeeze of fresh lemon juice (optional)
A pinch of sea salt
A twist of black pepper
A sprinkle of ground turmeric (optional)

Instructions:

1. Toast the slice of rye bread to your liking.
2. While the bread is toasting, scoop the flesh of the avocado into a bowl and mash with a fork.
3. Add a squeeze of lemon juice, a pinch of salt, and a twist of black pepper to the mashed avocado. Stir in a pinch of turmeric if desired.
4. Spread the smashed avocado onto the warm toast.
5. Top with pumpkin seeds for added crunch and nutritional value.

Serving Suggestions: Add a handful of leafy greens like spinach or rocket.

Nutritional Information (Per Serving):

Calories: 300 kcal | Protein: 7 g | Carbohydrates: 25 g | Fibre: 10 g | Sugars: 1 g | Fat: 20 g | Cholesterol: 0 mg

Sweet Potato and Beet Hash with Herbs

Preparation Time: 10 minutes | **Cooking Time:** 15-20 minutes | **Servings:** 1

Ingredients:

1 small sweet potato, peeled and diced
1 small beetroot, peeled and diced
1 tablespoon olive oil
½ teaspoon ground turmeric
½ teaspoon ground cumin
A pinch of black pepper
A pinch of sea salt
Fresh herbs (such as parsley, thyme, or coriander), chopped (optional)

Instructions:

1. Heat the olive oil in a frying pan over medium heat.
2. Add the diced sweet potato and beetroot to the pan and cook for 10–12 minutes, stirring occasionally, until they begin to soften.
3. Sprinkle in the turmeric, cumin, black pepper, and sea salt. Stir well to coat the vegetables in the spices.
4. Continue cooking for another 5–7 minutes until the vegetables are tender and slightly crispy around the edges.
5. Remove from the heat and sprinkle with fresh herbs of your choice before serving.

Serving Suggestions:

Serve with a dollop of unsweetened natural yoghurt for creaminess.

Nutritional Information (Per Serving):

Calories: 230 kcal | Protein: 3 g | Carbohydrates: 38 g | Fibre: 7 g | Sugars: 12 g | Fat: 9 g | Cholesterol: 0 mg

Golden Millet with Stewed Plums and Cardamom

Preparation Time: 5 minutes | **Cooking Time:** 15 minutes | **Servings:** 1

Ingredients:

50 g golden millet
250 ml water or unsweetened almond milk
2 plums, pitted and chopped
1/4 teaspoon ground cardamom
1/2 teaspoon ground cinnamon
1 teaspoon honey or maple syrup (optional)
A pinch of sea salt

Instructions:

1. Rinse the millet under cold water and drain.
2. In a small saucepan, combine the millet and water (or almond milk) with a pinch of salt. Bring to a boil, then reduce the heat to low. Cover and simmer for 10–12 minutes until the millet is soft and the liquid has been absorbed.
3. While the millet is cooking, place the chopped plums in a separate small saucepan with the cardamom and cinnamon. Add a splash of water, cover, and simmer on low heat for 5–7 minutes, stirring occasionally, until the plums are softened and release their juices.
4. Once the millet is cooked, fluff with a fork and spoon into a bowl.
5. Spoon the stewed plums and their juices over the millet. Drizzle with honey or maple syrup if desired.

Serving Suggestions: Top with a sprinkle of chia seeds or a handful of almonds for added texture and healthy fats.

Nutritional Information (Per Serving):

Calories: 250 kcal | Protein: 5 g | Carbohydrates: 50 g | Fibre: 7 g | Sugars: 18 g | Fat: 5 g | Cholesterol: 0 mg

Berry and Flaxseed Smoothie

Preparation Time: 5 minutes | **Cooking Time:** none | **Servings:** 1

Ingredients:

100 g mixed berries (fresh or frozen)
1 tablespoon ground flaxseeds
150 ml unsweetened almond milk (or water)
1/2 banana (optional for sweetness)
1 teaspoon honey or maple syrup (optional)
A pinch of cinnamon (optional)

Instructions:

1. Place the mixed berries, ground flaxseeds, almond milk (or water), and banana (if using) into a blender.
2. Blend until smooth and creamy.
3. Taste and add honey or maple syrup for extra sweetness, if desired.
4. Pour into a glass and sprinkle with a pinch of cinnamon for added flavour.

Serving Suggestions:

Serve immediately for a cool, refreshing breakfast or snack. You can also add a few chia seeds or pumpkin seeds for extra crunch and healthy fats.

Nutritional Information (Per Serving):

Calories: 180 kcal | Protein: 4 g | Carbohydrates: 30 g | Fibre: 8 g | Sugars: 15 g | Fat: 7 g | Cholesterol: 0 mg

Chickpea Pancakes with Turmeric and Fresh Tomato Salsa

Preparation Time: 10 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

For the pancakes:

50 g chickpea flour
100 ml water
½ teaspoon ground turmeric
A pinch of ground black pepper
A pinch of sea salt
1 tablespoon olive oil (for cooking)

For the salsa:

1 medium tomato, chopped
½ small red onion, finely chopped
1 tablespoon fresh coriander, chopped
A squeeze of fresh lemon juice
A pinch of sea salt
A twist of black pepper

Instructions:

1. In a mixing bowl, combine the chickpea flour, water, turmeric, black pepper, and salt. Stir until smooth to create a batter.
2. Heat a non-stick frying pan over medium heat and add a little olive oil.
3. Pour the batter into the pan to form a small pancake. Cook for 2–3 minutes on each side, until golden and crispy. Repeat with the remaining batter, adding more oil if necessary.
4. While the pancakes are cooking, prepare the salsa by mixing the chopped tomato, red onion, coriander, lemon juice, salt, and pepper in a small bowl.
5. Serve the pancakes warm, topped with the fresh tomato salsa.

Serving Suggestions: Pair with a side of leafy greens or a dollop of natural yogurt for extra protein.

Nutritional Information (Per Serving):

Calories: 250 kcal | Protein: 59 g | Carbohydrates: 35 g | Fibre: 7 g | Sugars: 6 g | Fat: 9 g | Cholesterol: 0 mg

Warm Quinoa Bowl with Apples and Cinnamon

Preparation Time: 5 minutes | **Cooking Time:** 15 minutes | **Servings:** 1

Ingredients:

50 g quinoa
250 ml water or unsweetened almond milk
1 apple, cored and chopped
½ teaspoon ground cinnamon
1 teaspoon maple syrup or honey (optional)
A pinch of sea salt
A handful of chopped walnuts or almonds (optional)

Instructions:

1. Rinse the quinoa under cold water and drain.
2. In a small saucepan, combine the quinoa, water (or almond milk), and a pinch of salt. Bring to a boil, then reduce the heat to low. Cover and simmer for 12–15 minutes, or until the quinoa is tender and the liquid is absorbed.
3. While the quinoa is cooking, heat a separate pan over medium heat and add the chopped apple and cinnamon. Cook for 5 minutes, stirring occasionally, until the apples are softened and slightly caramelised.
4. Once the quinoa is cooked, fluff with a fork and spoon into a bowl.
5. Top with the cooked apples and a drizzle of maple syrup or honey if desired. Add a handful of walnuts or almonds for extra crunch.

Serving Suggestions:

Serve with a dollop of natural yogurt or a sprinkle of ground flaxseeds for added texture and healthy fats.

Nutritional Information (Per Serving):

Calories: 290 kcal | Protein: 7 g | Carbohydrates: 55 g | Fibre: 7 g | Sugars: 15 g | Fat: 7 g | Cholesterol: 0 mg

Soups and Stews: Hearty and Healing Bowls

Soups and stews are the ultimate comfort food, offering warmth and nourishment while helping to combat inflammation. These wholesome dishes are perfect for any time of day, providing a variety of flavours and textures that support your body's natural healing process. From light broths to rich, hearty stews, these recipes are designed to fill you up, help reduce inflammation, and support overall wellbeing.

What to Include in Anti-Inflammatory Soups and Stews:

- **Leafy Greens:** Kale, spinach, and other dark leafy vegetables are rich in antioxidants and minerals that help reduce inflammation.
- **Root Vegetables:** Carrots, sweet potatoes, and beetroot are excellent sources of nutrients that fight inflammation naturally.
- **Legumes:** Beans and lentils offer plant-based protein and fibre, keeping you full and supporting your digestive health.
- **Spices:** Turmeric, ginger, and garlic are all essential ingredients known for their anti-inflammatory properties, adding both warmth and flavour to your dishes.

Tips for Making the Most of Your Soups and Stews:

- **Cook in Batches:** Prepare larger portions and store them in the fridge or freezer for quick, nutritious meals throughout the week.
- **Incorporate Healthy Fats:** Add a drizzle of olive oil or a spoonful of avocado for extra flavour and essential fats.
- **Get Creative with Flavours:** Don't be afraid to experiment with different herbs and spices to create unique, vibrant dishes.

With these nourishing soups and stews, you can enjoy a comforting, anti-inflammatory meal that fuels your body with goodness.

Golden Turmeric and Lentil Soup

Preparation Time: 10 minutes | **Cooking Time:** 30 minutes | **Servings:** 2

Ingredients:

150 g red lentils, rinsed
1 tablespoon olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
1 tablespoon fresh ginger, grated
1 teaspoon ground turmeric
1/2 teaspoon ground cumin
1/4 teaspoon ground cinnamon
1/2 teaspoon ground coriander
750 ml vegetable stock (low-sodium, or water)
1 medium carrot, peeled and diced
1 small sweet potato, peeled and diced
A pinch of sea salt
Freshly ground black pepper, to taste
Juice of 1/2 lemon
Fresh coriander, chopped (optional for garnish)

Instructions:

1. Heat the olive oil in a large saucepan over medium heat. Add the onion and sauté for 5–7 minutes, until softened.
2. Add the garlic, ginger, turmeric, cumin, cinnamon, and coriander to the pan. Stir and cook for 1–2 minutes, until fragrant.
3. Add the lentils, carrot, and sweet potato to the pan, and pour in the vegetable stock. Bring to a boil.
4. Once boiling, reduce the heat to low and simmer for 25–30 minutes, or until the lentils and vegetables are tender and the soup has thickened.
5. Season with sea salt and freshly ground black pepper to taste.
6. Blend the soup using an immersion blender until smooth, or leave it chunky, depending on your preference.
7. Stir in the lemon juice and serve hot, garnished with fresh coriander if desired.

Serving Suggestions:

Serve with a slice of wholegrain sourdough or a sprinkle of pumpkin seeds for added texture.

Nutritional Information (Per Serving):

Calories: 270 kcal | Protein: 14 g | Carbohydrates: 46 g | Fibre: 14 g | Sugars: 10 g | Fat: 6 g | Cholesterol: 0 mg

Sweet Potato and Kale Stew

Preparation Time: 10 minutes | **Cooking Time:** 30 minutes | **Servings:** 2

Ingredients:

1 tablespoon olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
1 medium sweet potato, peeled and diced
1/2 teaspoon ground turmeric
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
750 ml vegetable stock (low-sodium, or water)
200 g kale, stems removed and chopped
1 medium carrot, peeled and diced
1/2 teaspoon sea salt
Freshly ground black pepper, to taste
Juice of 1/2 lemon

Instructions:

1. Heat the olive oil in a large saucepan over medium heat. Add the onion and sauté for 5 minutes, until softened.
2. Add the garlic, sweet potato, turmeric, cumin, and coriander. Stir well to coat the vegetables with the spices and cook for another 2 minutes.
3. Pour in the vegetable stock, bring to a boil, then reduce the heat to low and simmer for 20–25 minutes, or until the sweet potato is tender.
4. Add the kale and carrot, and continue to simmer for an additional 5–7 minutes, until the kale is wilted and tender.
5. Season with sea salt and freshly ground black pepper to taste.
6. Stir in the lemon juice and serve hot.

Serving Suggestions:

Serve with a side of quinoa or a drizzle of extra virgin olive oil for added flavour and healthy fats.

Nutritional Information (Per Serving):

Calories: 220 kcal | Protein: 5 g | Carbohydrates: 40 g | Fibre: 9 g | Sugars: 12 g | Fat: 8 g | Cholesterol: 0 mg

Spiced Carrot and Ginger Soup

Preparation Time: 10 minutes | **Cooking Time:** 25 minutes | **Servings:** 2

Ingredients:

1 tablespoon olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
1 tablespoon fresh ginger, grated
500 g carrots, peeled and sliced
1/2 teaspoon ground turmeric
1/2 teaspoon ground cumin
750 ml vegetable stock (low-sodium, or water)
A pinch of sea salt
Freshly ground black pepper, to taste
Juice of 1/2 lemon

Instructions:

1. Heat the olive oil in a large saucepan over medium heat. Add the onion and sauté for 5 minutes, until softened.
2. Add the garlic and ginger, and cook for another 1–2 minutes until fragrant.
3. Stir in the turmeric and cumin, and cook for an additional 1 minute, allowing the spices to release their flavours.
4. Add the carrots and vegetable stock. Bring to a boil, then reduce the heat to low and simmer for 20 minutes, or until the carrots are tender.
5. Season with sea salt and freshly ground black pepper to taste.
6. Use an immersion blender to blend the soup until smooth, or leave it slightly chunky if preferred.

Serving Suggestions:

Serve with a dollop of natural yoghurt (optional) or alongside a slice of wholegrain sourdough for a wholesome meal.

Nutritional Information (Per Serving):

Calories: 210 kcal | Protein: 3 g | Carbohydrates: 40 g | Fibre: 8 g | Sugars: 15 g | Fat: 7 g | Cholesterol: 0 mg

Hearty Bean and Tomato Stew

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

1 tablespoon olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
1/2 teaspoon ground turmeric
1/2 teaspoon ground cumin
1/2 teaspoon ground paprika
400 g tin of chopped tomatoes (no added sugar or salt)
1 can (400 g) mixed beans or cannellini beans, drained and rinsed
750 ml vegetable stock (low-sodium, or water)
1 medium carrot, peeled and diced
1 small zucchini (courgette), diced
1/2 teaspoon sea salt
Freshly ground black pepper, to taste
Fresh basil or parsley (optional for garnish)

Instructions:

1. Heat the olive oil in a large saucepan over medium heat. Add the onion and sauté for 5 minutes, until softened.
2. Add the garlic, turmeric, cumin, and paprika, and cook for another 1–2 minutes, stirring frequently to release the aromas of the spices.
3. Pour in the chopped tomatoes, mixed beans, vegetable stock, carrot, and zucchini. Stir well and bring to a boil.
4. Once boiling, reduce the heat to low and simmer for 20–25 minutes, or until the vegetables are tender and the flavours have melded together.
5. Season with sea salt and freshly ground black pepper to taste.
6. Serve hot, garnished with fresh basil or parsley, if desired.

Serving Suggestions:

This stew can be enjoyed on its own or served with a side of steamed greens or a slice of wholegrain bread for added fibre.

Nutritional Information (Per Serving):

Calories: 300 kcal | Protein: 14 g | Carbohydrates: 50 g | Fibre: 14 g | Sugars: 12 g | Fat: 8 g | Cholesterol: 0 mg

Roasted Butternut Squash and Chickpea Soup

Preparation Time: 10 minutes | **Cooking Time:** 40 minutes | **Servings:** 2

Ingredients:

1 medium butternut squash, peeled, seeded, and cubed
1 tablespoon olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
1 teaspoon ground turmeric
1/2 teaspoon ground cumin
750 ml vegetable stock (low-sodium, or water)
1 can (400 g) chickpeas, drained and rinsed
1/2 teaspoon sea salt
Freshly ground black pepper, to taste
Juice of 1/2 lemon
Fresh coriander, chopped (optional for garnish)

Instructions:

1. Preheat the oven to 200°C (180°C fan, Gas Mark 6). Place the butternut squash cubes on a baking tray, drizzle with olive oil, and roast for 25–30 minutes, or until tender and lightly caramelised, stirring halfway through.
2. While the squash is roasting, heat the olive oil in a large saucepan over medium heat. Add the onion and sauté for 5 minutes until softened.
3. Add the garlic, turmeric, and cumin, and cook for 1–2 minutes until fragrant.
4. Once the squash is roasted, add it to the saucepan along with the vegetable stock. Bring to a boil, then reduce the heat to low and simmer for 10 minutes to combine the flavours.
5. Stir in the chickpeas and cook for a further 5 minutes.
6. Use an immersion blender to blend the soup until smooth, or leave it slightly chunky for more texture.
7. Season with sea salt, freshly ground black pepper, and lemon juice to taste.
8. Serve hot, garnished with fresh coriander if desired.

Serving Suggestions:

This soup pairs beautifully with a slice of wholegrain sourdough or a sprinkle of pumpkin seeds for added texture.

Nutritional Information (Per Serving):

Calories: 270 kcal | Protein: 10 g | Carbohydrates: 45 g | Fibre: 12 g | Sugars: 15 g | Fat: 8 g | Cholesterol: 0 mg

Beetroot and Cabbage Broth

Preparation Time: 10 minutes | **Cooking Time:** 30 minutes | **Servings:** 2

Ingredients:

1 medium onion, finely chopped
2 garlic cloves, minced
2 medium beetroots, peeled and diced
1/2 small cabbage, shredded
750 ml vegetable stock (low-sodium, or water)
1/2 teaspoon ground cumin
1/2 teaspoon ground turmeric
A pinch of sea salt
Freshly ground black pepper, to taste
Fresh parsley, chopped (optional for garnish)
Juice of 1/2 lemon

Instructions:

1. Heat the olive oil in a large saucepan over medium heat. Add the onion and sauté for 5 minutes until softened.
2. Add the garlic and cook for 1–2 minutes until fragrant.
3. Stir in the cumin and turmeric, and cook for 1 minute to release the flavours of the spices.
4. Add the diced beetroot and vegetable stock. Bring to a boil, then reduce the heat to low and simmer for 20 minutes until the beetroot is tender.
5. Add the shredded cabbage and simmer for an additional 5–10 minutes, until the cabbage is tender but still vibrant.
6. Season with sea salt, freshly ground black pepper, and lemon juice to taste.
7. Serve hot, garnished with fresh parsley, if desired.

Serving Suggestions:

This broth pairs wonderfully with a slice of wholegrain sourdough or a handful of pumpkin seeds for added texture and crunch.

Nutritional Information (Per Serving):

Calories: 180 kcal | Protein: 6 g | Carbohydrates: 35 g | Fibre: 12 g | Sugars: 12 g | Fat: 6 g | Cholesterol: 0 mg

Mushroom and Barley Stew with Thyme

Preparation Time: 10 minutes | **Cooking Time:** 40 hours | **Servings:** 2

Ingredients:

1 tablespoon olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
200 g chestnut mushrooms, sliced
100 g pearl barley
750 ml vegetable stock (low-sodium, or water)
1 teaspoon dried thyme
1/2 teaspoon ground black pepper
1/2 teaspoon sea salt
Fresh thyme sprigs (optional for garnish)

Instructions:

1. Heat the olive oil in a large saucepan over medium heat. Add the onion and sauté for 5 minutes until softened.
2. Add the garlic and cook for 1–2 minutes, until fragrant.
3. Stir in the sliced mushrooms and cook for 5–7 minutes, until the mushrooms release their moisture and start to brown.
4. Add the pearl barley, vegetable stock, dried thyme, sea salt, and ground black pepper. Stir well.
5. Bring the stew to a boil, then reduce the heat to low. Cover and simmer for 30 minutes, or until the barley is tender and the stew has thickened.
6. If the stew gets too thick, add a little more water or vegetable stock to reach your desired consistency.
7. Taste and adjust seasoning, adding more salt or pepper if needed.
8. Serve hot, garnished with fresh thyme sprigs, if desired.

Serving Suggestions:

This stew pairs well with a side of steamed greens or a slice of wholegrain bread for added fibre.

Nutritional Information (Per Serving):

Calories: 270 kcal | Protein: 10 g | Carbohydrates: 50 g | Fibre: 12 g | Sugars: 8 g | Fat: 7 g | Cholesterol: 0 mg

Warm Spiced Parsnip and Pear Soup

Preparation Time: 10 minutes | **Cooking Time:** 20 minutes | **Servings:** 2

Ingredients:

1 tablespoon olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
2 medium parsnips, peeled and chopped
1 ripe pear, peeled, cored, and chopped
750 ml vegetable stock (low-sodium, or water)
1 teaspoon ground turmeric
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cumin
1/4 teaspoon freshly ground black pepper
1/2 teaspoon sea salt
Juice of 1/2 lemon
Fresh parsley, chopped (optional for garnish)

Instructions:

1. Heat the olive oil in a large saucepan over medium heat. Add the onion and sauté for 5 minutes until softened.
2. Add the garlic and cook for 1–2 minutes, until fragrant.
3. Stir in the turmeric, cinnamon, cumin, black pepper, and sea salt, and cook for 1 minute to release the spices' aromas.
4. Add the parsnips and pear to the pan, and stir to combine with the spices.
5. Pour in the vegetable stock and bring to a boil. Reduce the heat to low and simmer for 20–25 minutes, or until the parsnips are tender.
6. Use an immersion blender to blend the soup until smooth, or leave it slightly chunky for more texture.
7. Stir in the lemon juice and adjust seasoning, adding more salt or pepper if needed.
8. Serve hot, garnished with fresh parsley if desired.

Serving Suggestions:

This soup is delicious when paired with a slice of wholegrain sourdough or a sprinkle of roasted pumpkin seeds for extra crunch.

Nutritional Information (Per Serving):

Calories: 210 kcal | Protein: 4 g | Carbohydrates: 45 g | Fibre: 9 g | Sugars: 16 g | Fat: 6 g | Cholesterol: 0 mg

Coconut and Spinach Lentil Stew

Preparation Time: 10 minutes | **Cooking Time:** 30 minutes | **Servings:** 2

Ingredients:

1 tablespoon olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
1 teaspoon ground turmeric
1 teaspoon ground cumin
200 g dried red lentils, rinsed
400 ml can of coconut milk (full-fat or light, depending on preference)
750 ml vegetable stock (low-sodium, or water)
1/2 teaspoon sea salt
Freshly ground black pepper, to taste
200 g fresh spinach leaves
Juice of 1/2 lemon
Fresh coriander, chopped (optional for garnish)

Instructions:

1. Heat the olive oil in a large saucepan over medium heat. Add the onion and sauté for 5 minutes until softened.
2. Add the garlic, turmeric, and cumin, and cook for 1–2 minutes until fragrant.
3. Stir in the rinsed lentils, coconut milk, vegetable stock, sea salt, and black pepper. Bring the mixture to a boil.
4. Reduce the heat to low and simmer, covered, for 20–25 minutes, or until the lentils are tender and the stew has thickened.
5. Stir in the spinach and cook for 2–3 minutes, until the spinach has wilted.
6. Add the lemon juice and taste the stew, adjusting seasoning with salt or pepper if needed.
7. Serve hot, garnished with fresh coriander, if desired.

Serving Suggestions:

This stew pairs wonderfully with a side of steamed brown rice or quinoa for added fibre and texture.

Nutritional Information (Per Serving):

Calories: 330 kcal | Protein: 12 g | Carbohydrates: 40 g | Fibre: 10 g | Sugars: 7 g | Fat: 14 g | Cholesterol: 0 mg

Cabbage and Sweet Potato Detox Soup

Preparation Time: 10 minutes | **Cooking Time:** 30 minutes | **Servings:** 2

Ingredients:

1 tablespoon olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
1 medium sweet potato, peeled and diced
1/2 small cabbage, shredded
750 ml vegetable stock (low-sodium, or water)
1 teaspoon ground turmeric
1/2 teaspoon ground cumin
1/2 teaspoon sea salt
Freshly ground black pepper, to taste
Juice of 1/2 lemon
Fresh parsley or coriander, chopped (optional for garnish)

Instructions:

1. Heat the olive oil in a large saucepan over medium heat. Add the onion and sauté for 5 minutes until softened.
2. Add the garlic and cook for 1–2 minutes, until fragrant.
3. Stir in the turmeric, cumin, sea salt, and black pepper, and cook for 1 minute to release the spices' aromas.
4. Add the diced sweet potato and vegetable stock. Bring to a boil, then reduce the heat to low and simmer for 15–20 minutes, or until the sweet potato is tender.
5. Stir in the shredded cabbage and cook for a further 5–10 minutes, until the cabbage is tender.
6. Taste and adjust seasoning with more salt, pepper, or turmeric if needed.
7. Add the lemon juice and stir.
8. Serve hot, garnished with fresh parsley or coriander, if desired.

Serving Suggestions:

This soup is delicious when paired with a slice of wholegrain sourdough or a handful of roasted pumpkin seeds for added texture.

Nutritional Information (Per Serving):

Calories: 220 kcal | Protein: 5 g | Carbohydrates: 45 g | Fibre: 12 g | Sugars: 15 g | Fat: 6 g | Cholesterol: 0 mg

Poultry: Lean, Wholesome, and Full of Flavour

Poultry dishes are a fantastic addition to an anti-inflammatory diet, offering a lean source of high-quality protein that's easy to prepare and gentle on the digestive system. Chicken and turkey are both rich in important nutrients like B vitamins, zinc, and selenium, all of which support immune health and help your body manage inflammation naturally. These recipes combine tender cuts of poultry with colourful vegetables, healing herbs, and warming spices. Whether you're roasting a tray of seasonal veg alongside herbed chicken thighs or simmering a comforting turkey stew, these meals are designed to nourish from the inside out.

What to Include in Anti-Inflammatory Poultry Dishes:

- **Skinless Chicken and Turkey:** A lighter alternative to red meat, naturally lower in saturated fat.
- **Herbs and Spices:** Turmeric, rosemary, thyme, and ginger bring both flavour and anti-inflammatory benefits.
- **Vegetables:** Pair poultry with leafy greens, sweet root veg, or brassicas like broccoli and cabbage for a nutrition boost.
- **Healthy Fats:** Olive oil and avocado oil support heart health and enhance nutrient absorption.

Tips for Cooking Poultry the Anti-Inflammatory Way:

- **Skip the Skin:** Removing the skin helps reduce excess fat while still keeping the meat tender and flavourful.
- **Cook Low and Slow:** Stewing or baking helps retain moisture without needing extra oil.
- **Use Fresh Herbs:** Rosemary, sage, and oregano bring antioxidant power and natural depth of flavour.

With these wholesome, anti-inflammatory poultry recipes, you can enjoy satisfying meals that are as healing as they are delicious—perfect for everyday eating or sharing with family and friends.

Lemon and Rosemary Roast Chicken Thighs with Root Veg

Preparation Time: 10 minutes | **Cooking Time:** 35-40 minutes | **Servings:** 1

Ingredients:

1 skinless chicken thigh, bone-in or boneless
1 small carrot, peeled and cut into batons
1/2 parsnip, peeled and sliced into chunks
1/2 small red onion, sliced into wedges
1 garlic clove, finely sliced
1 teaspoon fresh rosemary leaves, chopped (or 1/2 teaspoon dried)
1 tablespoon extra virgin olive oil
Juice of 1/2 lemon
Zest of 1/2 lemon
Sea salt and freshly ground black pepper, to taste

Instructions:

1. Preheat the oven to 200°C (fan 180°C, gas mark 6).
2. In a small roasting dish, combine the carrot, parsnip, red onion, and garlic. Drizzle with half the olive oil, and season with salt, pepper, and half the rosemary.
3. Rub the chicken thigh with the remaining olive oil, lemon zest, lemon juice, and remaining rosemary. Season well.
4. Nestle the chicken on top of the vegetables in the dish.
5. Roast in the oven for 35–40 minutes, or until the chicken is cooked through and the vegetables are tender and golden at the edges.
6. Serve hot, spooning over any juices from the roasting dish.

Serving Suggestions:

Enjoy as is, or serve with a handful of lightly steamed greens such as kale or cavolo nero for an extra nutrient boost.

Nutritional Information (Per Serving):

Calories: 385 kcal | Protein: 27 g | Carbohydrates: 18 g | Fibre: 5 g | Sugars: 7 g | Fat: 22 g | Cholesterol: 90 mg
Salt: 0.7 g

Turmeric-Spiced Turkey Mince with Spinach and Peas

Preparation Time: 5 minutes | **Cooking Time:** 15 minutes | **Servings:** 1

Ingredients:

100 g lean turkey mince
1/2 small red onion, finely chopped
1 garlic clove, finely chopped
1/2 teaspoon ground turmeric
1/4 teaspoon ground cumin
1/4 teaspoon ground black pepper
1/2 tablespoon extra virgin olive oil
50 g frozen peas
1 large handful fresh spinach
Sea salt, to taste
A squeeze of lemon juice (optional)

Instructions:

1. Heat the olive oil in a frying pan over a medium heat. Add the chopped onion and garlic, and cook for 3–4 minutes until softened.
2. Stir in the turmeric, cumin, and black pepper, and cook for 30 seconds until fragrant.
3. Add the turkey mince, breaking it up with a spoon, and cook for 5–6 minutes until browned and cooked through.
4. Add the peas and cook for a further 2 minutes.
5. Stir in the spinach and cook until wilted, about 1–2 minutes.
6. Season to taste with sea salt and a squeeze of lemon juice, if using.
7. Serve warm, either on its own or with a spoonful of cooked quinoa or brown rice if desired.

Serving Suggestions:

This dish also works well topped with a spoonful of unsweetened coconut yoghurt or served in a lettuce wrap for a lighter option.

Nutritional Information (Per Serving):

Calories: 310 kcal | Protein: 30 g | Carbohydrates: 10 g | Fibre: 4 g | Sugars: 3 g | Fat: 17 g | Cholesterol: 75 mg |
Salt: 0.5 g

Slow-Cooked Chicken and Sweet Potato Stew

Preparation Time: 10 minutes | **Cooking Time:** 4 hours (slow cooker) or 1 hour (hob) | **Servings:** 1

Ingredients:

1 skinless chicken thigh, bone-in or boneless
1/2 small sweet potato, peeled and diced
1/2 stick celery, sliced
1/2 small red onion, chopped
1 garlic clove, finely chopped
1/2 teaspoon ground turmeric
1/4 teaspoon smoked paprika (optional)
1/4 teaspoon dried thyme
1 tablespoon extra virgin olive oil
250 ml low-salt vegetable or chicken stock
Sea salt and black pepper, to taste
A handful of fresh spinach or kale (added at the end)

Instructions:

Slow Cooker Method

1. Add the sweet potato, celery, onion, garlic, turmeric, paprika (if using), and thyme to the slow cooker.
2. Place the chicken thigh on top and pour over the stock.
3. Drizzle with olive oil and season with a little sea salt and black pepper.
4. Cover and cook on low for 4 hours, or until the chicken is cooked through and the vegetables are tender.
5. Stir in the spinach or kale and cook for a further 5–10 minutes.
6. Shred the chicken if desired before serving.

Hob Method

1. Heat the olive oil in a small saucepan. Add the onion, celery, and garlic and cook for 3–4 minutes.
2. Stir in the turmeric, paprika, and thyme, then add the chicken thigh and brown it on both sides.
3. Add the sweet potato and pour over the stock. Bring to the boil, then reduce to a simmer.
4. Cover and cook gently for 45–60 minutes, or until the chicken and sweet potato are tender.
5. Stir in the spinach or kale and simmer for another 5 minutes. Adjust seasoning to taste and serve.

Serving Suggestions:

Serve in a warm bowl on its own, or with a spoonful of cooked quinoa.

Nutritional Information (Per Serving):

Calories: 360 kcal | Protein: 28 g | Carbohydrates: 18 g | Fibre: 4 g | Sugars: 6 g | Fat: 19 g | Cholesterol: 85 mg | Salt: 0.6 g

Ginger and Garlic Chicken with Steamed Broccoli

Preparation Time: 5 minutes | **Cooking Time:** 15 minutes | **Servings:** 1

Ingredients:

1 skinless chicken breast or 2 skinless boneless thighs (about 120–150 g)
1 garlic clove, finely chopped
1 thumb-sized piece of fresh ginger, peeled and grated
1 tablespoon extra virgin olive oil
Sea salt and black pepper, to taste
1 teaspoon tamari or coconut aminos (optional, for a savoury note)
100 g broccoli florets

Instructions:

1. In a small bowl, mix the garlic, grated ginger, olive oil, and tamari.
2. Rub the mixture over the chicken and leave to marinate for 5 minutes if you have time.
3. Heat a frying pan over medium heat. Add the chicken and cook for about 6–7 minutes on each side (less if using thighs), until cooked through and golden.
4. Meanwhile, steam the broccoli for 4–5 minutes until just tender.
5. Serve the chicken with the broccoli on the side, spooning over any pan juices.

Serving Suggestions:

Serve with a small portion of brown rice or quinoa for a more filling meal, or add a wedge of lemon for a fresh finish.

Nutritional Information (Per Serving):

Calories: 300 kcal | Protein: 30 g | Carbohydrates: 6 g | Fibre: 3 g | Fat: 17 g | Cholesterol: 75 mg

Baked Chicken Breasts with Olive Tapenade and Courgettes

Preparation Time: 10 minutes | **Cooking Time:** 25 minutes | **Servings:** 1

Ingredients:

1 skinless chicken breast (about 120–150 g)
1 medium courgette, sliced into rounds
1 tablespoon extra virgin olive oil
Sea salt and black pepper, to taste
1 tablespoon olive tapenade (choose a version made with olives, capers, and extra virgin olive oil – no added preservatives)

Instructions:

1. Preheat the oven to 200°C (180°C fan, gas mark 6).
2. Place the courgette slices in a small roasting dish. Drizzle with half the olive oil and season lightly with sea salt and pepper.
3. Place the chicken breast on top of the courgettes and drizzle with the remaining oil.
4. Spoon the olive tapenade over the chicken, spreading it evenly across the top.
5. Bake in the oven for 25 minutes, or until the chicken is fully cooked and the courgettes are tender.
6. Let rest for 2 minutes before serving.

Serving Suggestions:

Serve with a side of steamed quinoa or a handful of leafy greens dressed with lemon and olive oil for extra fibre and freshness.

Nutritional Information (Per Serving):

Calories: 330 kcal | Protein: 32 g | Carbohydrates: 6 g | Fibre: 2 g | Sugars: 3 g | Fat: 20 g | Cholesterol: 75 mg | Salt: 0.8 g

Turkey and Lentil Stuffed Peppers

Preparation Time: 10 minutes | **Cooking Time:** 30 minutes | **Servings:** 1

Ingredients:

1 large red or yellow pepper, halved and deseeded
1 teaspoon extra virgin olive oil
100 g turkey mince (lean, ideally free-range)
1 small garlic clove, finely chopped
¼ teaspoon ground cumin
¼ teaspoon ground turmeric
40 g cooked green or brown lentils (tinned or freshly cooked)
1 tablespoon chopped fresh parsley or coriander
Sea salt and black pepper, to taste
1 tablespoon unsweetened natural yoghurt or coconut yoghurt (optional, to serve)

Instructions:

1. Preheat the oven to 200°C (180°C fan, gas mark 6).
2. Lightly brush the pepper halves with a little olive oil and place in a small ovenproof dish. Roast for 15 minutes to soften slightly.
3. Meanwhile, heat the remaining oil in a pan over medium heat. Add the garlic and turkey mince. Cook for 5–6 minutes until the turkey is browned.
4. Stir in the cumin, turmeric, and lentils. Cook for a further 3–4 minutes, seasoning with salt and pepper to taste.
5. Spoon the turkey and lentil mixture into the roasted pepper halves. Return to the oven for another 10 minutes.
6. Serve hot, sprinkled with chopped herbs and a dollop of yoghurt if using.

Serving Suggestions:

Enjoy with a side of lightly steamed greens or a mixed salad dressed with olive oil and lemon.

Nutritional Information (Per Serving):

Calories: 320 kcal | Protein: 28 g | Carbohydrates: 10 g | Fibre: 5 g | Sugars: 5 g | Fat: 18 g | Cholesterol: 55 mg | Salt: 0.5 g

Coconut Chicken Soup with Kale and Carrot

Preparation Time: 10 minutes | **Cooking Time:** 20 minutes | **Servings:** 1

Ingredients:

1 skinless chicken breast (about 120–150 g), diced
1 teaspoon extra virgin olive oil
1 small carrot, peeled and sliced
1/2 small onion, chopped
1 garlic clove, finely chopped
1 teaspoon fresh grated ginger
1/2 teaspoon ground turmeric
200 ml canned coconut milk (choose unsweetened)
250 ml low-salt chicken stock
A handful of fresh kale, shredded
Sea salt and black pepper, to taste
Lime wedge (optional, for serving)

Instructions:

1. Heat the olive oil in a medium-sized saucepan over medium heat. Add the onion, garlic, and ginger, and sauté for 2–3 minutes until softened.
2. Stir in the turmeric and cook for another minute, allowing the spices to bloom.
3. Add the diced chicken and cook for 5–6 minutes, until browned on all sides.
4. Pour in the coconut milk and chicken stock, bringing the mixture to a gentle simmer.
5. Add the sliced carrot and cook for 8–10 minutes, or until the carrot is tender and the chicken is cooked through.
6. Stir in the shredded kale and cook for another 2–3 minutes, until wilted and tender.
7. Season with sea salt and black pepper to taste. Serve with a wedge of lime for extra zest, if desired.

Serving Suggestions:

Serve the soup in a bowl, alongside a handful of fresh coriander (optional) or a small portion of quinoa for added texture and nutrients.

Nutritional Information (Per Serving):

Calories: 370 kcal | Protein: 30 g | Carbohydrates: 18 g | Fibre: 5 g | Sugars: 6 g | Fat: 22 g | Cholesterol: 75 mg | Salt: 0.5 g

Herbed Chicken Traybake with Red Onion and Squash

Preparation Time: 10 minutes | **Cooking Time:** 30–35 minutes | **Servings:** 1

Ingredients:

1 skinless chicken breast (about 120–150 g)
1 small red onion, peeled and cut into wedges
100 g butternut squash, peeled and cubed
1 teaspoon extra virgin olive oil
1/2 teaspoon dried thyme
1/2 teaspoon dried rosemary
Sea salt and black pepper, to taste
A few sprigs of fresh parsley (optional, for garnish)

Instructions:

1. Preheat the oven to 200°C (180°C fan, gas mark 6).
2. In a small bowl, mix the olive oil, thyme, rosemary, salt, and pepper.
3. Rub the herb mixture over the chicken breast, ensuring it is well coated.
4. Place the chicken breast in the centre of a small roasting tray. Arrange the onion wedges and squash cubes around the chicken.
5. Drizzle the remaining olive oil over the vegetables and season with a little more salt and pepper.
6. Roast in the oven for 30–35 minutes, or until the chicken is cooked through and golden, and the squash is tender.
7. Garnish with fresh parsley if desired before serving.

Serving Suggestions:

Serve alongside a simple leafy green salad dressed with olive oil and lemon, or enjoy with a small serving of quinoa for extra fibre.

Nutritional Information (Per Serving):

Calories: 350 kcal | Protein: 32 g | Carbohydrates: 25 g | Fibre: 6 g | Sugars: 8 g | Fat: 18 g | Cholesterol: 70 mg | Salt: 0.6 g

Spiced Turkey Meatballs in Tomato and Pepper Sauce

Preparation Time: 15 minutes | **Cooking Time:** 25 minutes | **Servings:** 1

Ingredients:

For the meatballs:

100 g lean turkey mince
1 tablespoon fresh parsley, finely chopped
1/4 teaspoon ground cumin
1/4 teaspoon ground turmeric
1/4 teaspoon smoked paprika
Sea salt and black pepper, to taste
1/2 teaspoon extra virgin olive oil (for frying)

For the sauce:

1/2 small red pepper, chopped
1/2 small onion, finely chopped
1 garlic clove, minced
1 teaspoon extra virgin olive oil
1/2 teaspoon ground turmeric
1/2 teaspoon ground cumin
200 g tinned chopped tomatoes (no added sugar or salt)
100 ml water or low-salt vegetable stock
Sea salt and black pepper, to taste

Instructions:

1. To make the meatballs: In a bowl, combine the turkey mince, parsley, cumin, turmeric, smoked paprika, salt, and pepper. Mix until well combined, then shape the mixture into small meatballs (about 5–6).
2. Heat the olive oil in a frying pan over medium heat. Cook the meatballs for 5–7 minutes, turning occasionally, until golden and cooked through. Set aside.
3. For the sauce: In the same pan, add a little more olive oil if needed. Sauté the onion, garlic, and red pepper over medium heat for 5–6 minutes, until softened.
4. Stir in the turmeric and cumin, then add the chopped tomatoes and water or vegetable stock. Bring to a simmer and cook for 5 minutes, allowing the sauce to thicken slightly.
5. Return the meatballs to the pan, gently coating them in the sauce. Simmer for another 5 minutes to ensure the meatballs are heated through and the flavours meld together.
6. Season the sauce with sea salt and black pepper to taste.
7. Serve the meatballs hot, garnished with extra fresh parsley if desired.

Serving Suggestions:

This dish pairs beautifully with a side of steamed greens, such as spinach or kale, or a portion of quinoa for extra fibre and texture.

Nutritional Information (Per Serving):

Calories: 350 kcal | Protein: 30 g | Carbohydrates: 15 g | Fibre: 5 g | Fat: 20 g | Cholesterol: 75 mg

Grilled Chicken Skewers with Turmeric Yoghurt Marinade

Preparation Time: 15 minutes (plus marinating time) | **Cooking Time:** 15 minutes | **Servings:** 1

Ingredients:

1 skinless chicken breast (about 120–150 g), cut into bite-sized cubes
2 tablespoons plain yoghurt (dairy-free coconut yoghurt for non-dairy option)
1/2 teaspoon ground turmeric
1/4 teaspoon ground cumin
1/4 teaspoon ground coriander
1/2 teaspoon extra virgin olive oil
1 small garlic clove, minced
Sea salt and black pepper, to taste
Fresh lemon wedges (optional, for serving)
Fresh parsley or coriander, chopped (optional, for garnish)

Instructions:

1. In a bowl, combine the yoghurt, turmeric, cumin, coriander, olive oil, garlic, salt, and pepper. Stir until well mixed.
2. Add the chicken cubes to the marinade and mix until evenly coated. Cover and refrigerate for at least 30 minutes, allowing the flavours to infuse.
3. Preheat your grill or griddle pan over medium heat.
4. Thread the marinated chicken cubes onto skewers, making sure they are evenly spaced.
5. Grill the chicken skewers for 10–15 minutes, turning occasionally, until the chicken is golden brown and cooked through.
6. Serve the chicken skewers with a squeeze of fresh lemon and a sprinkle of chopped parsley or coriander for garnish.

Serving Suggestions:

Serve the grilled chicken skewers with a side of roasted vegetables or a simple mixed salad with a light olive oil dressing. You could also enjoy them with quinoa or a wholegrain flatbread for extra texture.

Nutritional Information (Per Serving):

Calories: 280 kcal | Protein: 30 g | Carbohydrates: 5 g | Fibre: 1 g | Fat: 16 g | Cholesterol: 70 mg

Cinnamon-Spiced Chicken with Roasted Beetroot and Quinoa

Preparation Time: 10 minutes | **Cooking Time:** 30-35 minutes | **Servings:** 1

Ingredients:

1 skinless chicken breast (about 120–150 g)
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cumin
1/4 teaspoon ground turmeric
Sea salt and black pepper, to taste
1 teaspoon extra virgin olive oil (for the chicken)
1 small beetroot, peeled and cut into wedges
50 g quinoa, rinsed
100 ml water or low-salt vegetable stock
1 teaspoon extra virgin olive oil (for roasting the beetroot)
Fresh parsley, chopped (optional, for garnish)

Instructions:

1. Preheat your oven to 200°C (180°C fan, gas mark 6).
2. In a small bowl, mix the cinnamon, cumin, turmeric, salt, and pepper. Rub the spice mixture all over the chicken breast.
3. Heat the olive oil in a frying pan over medium heat. Cook the spiced chicken breast for 5–6 minutes on each side, until golden and cooked through. Set aside and keep warm.
4. While the chicken is cooking, place the beetroot wedges on a baking tray, drizzle with olive oil, and season with salt and pepper. Roast in the oven for 25–30 minutes, or until tender and lightly caramelised.
5. In a small saucepan, bring the water or vegetable stock to a boil. Add the quinoa, reduce the heat, cover, and simmer for 12–15 minutes, or until the quinoa is cooked and the liquid has been absorbed.
6. To serve, place the quinoa on a plate, top with the roasted beetroot and sliced cinnamon-spiced chicken. Garnish with fresh parsley, if desired.

Serving Suggestions:

Pair this dish with a simple green salad or steamed leafy greens such as spinach or kale to add extra anti-inflammatory nutrients.

Nutritional Information (Per Serving):

Calories: 380 kcal | Protein: 35 g | Carbohydrates: 40 g | Fibre: 8 g | Fat: 14 g | Cholesterol: 70 mg

One-Pan Chicken with Cabbage and Caraway Seeds

Preparation Time: 10 minutes | **Cooking Time:** 20-25 minutes | **Servings:** 1

Ingredients:

1 skinless chicken breast (about 120–150 g)
1/2 small white cabbage, shredded
1/2 teaspoon caraway seeds
1 teaspoon extra virgin olive oil
1/2 teaspoon ground turmeric
1/4 teaspoon ground cumin
Sea salt and black pepper, to taste
1 small onion, thinly sliced
1 garlic clove, minced
100 ml water or low-salt vegetable stock
Fresh parsley (optional, for garnish)

Instructions:

1. Heat the olive oil in a large frying pan over medium heat. Season the chicken breast with salt, pepper, turmeric, and cumin, then add to the pan. Cook for 5–6 minutes on each side until golden brown and cooked through. Remove the chicken from the pan and set aside.
2. In the same pan, add the onion and garlic. Sauté for 3–4 minutes until softened.
3. Add the shredded cabbage and caraway seeds to the pan, stirring well to combine. Cook for 5–6 minutes, allowing the cabbage to soften.
4. Pour in the water or vegetable stock and cover the pan. Allow the cabbage to steam for 5 minutes, until tender.
5. Slice the cooked chicken breast and return it to the pan, stirring to combine with the cabbage.
6. Cook for an additional 2–3 minutes, then remove from heat.
7. Serve the chicken and cabbage mixture with a sprinkle of fresh parsley, if desired.

Serving Suggestions:

Serve with a side of quinoa or brown rice for added fibre and texture, or enjoy it on its own for a lighter meal.

Nutritional Information (Per Serving):

Calories: 350 kcal | Protein: 30 g | Carbohydrates: 15 g | Fibre: 5 g | Fat: 20 g | Cholesterol: 75 mg

Turmeric and Coconut Braised Turkey Thighs

Preparation Time: 10 minutes | **Cooking Time:** 40-45 minutes | **Servings:** 1

Ingredients:

1 turkey thigh, skinless and boneless
(about 150–200 g)
1 tablespoon extra virgin olive oil
1/2 teaspoon ground turmeric
1/4 teaspoon ground cumin
1/4 teaspoon ground coriander
Sea salt and black pepper, to taste
1 small onion, finely chopped
1 garlic clove, minced
100 ml full-fat coconut milk
(unsweetened)
100 ml low-salt vegetable stock
1/2 teaspoon fresh ginger, minced
1/2 teaspoon ground cinnamon
(optional, for added warmth)
Fresh coriander, chopped (optional,
for garnish)

Instructions:

1. Heat the olive oil in a frying pan over medium heat. Season the turkey thigh with salt and pepper, then add it to the pan. Cook for 4–5 minutes on each side until browned.
2. Remove the turkey from the pan and set aside. In the same pan, add the chopped onion and garlic. Sauté for 3–4 minutes until softened and fragrant.
3. Add the turmeric, cumin, coriander, cinnamon (if using), and ginger to the pan. Stir well to coat the onions and garlic with the spices.
4. Return the turkey thigh to the pan and pour in the coconut milk and vegetable stock. Bring to a simmer, then cover the pan and cook for 30–40 minutes, or until the turkey is tender and cooked through.
5. Once the turkey is cooked, remove the pan from the heat. Taste the sauce and adjust seasoning if necessary.
6. Serve the turkey thigh with the braised coconut sauce, garnished with fresh coriander.

Serving Suggestions:

Serve this dish with a side of steamed greens such as spinach or kale, or with a small portion of quinoa or brown rice to soak up the delicious sauce.

Nutritional Information (Per Serving):

Calories: 380 kcal | Protein: 35 g | Carbohydrates: 10 g | Fibre: 3 g | Fat: 24 g | Cholesterol: 85 mg

Chicken and Chickpea Stew with Spinach and Paprika

Preparation Time: 10 minutes | **Cooking Time:** 30-35 minutes | **Servings:** 1

Ingredients:

1 skinless chicken breast or thigh
(about 150–200 g), cut into bite-sized pieces
1 tablespoon extra virgin olive oil
1/2 teaspoon ground paprika
(smoked paprika adds a nice depth of flavour)
1/4 teaspoon ground cumin
1/2 teaspoon ground turmeric
1 garlic clove, minced
1 small onion, chopped
1/2 tin (about 100 g) chickpeas,
drained and rinsed
1 large handful spinach, washed
200 ml low-salt vegetable stock
Sea salt and black pepper, to taste
Fresh parsley or coriander, chopped
(optional, for garnish)

Instructions:

1. Heat the olive oil in a large saucepan over medium heat. Add the chopped onion and garlic and sauté for 3–4 minutes until softened.
2. Add the chicken pieces to the pan, season with salt and pepper, and cook for 5–6 minutes until browned on all sides.
3. Stir in the paprika, cumin, and turmeric, cooking for an additional minute until the spices become fragrant.
4. Add the chickpeas and vegetable stock to the pan. Bring to a gentle simmer and cook for 15–20 minutes, or until the chicken is cooked through and the flavours have melded together.
5. Stir in the spinach and cook for 2–3 minutes until wilted.
6. Taste the stew and adjust the seasoning with more salt or pepper if needed.
7. Serve the stew in a bowl, garnished with fresh parsley or coriander.

Serving Suggestions:

Serve this stew with a side of quinoa, brown rice, or a small portion of wholegrain bread to soak up the flavoursome broth.

Nutritional Information (Per Serving):

Calories: 350 kcal | Protein: 40 g | Carbohydrates: 25 g | Fibre: 8 g | Fat: 12 g | Cholesterol: 70 mg

Meat: Hearty, Nutritious, and Full of Anti-Inflammatory Benefits

Meat can be a wholesome and satisfying part of an anti-inflammatory diet when chosen wisely. Lean cuts of beef, lamb, pork, and rabbit provide a rich source of high-quality protein, essential fats, and vital nutrients like iron, zinc, and B vitamins—important for supporting immune function, reducing inflammation, and promoting overall wellbeing.

These recipes showcase tender cuts of meat paired with anti-inflammatory vegetables, spices, and herbs, creating hearty meals that nourish the body while helping to manage inflammation. From slow-cooked stews to lean roasted cuts, these dishes are designed to fill you up without triggering unwanted inflammation.

What to Include in Anti-Inflammatory Meat Dishes:

- **Lean Cuts of Meat:** Opt for leaner cuts of beef, lamb, pork, and rabbit, which are naturally lower in saturated fat but still rich in protein and essential nutrients.
- **Anti-Inflammatory Spices:** Turmeric, ginger, and garlic are key players in reducing inflammation, adding flavour and health benefits to your dishes.
- **Vegetables:** Pair meats with nutrient-dense vegetables like leafy greens, root vegetables, and cruciferous vegetables like broccoli or cabbage for an added anti-inflammatory boost.
- **Healthy Fats:** Use olive oil or avocado oil for cooking, providing heart-healthy fats that support your body's inflammation-fighting mechanisms.

Tips for Cooking Meat the Anti-Inflammatory Way:

- **Choose Lean Cuts:** Go for leaner cuts of meat like sirloin, tenderloin, and rabbit to avoid excess saturated fat while still enjoying the nutritional benefits of meat.
- **Cook with Spices:** Incorporate anti-inflammatory spices into your cooking, such as turmeric, black pepper, ginger, and cinnamon, to enhance both flavour and health benefits.
- **Slow Cook for Tenderness:** Slow cooking methods such as braising or stewing allow the meat to become tender without needing extra fats, creating a hearty and anti-inflammatory meal.

With these nutritious meat recipes, you can enjoy hearty, satisfying meals that are as delicious as they are anti-inflammatory, helping your body to heal and thrive.

Slow-Cooked Lamb Shanks with Carrots and Celery

Preparation Time: 15 minutes | **Cooking Time:** 3-4 hours | **Servings:** 1

Ingredients:

1 lamb shank
1 medium carrot, peeled and chopped
1 celery stalk, chopped
1/2 large onion, sliced
1 garlic clove, minced
1/2 tablespoon olive oil
1/2 teaspoon dried rosemary
1/2 teaspoon dried thyme
1 bay leaf
250 ml low-sodium chicken stock or water
Sea salt and black pepper, to taste

Instructions:

1. Heat the olive oil in a large, ovenproof dish or slow cooker over medium heat. Brown the lamb shank on all sides for about 5 minutes, then remove from the dish and set aside.
2. In the same dish, add the onion, garlic, carrot, and celery. Cook for 5 minutes until softened.
3. Sprinkle the rosemary, thyme, and some salt and pepper over the vegetables.
4. Return the lamb shank to the dish, nestling it among the vegetables. Add the bay leaf and pour in the stock or water.
5. Bring to a simmer, cover, and transfer to the oven at 160°C (140°C fan) / Gas Mark 3. Alternatively, cook on low in a slow cooker for 3–4 hours.
6. Once the lamb is tender and the meat pulls away easily from the bone, remove from the oven. Taste and adjust seasoning as needed.
7. Serve the lamb shank with the vegetables, spooning the sauce over the top.

Serving Suggestions:

Pair this hearty dish with steamed greens like kale or spinach to complement the anti-inflammatory properties.

Nutritional Information (Per Serving):

Calories: 450 | Protein: 45g | Fat: 25g | Carbohydrates: 10g | Fibre: 3g Sodium: 220mg

Garlic and Rosemary Grilled Rabbit with Steamed Broccoli

Preparation Time: 10 minutes | **Cooking Time:** 20-25 minutes | **Servings:** 1

Ingredients:

1 rabbit leg (about 150–200 g)
1 tablespoon extra virgin olive oil
1 garlic clove, minced
1 teaspoon fresh rosemary, finely chopped
Sea salt and black pepper, to taste
1 tablespoon lemon juice
1 large handful broccoli florets, steamed

Instructions:

1. Preheat the grill to medium-high heat.
2. In a small bowl, combine the olive oil, minced garlic, rosemary, salt, pepper, and lemon juice. Stir well.
3. Rub the garlic and rosemary mixture all over the rabbit leg. Let it marinate for 5–10 minutes.
4. Place the rabbit leg on the grill and cook for 10–12 minutes per side, or until the meat is cooked through and golden brown.
5. While the rabbit is grilling, steam the broccoli until tender, about 5–6 minutes.
6. Once the rabbit is cooked, remove from the grill and let it rest for a couple of minutes before serving.
7. Serve the grilled rabbit leg alongside the steamed broccoli.

Serving Suggestions:

Serve with a side of quinoa or brown rice for a complete meal, or enjoy it simply with the broccoli for a lighter dish.

Nutritional Information (Per Serving):

Calories: 330 | Protein: 45 g | Fat: 18 g | Carbs: 6 g | Fiber: 3 g

Turmeric-Spiced Pork Tenderloin with Steamed Brussels Sprouts

Preparation Time: 10 minutes | **Cooking Time:** 20-25 minutes | **Servings:** 1

Ingredients:

1 pork tenderloin (about 150–200 g)
1 tablespoon extra virgin olive oil
1/2 teaspoon ground turmeric
1/2 teaspoon ground cumin
1/2 teaspoon ground paprika
1 garlic clove, minced
Sea salt and black pepper, to taste
1 tablespoon lemon juice
1 large handful Brussels sprouts,
trimmed and steamed

Instructions:

1. Preheat the oven to 200°C (180°C fan)/Gas Mark 6.
2. In a small bowl, mix the olive oil, turmeric, cumin, paprika, minced garlic, salt, pepper, and lemon juice to create a marinade.
3. Rub the marinade evenly over the pork tenderloin and let it marinate for 10 minutes.
4. Heat a non-stick ovenproof skillet over medium-high heat. Sear the pork tenderloin for 2–3 minutes on each side, until browned.
5. Transfer the skillet to the preheated oven and roast for 15–20 minutes, or until the pork is cooked through and reaches an internal temperature of 70°C.
6. While the pork is roasting, steam the Brussels sprouts until tender, about 6–7 minutes.
7. Once the pork is cooked, remove it from the oven and let it rest for a few minutes before slicing.
8. Serve the sliced pork tenderloin alongside the steamed Brussels sprouts.

Serving Suggestions:

Pair with a side of quinoa or sweet potato mash for a balanced, anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 280 | Protein: 30 g | Fat: 16 g | Carbs: 10 g | Fiber: 4 g

Coriander-Spiced Beef Stir-Fry with Peppers

Preparation Time: 10 minutes | **Cooking Time:** 10-12 minutes | **Servings:** 1

Ingredients:

150–200 g lean beef (sirloin or rump), thinly sliced
1 tablespoon extra virgin olive oil
1/2 teaspoon ground coriander
1/4 teaspoon ground cumin
1/4 teaspoon ground turmeric
1 garlic clove, minced
1/2 red pepper, thinly sliced
1/2 yellow pepper, thinly sliced
1/4 red onion, thinly sliced
Sea salt and black pepper, to taste
Fresh coriander leaves, chopped
(for garnish)

Instructions:

1. Heat the olive oil in a large frying pan or wok over medium-high heat.
2. Add the minced garlic and sliced red onion to the pan. Stir-fry for 2–3 minutes until softened.
3. Add the thinly sliced beef to the pan. Season with salt and pepper, and stir-fry for 4–5 minutes until browned and cooked through.
4. Sprinkle the ground coriander, cumin, and turmeric over the beef. Stir well to coat the beef with the spices and cook for another 1–2 minutes to allow the spices to release their fragrance.
5. Add the bell peppers to the pan and stir-fry for an additional 3–4 minutes, until the peppers are just tender but still crisp.
6. Taste the stir-fry and adjust the seasoning with more salt or pepper if needed.
7. Serve the stir-fry garnished with fresh coriander leaves.

Serving Suggestions:

Serve this stir-fry with a side of brown rice, quinoa, or steamed broccoli for a well-rounded, anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 350 | Protein: 30 g | Fat: 18 g | Carbs: 18 g | Fiber: 4 g

Slow-Cooked Rabbit Ragu with Spinach and Tomatoes

Preparation Time: 10 minutes | **Cooking Time:** 2-2.5 hours | **Servings:** 1

Ingredients:

200 g rabbit meat, boned and cut into pieces
1 tablespoon extra virgin olive oil
1 small onion, finely chopped
1 garlic clove, minced
1 large tomato, chopped
1/2 tin (about 200 g) chopped tomatoes (preferably no added salt)
1 small carrot, peeled and diced
1/2 teaspoon dried oregano
1/2 teaspoon ground paprika
1/4 teaspoon ground black pepper
Sea salt, to taste
1 handful fresh spinach, washed
200 ml low-salt vegetable stock
Fresh parsley or basil, chopped (optional, for garnish)

Instructions:

1. Heat the olive oil in a large saucepan or slow cooker over medium heat. Add the chopped onion and garlic, cooking for 4–5 minutes until softened and fragrant.
2. Add the rabbit pieces to the pan and season with salt and black pepper. Brown the rabbit for 5–6 minutes, turning occasionally, until lightly golden.
3. Stir in the chopped fresh tomato, chopped tinned tomatoes, diced carrot, oregano, paprika, and vegetable stock. Bring the mixture to a gentle simmer.
4. Cover the pan and reduce the heat to low, allowing the ragu to slow-cook for 2–2.5 hours until the rabbit is tender and the flavours have melded together.
5. Once cooked, stir in the fresh spinach and cook for an additional 2–3 minutes until the spinach has wilted.
6. Taste the ragu and adjust the seasoning with more salt and pepper.
7. Serve the ragu with a sprinkle of fresh parsley or basil for garnish.

Serving Suggestions:

Serve this slow-cooked rabbit ragu with a side of quinoa, brown rice, or a simple green salad for a balanced, anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 320 | Protein: 38 g | Fat: 12 g | Carbs: 20 g | Fiber: 5 g

Paprika and Turmeric Braised Rabbit with Cauliflower Rice

Preparation Time: 10 minutes | **Cooking Time:** 1.5-2 hours | **Servings:** 1

Ingredients:

200 g rabbit meat, boned and cut into pieces
1 tablespoon extra virgin olive oil
1 small onion, chopped
1 garlic clove, minced
1/2 teaspoon ground paprika
1/2 teaspoon ground turmeric
1/4 teaspoon ground cumin
1/4 teaspoon ground black pepper
Sea salt, to taste
200 ml low-salt vegetable stock
1 small cauliflower, grated into rice-sized pieces (or 200 g pre-grated cauliflower rice)
Fresh coriander, chopped (optional, for garnish)

Instructions:

1. Heat the olive oil in a large saucepan over medium heat. Add the chopped onion and garlic, and sauté for 4–5 minutes until softened.
2. Add the rabbit pieces to the pan and season with salt, black pepper, paprika, turmeric, and cumin. Cook for 5–6 minutes, turning the rabbit until browned on all sides.
3. Pour in the vegetable stock, bring to a simmer, then reduce the heat to low. Cover the pan and braise the rabbit for 1.5–2 hours, until the meat is tender and the flavours have melded together.
4. While the rabbit is braising, prepare the cauliflower rice. Heat a non-stick pan over medium heat, add a splash of olive oil, and sauté the grated cauliflower rice for 3–4 minutes until tender. Season with a pinch of salt and pepper.
5. Once the rabbit is cooked, taste the braising liquid and adjust seasoning with more salt or pepper if needed.
6. Serve the braised rabbit on a bed of cauliflower rice and garnish with fresh coriander.

Serving Suggestions:

Pair this braised rabbit with a side of steamed green beans or a simple green salad for an extra dose of anti-inflammatory nutrients.

Nutritional Information (Per Serving):

Calories: 350 | Protein: 38 g | Fat: 15 g | Carbs: 15 g | Fiber: 6 g

Cumin and Coriander Grilled Lamb with Roasted Sweet Potatoes

Preparation Time: 10 minutes | **Cooking Time:** 30-35 minutes | **Servings:** 1

Ingredients:

200 g lamb loin or leg steaks
1 tablespoon extra virgin olive oil
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/4 teaspoon ground black pepper
Sea salt, to taste
1 medium sweet potato, peeled and cubed
1 teaspoon olive oil (for roasting sweet potatoes)
1/2 teaspoon dried thyme or rosemary (optional)
Fresh parsley or coriander, chopped (optional, for garnish)

Instructions:

1. Preheat the grill or a grill pan over medium-high heat.
2. In a small bowl, mix the cumin, coriander, black pepper, and sea salt. Rub the spice mixture evenly over the lamb steaks. Drizzle the lamb with olive oil and set aside.
3. In a separate bowl, toss the cubed sweet potato with olive oil, thyme (or rosemary), and a pinch of sea salt.
4. Spread the sweet potato cubes on a baking tray lined with parchment paper. Roast in the oven at 200°C (gas mark 6) for 25–30 minutes, or until golden and tender, turning halfway through cooking.
5. While the sweet potatoes are roasting, grill the lamb steaks for 4–6 minutes on each side for medium-rare, or longer to your desired level of doneness.
6. Once both the lamb and sweet potatoes are cooked, remove from the heat and let the lamb rest for 5 minutes before serving.

Serving Suggestions:

Serve the grilled lamb with the roasted sweet potatoes, garnished with fresh parsley or coriander if desired.

Nutritional Information (Per Serving):

Calories: 450 | Protein: 40 g | Fat: 25 g | Carbs: 30 g | Fiber: 6 g

Herbed Rabbit Stew with Root Vegetables

Preparation Time: 10 minutes | **Cooking Time:** 1 hour | **Servings:** 1

Ingredients:

200 g rabbit meat (cut into chunks)
1 tablespoon olive oil
1 small onion, chopped
1 garlic clove, minced
1 small carrot, peeled and sliced
1 small parsnip, peeled and sliced
1 small sweet potato, peeled and cubed
1 small potato, peeled and cubed
300 ml low-salt chicken stock
1 sprig fresh rosemary
1 sprig fresh thyme
Sea salt and black pepper, to taste
Fresh parsley, chopped (optional, for garnish)

Instructions:

1. Heat the olive oil in a large saucepan or Dutch oven over medium heat. Add the chopped onion and garlic, and sauté for 3–4 minutes until softened and fragrant.
2. Add the rabbit meat to the pan and cook for 5–7 minutes until browned on all sides.
3. Add the sliced carrot, parsnip, sweet potato, and potato to the pan. Stir well to combine.
4. Pour in the low-salt chicken stock, ensuring the vegetables and meat are mostly covered. Add the rosemary and thyme sprigs, and season with sea salt and black pepper.
5. Bring the stew to a gentle simmer, then cover and cook for 45 minutes to 1 hour, or until the rabbit is tender and the vegetables are soft.
6. Remove the rosemary and thyme sprigs. Taste the stew and adjust the seasoning with more salt or pepper if needed.
7. Serve the stew in a bowl, garnished with fresh parsley if desired.

Serving Suggestions:

Serve this hearty stew with a side of steamed greens or a small portion of quinoa for added fibre and nutrition.

Nutritional Information (Per Serving):

Calories: 380 | Protein: 40 g | Fat: 14 g | Carbs: 30 g | Fiber: 8 g

Ginger-Scented Braised Beef Short Ribs with Kale

Preparation Time: 15 minutes | **Cooking Time:** 2-2.5 hours | **Servings:** 1

Ingredients:

2 beef short ribs (about 250 g)
1 tablespoon olive oil
1 small onion, chopped
2 garlic cloves, minced
1-inch piece of fresh ginger, peeled and thinly sliced
1 small carrot, peeled and chopped
1 sprig fresh rosemary
300 ml low-salt beef stock
1 tablespoon tamari or low-sodium soy sauce (optional)
1 large handful kale, washed and chopped
Sea salt and black pepper, to taste

Instructions:

1. Preheat the oven to 160°C (Gas Mark 3). Heat the olive oil in a large ovenproof pot or Dutch oven over medium-high heat. Season the beef short ribs with sea salt and black pepper, and brown them in the pot for 4–5 minutes on each side. Once browned, remove the ribs and set aside.
2. In the same pot, add the chopped onion, garlic, and sliced ginger. Sauté for 3–4 minutes until the onion softens and becomes translucent.
3. Add the chopped carrot to the pot and cook for another 2 minutes. Stir in the rosemary and add the beef stock, scraping any bits off the bottom of the pot.
4. Return the short ribs to the pot, ensuring they're submerged in the liquid. Bring the mixture to a boil, then reduce the heat and cover with a lid. Transfer to the oven and braise for 2 to 2.5 hours, or until the meat is tender and falls off the bone.
5. Remove the pot from the oven and stir in the kale. Place the lid back on and let the kale wilt for about 5 minutes.
6. Taste the braise and adjust the seasoning with more salt or pepper if needed.

Serving Suggestions:

Serve the short ribs and vegetables in a bowl, spooning some of the braising liquid over the top.

Nutritional Information (Per Serving):

Calories: 550 | Protein: 45 g | Fat: 35 g | Carbs: 15 g | Fiber: 4 g

Lemon and Thyme Grilled Rabbit with Steamed Spinach

Preparation Time: 10 minutes | **Cooking Time:** 15-20 minutes | **Servings:** 1

Ingredients:

1 rabbit leg or loin (about 200–250 g)
1 tablespoon olive oil
Zest and juice of 1 lemon
2 sprigs fresh thyme, leaves removed
1 garlic clove, minced
Sea salt and black pepper, to taste
1 large handful spinach, washed

Instructions:

1. Preheat the grill or grill pan to medium-high heat. In a small bowl, combine the olive oil, lemon zest, lemon juice, thyme, garlic, sea salt, and black pepper.
2. Rub the rabbit leg or loin with the marinade, ensuring it's well-coated. Let it marinate for 5–10 minutes.
3. Grill the rabbit for 7–10 minutes on each side, depending on thickness, until the meat is cooked through and lightly browned. The internal temperature should reach 75°C (165°F).
4. While the rabbit is grilling, steam the spinach by placing it in a steamer basket over boiling water for 2–3 minutes until wilted.
5. Once the rabbit is cooked, remove it from the grill and let it rest for 2 minutes before slicing.
6. Serve the grilled rabbit with the steamed spinach on the side, drizzling any remaining marinade over the meat.

Serving Suggestions:

Pair with roasted root vegetables or a small portion of quinoa for a complete

Nutritional Information (Per Serving):

Calories: 300 | Protein: 35 g | Fat: 15 g | Carbs: 6 g | Fiber: 3 g

Fish and Seafood: Nourishing, Omega-Rich, and Anti-Inflammatory

Fish and seafood are fantastic additions to an anti-inflammatory diet, packed with high-quality protein and rich in omega-3 fatty acids, which are known for their powerful anti-inflammatory properties. These nutrient-dense foods are also excellent sources of iodine, selenium, and vitamin D, which support your immune system and overall health. Whether you prefer the delicate taste of white fish or the richness of oily fish like salmon and mackerel, seafood offers a variety of flavours and textures to suit every taste.

Incorporating fish and seafood into your diet can help reduce inflammation, support heart health, and boost cognitive function, making them a key component of a balanced, anti-inflammatory eating plan. From light and refreshing seafood salads to rich, comforting fish stews, these recipes are designed to be easy to prepare and full of flavour, helping you to nourish your body and manage inflammation naturally.

What to Include in Anti-Inflammatory Fish and Seafood Dishes:

- **Oily Fish:** Salmon, mackerel, sardines, and trout are excellent sources of omega-3 fatty acids, which help to reduce inflammation.
- **White Fish:** Cod, haddock, and plaice are leaner options that still provide essential protein and nutrients.
- **Seafood:** Shrimp, mussels, and oysters are rich in vitamins and minerals, making them perfect for an anti-inflammatory diet.
- **Herbs and Spices:** Use anti-inflammatory spices like turmeric, ginger, and garlic to enhance the flavour and health benefits of your dishes.
- **Healthy Fats:** Olive oil and avocado oil help to boost heart health and support the absorption of fat-soluble nutrients.

Tips for Cooking Fish and Seafood the Anti-Inflammatory Way:

- **Choose Wild-Caught:** Whenever possible, choose wild-caught fish for higher omega-3 content and fewer contaminants.
- **Grill, Bake, or Steam:** These cooking methods help retain the fish's natural nutrients without added fats.
- **Pair with Vegetables:** Serve your fish with anti-inflammatory vegetables like leafy greens, cruciferous vegetables, or root vegetables to create a well-rounded meal.

With these delicious fish and seafood recipes, you can enjoy a variety of satisfying meals that help reduce inflammation and support your overall health and wellbeing.

Baked Salmon with Lemon and Dill

Preparation Time: 5 minutes | **Cooking Time:** 15-20 minutes | **Servings:** 1

Ingredients:

1 skinless salmon fillet (about 150–200 g)
1 tablespoon extra virgin olive oil
Juice and zest of 1/2 lemon
1 tablespoon fresh dill, chopped (or 1 teaspoon dried dill)
Sea salt and black pepper, to taste

Instructions:

1. Preheat your oven to 200°C (180°C fan) / Gas Mark 6.
2. Place the salmon fillet on a baking tray lined with baking paper.
3. Drizzle the olive oil and lemon juice over the salmon. Sprinkle the zest of half the lemon on top, and season with sea salt and black pepper.
4. Sprinkle the chopped dill over the salmon, ensuring it's evenly coated.
5. Bake in the oven for 15–20 minutes, or until the salmon is cooked through and flakes easily with a fork.
6. Remove from the oven and serve immediately.

Serving Suggestions:

Serve with a side of steamed vegetables, such as broccoli or spinach, and a portion of quinoa or brown rice for a well-rounded anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 320 | Protein: 28 g | Fat: 20 g | Carbohydrates: 2 g | Fibre: 1 g | Vitamin D: 570 IU | Omega-3 fatty acids: 2,200 mg

Turmeric-Spiced Mackerel with Roasted Vegetables

Preparation Time: 10 minutes | **Cooking Time:** 25-30 minutes | **Servings:** 1

Ingredients:

1 mackerel fillet (about 150–200 g)
1 tablespoon olive oil
1/2 teaspoon ground turmeric
1/4 teaspoon ground cumin
1/4 teaspoon ground paprika
Juice of 1/2 lemon
Sea salt and black pepper, to taste
1 small carrot, peeled and cut into sticks
1 small courgette, sliced
1/2 red onion, sliced
1 tablespoon fresh parsley, chopped (optional for garnish)

Instructions:

1. Preheat your oven to 200°C (180°C fan) / Gas Mark 6.
2. In a small bowl, mix the olive oil, turmeric, cumin, paprika, lemon juice, sea salt, and black pepper.
3. Rub the spice mixture evenly over the mackerel fillet. Set aside to marinate for 5–10 minutes.
4. On a baking tray, spread the prepared carrot, courgette, and red onion. Drizzle with a little olive oil and season with salt and pepper. Roast in the oven for 20 minutes, or until tender.
5. After 20 minutes, place the mackerel fillet on the tray with the vegetables and roast for an additional 5–10 minutes, or until the mackerel is cooked through and flakes easily.
6. Remove from the oven and serve the mackerel on top of the roasted vegetables. Garnish with fresh parsley if desired.

Serving Suggestions:

Pair this dish with a side of steamed broccoli or a small portion of quinoa for a balanced anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 370 | Protein: 32 g | Fat: 23 g | Carbohydrates: 15 g | Fibre: 6 g | Omega-3 fatty acids: 2,200 mg

Garlic and Ginger Shrimp Stir-Fry with Spinach

Preparation Time: 10 minutes | **Cooking Time:** 5-7 minutes | **Servings:** 1

Ingredients:

150–200 g large shrimp, peeled and deveined
1 tablespoon olive oil
1 garlic clove, minced
1 tablespoon fresh ginger, grated
1 small onion, thinly sliced
1/2 pepper, sliced
1 large handful spinach, washed
1 tablespoon low-sodium soy sauce or tamari
Juice of 1/2 lime
Sea salt and black pepper, to taste
Fresh coriander, chopped (optional, for garnish)

Instructions:

1. Heat the olive oil in a large frying pan or wok over medium heat.
2. Add the minced garlic and grated ginger to the pan and sauté for 1–2 minutes, or until fragrant.
3. Add the shrimp to the pan and cook for 2–3 minutes on each side, until they turn pink and opaque.
4. Add the sliced onion and red pepper to the pan, cooking for an additional 2–3 minutes until softened.
5. Stir in the spinach and cook for another 1–2 minutes, until wilted.
6. Pour in the soy sauce (or tamari) and lime juice, stirring to combine. Season with sea salt and black pepper to taste.
7. Serve the stir-fry immediately, garnished with fresh coriander if desired.

Serving Suggestions:

This stir-fry is great on its own, or you can serve it with a side of steamed rice or quinoa for a more filling meal.

Nutritional Information (Per Serving):

Calories: 250 | Protein: 28 g | Fat: 12 g | Carbohydrates: 12 g | Fibre: 3 g

Poached Cod with Tomato and Basil

Preparation Time: 10 minutes | **Cooking Time:** 15-20 minutes | **Servings:** 1

Ingredients:

1 cod fillet (about 150–200 g)
1 tablespoon olive oil
1 small onion, chopped
1 garlic clove, minced
2 large tomatoes, chopped
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
Fresh basil leaves, torn (for garnish)
Sea salt and black pepper, to taste
100 ml low-salt vegetable stock or water

Instructions:

1. Heat the olive oil in a shallow pan over medium heat. Add the chopped onion and minced garlic, sautéing for 3–4 minutes until softened.
2. Add the chopped tomatoes, dried oregano, and dried basil to the pan. Stir to combine and cook for 5 minutes, until the tomatoes start to break down and release their juices.
3. Season the cod fillet with sea salt and black pepper, then place it gently in the pan with the tomato mixture.
4. Pour in the vegetable stock (or water) around the fish, then cover the pan with a lid.
5. Simmer gently for 10–12 minutes, or until the cod is cooked through and flakes easily with a fork.
6. Carefully remove the cod from the pan and serve with the tomato and basil sauce spooned over the top.
7. Garnish with fresh torn basil leaves.

Serving Suggestions:

Serve the poached cod with a side of steamed vegetables or a small portion of wholegrain rice for a well-rounded meal.

Nutritional Information (Per Serving):

Calories: 220 | Protein: 30 g | Fat: 10 g | Carbohydrates: 8 g | Fibre: 2 g

Sardine Salad with Avocado and Mixed Greens

Preparation Time: 10 minutes | **Cooking Time:** none | **Servings:** 1

Ingredients:

1 tin of sardines in olive oil (about 100 g), drained
½ ripe avocado, sliced
2 large handfuls of mixed salad leaves (such as spinach, rocket and watercress)
¼ red onion, thinly sliced
1 tablespoon extra virgin olive oil
1 tablespoon lemon juice
Sea salt and black pepper, to taste
Fresh parsley or coriander, chopped (optional, for garnish)

Instructions:

1. In a large bowl, combine the mixed salad greens, sliced avocado, and thinly sliced red onion.
2. Add the drained sardines on top of the salad.
3. Drizzle with olive oil and lemon juice, then season with sea salt and black pepper to taste.
4. Gently toss everything together, being careful not to break the sardines too much.
5. Garnish with fresh parsley or coriander, if desired.

Serving Suggestions:

Serve this salad on its own for a light lunch or pair it with a side of roasted vegetables for a more filling meal.

Nutritional Information (Per Serving):

Calories: 400 | Protein: 25 g | Fat: 28 g | Carbohydrates: 10 g | Fibre: 7 g

Grilled Tuna Steaks with a Lemon and Olive Oil Dressing

Preparation Time: 10 minutes | **Cooking Time:** 8-10 minutes | **Servings:** 1

Ingredients:

1 tuna steak (about 200–250 g)
1 tablespoon extra virgin olive oil
Zest and juice of 1 lemon
1 garlic clove, minced
Sea salt and black pepper, to taste
Fresh parsley, chopped (optional, for garnish)

Instructions:

1. Preheat the grill or grill pan to medium-high heat.
2. In a small bowl, mix the olive oil, lemon zest, lemon juice, minced garlic, sea salt, and black pepper.
3. Rub the tuna steak with the lemon and olive oil dressing, ensuring it is well-coated. Let it marinate for 5 minutes.
4. Grill the tuna steak for 4–5 minutes on each side, or until it reaches your desired level of doneness. Tuna is best served slightly pink in the middle.
5. Remove from the grill and let the steak rest for 2 minutes.
6. Serve the grilled tuna steak with any remaining lemon and olive oil dressing, garnished with fresh parsley if desired.

Serving Suggestions:

Pair this with a fresh salad or steamed vegetables for a light yet satisfying meal.

Nutritional Information (Per Serving):

Calories: 280 | Protein: 40 g | Fat: 14 g | Carbs: 0 g | Fibre: 0 g

Mussels in a Turmeric and Coconut Broth

Preparation Time: 5 minutes | **Cooking Time:** 10-12 minutes | **Servings:** 1

Ingredients:

200 g fresh mussels, cleaned and debearded
1 tablespoon coconut oil
1 garlic clove, minced
1/2 teaspoon ground turmeric
200 ml full-fat coconut milk
100 ml vegetable stock (low-salt)
1 small shallot, finely chopped
Sea salt and black pepper, to taste
Fresh coriander, chopped (optional, for garnish)

Instructions:

1. Heat the coconut oil in a large saucepan over medium heat. Add the minced garlic and chopped shallot, cooking for 2–3 minutes until softened and fragrant.
2. Stir in the ground turmeric and cook for an additional minute to release its flavour.
3. Pour in the coconut milk and vegetable stock, bringing the mixture to a gentle simmer.
4. Add the mussels to the pan, cover, and cook for 5–7 minutes, or until the mussels have opened. Discard any mussels that remain closed.
5. Season with sea salt and black pepper to taste.
6. Serve the mussels in the broth, garnished with fresh coriander if desired.

Serving Suggestions:

Serve with a side of steamed greens or a small portion of wholegrain bread to soak up the delicious broth.

Nutritional Information (Per Serving):

Calories: 250 | Protein: 20 g | Fat: 18 g | Carbs: 5 g | Fibre: 2 g

Crispy Baked Trout with Roasted Asparagus

Preparation Time: 5 minutes | **Cooking Time:** 20-25 minutes | **Servings:** 1

Ingredients:

1 trout fillet (about 200–250 g), skin on
1 tablespoon olive oil
Zest of 1 lemon
1/2 teaspoon dried thyme
Sea salt and black pepper, to taste
6–8 asparagus spears, trimmed
1 tablespoon olive oil (for roasting asparagus)
1 clove garlic, minced (optional)

Instructions:

1. Preheat the oven to 200°C (180°C fan)/Gas Mark 6. Line a baking tray with parchment paper.
2. Drizzle 1 tablespoon of olive oil over the trout fillet, then sprinkle with lemon zest, dried thyme, sea salt, and black pepper.
3. Arrange the trout fillet skin-side down on the prepared baking tray.
4. Toss the trimmed asparagus with 1 tablespoon olive oil, sea salt, black pepper, and minced garlic (if using). Arrange the asparagus on the same tray around the trout.
5. Bake in the oven for 20–25 minutes, or until the trout is cooked through (the flesh should flake easily with a fork) and the asparagus is tender and slightly crispy at the edges.
6. Serve the crispy baked trout alongside the roasted asparagus.

Serving Suggestions:

Pair with a side of quinoa or a mixed green salad for a complete anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 350 | Protein: 35 g | Fat: 22 g | Carbs: 8 g | Fibre: 4 g

Seafood Stew with Fennel and Saffron

Preparation Time: 10 minutes | **Cooking Time:** 25-30 minutes | **Servings:** 1

Ingredients:

100 g white fish fillet (such as cod or haddock), cut into chunks
100 g raw prawns, peeled and deveined
1 tablespoon olive oil
1 small fennel bulb, thinly sliced
1 small onion, finely chopped
1 garlic clove, minced
1 pinch saffron threads
1/2 teaspoon smoked paprika
1 medium tomato, chopped
300 ml low-salt fish or vegetable stock
Sea salt and black pepper, to taste
Fresh parsley, chopped (optional, for garnish)

Instructions:

1. Heat the olive oil in a saucepan over medium heat. Add the onion and fennel and cook for 5–6 minutes until softened.
2. Stir in the garlic, saffron, and smoked paprika. Cook for 1 minute, then add the chopped tomato.
3. Pour in the stock and bring to a gentle simmer. Cook for 10 minutes to let the flavours develop.
4. Add the fish chunks and simmer for 5 minutes, then add the prawns and cook for another 3–4 minutes until the seafood is cooked through.
5. Season with sea salt and black pepper to taste.
6. Serve the stew hot, garnished with chopped parsley if desired.

Serving Suggestions:

Delicious with a slice of wholegrain bread or a spoonful of cooked quinoa for a hearty anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 290 | Protein: 35 g | Fat: 12 g | Carbs: 8 g | Fibre: 2 g

Spicy Grilled Sardines with a Cucumber and Mint Salad

Preparation Time: 10 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

3–4 fresh sardines, cleaned and butterflied
1 tablespoon olive oil
1/2 teaspoon smoked paprika
1/4 teaspoon ground cumin
1/4 teaspoon cayenne pepper (optional, for extra heat)
Sea salt and black pepper, to taste
Juice of 1/2 lemon
For the salad:
1/2 cucumber, thinly sliced
A small handful fresh mint leaves, chopped
1 teaspoon olive oil
Juice of 1/2 lemon
Sea salt and black pepper, to taste

Instructions:

1. Preheat the grill or grill pan to medium-high.
2. In a small bowl, mix the olive oil, paprika, cumin, cayenne (if using), lemon juice, sea salt, and black pepper.
3. Brush the sardines with the spice mixture, coating both sides well.
4. Grill the sardines for 3–4 minutes on each side until the skin is crisp and the fish is cooked through.
5. Meanwhile, combine the cucumber and mint in a bowl. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.
6. Serve the grilled sardines with the cucumber and mint salad on the side.

Serving Suggestions:

Enjoy with a small portion of brown rice or lentils for a balanced, anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 320 | Protein: 30 g | Fat: 20 g | Carbs: 4 g | Fibre: 1.5 g

Haddock and Sweet Potato Bake

Preparation Time: 10 minutes | **Cooking Time:** 25-30 minutes | **Servings:** 1

Ingredients:

1 haddock fillet (about 150–200 g), skin removed
1 small sweet potato (about 150 g), peeled and thinly sliced
1 tablespoon olive oil
1 small red onion, thinly sliced
1 garlic clove, minced
1/4 teaspoon ground turmeric
1/4 teaspoon dried thyme
Sea salt and black pepper, to taste
A small handful of fresh parsley, chopped (optional)

Instructions:

1. Preheat the oven to 200°C (fan 180°C/gas mark 6).
2. In a baking dish, layer the sliced sweet potato, drizzle with half the olive oil, and season with salt, pepper, and turmeric.
3. Scatter the sliced red onion and garlic over the sweet potato.
4. Place the haddock fillet on top, season with salt, pepper, and thyme, then drizzle over the remaining olive oil.
5. Cover the dish loosely with foil and bake for 20 minutes.
6. Remove the foil and bake for a further 5–10 minutes until the sweet potato is tender and the fish flakes easily with a fork.
7. Garnish with chopped parsley, if using, and serve warm.

Serving Suggestions:

Serve with steamed green beans or wilted spinach for a fibre-rich, anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 340 | Protein: 32 g | Fat: 15 g | Carbs: 20 g | Fibre: 4 g

Seared Scallops with Roasted Beetroot and Kale

Preparation Time: 10 minutes | **Cooking Time:** 25-30 minutes | **Servings:** 1

Ingredients:

4–5 large sea scallops (about 120 g)
1 medium beetroot, peeled and diced
1 tablespoon olive oil
1 small garlic clove, finely chopped
A handful of kale, stems removed and roughly chopped
1 teaspoon apple cider vinegar
Sea salt and black pepper, to taste

Instructions:

1. Preheat the oven to 200°C (fan 180°C/gas mark 6).
2. Toss the beetroot with half the olive oil and a pinch of salt and pepper. Spread on a baking tray and roast for 20–25 minutes, turning once, until tender and slightly caramelised.
3. While the beetroot is roasting, heat the remaining oil in a frying pan over medium heat.
4. Pat the scallops dry with kitchen paper and season lightly with salt and pepper.
5. When the oil is hot, sear the scallops for 1–2 minutes per side until golden and just cooked through. Remove and set aside.
6. In the same pan, add the garlic and kale and sauté for 2–3 minutes until the kale is wilted. Splash in the vinegar and stir to coat.
7. To serve, place the kale on a plate, top with roasted beetroot, and arrange the scallops on top.

Serving Suggestions:

This dish pairs beautifully with a spoonful of quinoa or a side of steamed brown rice for a fibre-rich option.

Nutritional Information (Per Serving):

Calories: 280 | Protein: 24 g | Fat: 12 g | Carbs: 16 g | Fibre: 5 g

Salmon and Avocado Rice Bowl

Preparation Time: 10 minutes | **Cooking Time:** 10-12 minutes | **Servings:** 1

Ingredients:

1 salmon fillet (about 150–180 g), skin removed
1/2 ripe avocado, sliced
100 g cooked brown rice
1 teaspoon sesame oil or olive oil
1 teaspoon tamari or low-salt soy sauce
1 teaspoon grated fresh ginger
1/2 teaspoon turmeric
Juice of 1/2 lime
1 spring onion, finely sliced
A few fresh coriander leaves (optional)
Sea salt and black pepper, to taste

Instructions:

1. Preheat a frying pan over medium heat. Rub the salmon with turmeric, salt, pepper, and ginger.
2. Add the sesame or olive oil to the pan and cook the salmon for 4–5 minutes on each side, or until cooked through and lightly golden.
3. Warm the cooked brown rice and place it in a serving bowl.
4. Top the rice with the cooked salmon (flaked or whole), sliced avocado, spring onion, and a few coriander leaves if using.
5. Drizzle over the lime juice and tamari.

Serving Suggestions:

Add some steamed broccoli or shredded red cabbage on the side for an extra anti-inflammatory boost.

Nutritional Information (Per Serving):

Calories: 450 | Protein: 30 g | Fat: 22 g | Carbs: 30 g | Fibre: 6 g

Cardamom and Fennel Baked Sea Bass with Steamed Broccoli

Preparation Time: 10 minutes | **Cooking Time:** 15-18 minutes | **Servings:** 1

Ingredients:

1 sea bass fillet (about 150–180 g), skin on
1 tablespoon olive oil
1/4 teaspoon ground cardamom
1/4 teaspoon ground fennel seeds
Zest and juice of 1/2 orange
1 garlic clove, minced
Sea salt and black pepper, to taste
1 large handful broccoli florets

Instructions:

1. Preheat the oven to 200°C (fan 180°C/gas mark 6). Line a small baking tray with baking paper.
2. In a small bowl, mix the olive oil, orange zest and juice, garlic, cardamom, fennel, salt, and pepper.
3. Place the sea bass on the baking tray, skin side down. Spoon the mixture over the fish, making sure it's evenly coated.
4. Bake for 15–18 minutes until the fish flakes easily and the skin is crisp.
5. While the fish is baking, steam the broccoli for 3–4 minutes until tender but still vibrant.
6. Serve the sea bass with the steamed broccoli on the side, drizzling any pan juices over the top.

Serving Suggestions:

This dish pairs beautifully with a spoonful of quinoa or a side of steamed brown rice for a fibre-rich option.

Nutritional Information (Per Serving):

Calories: 350 | Protein: 32 g | Fat: 20 g | Carbs: 8 g | Fibre: 3 g

Plant-Based: Colourful, Nourishing, and Naturally Anti-Inflammatory

Plant-based meals are packed with natural compounds that help your body fight inflammation. Whole vegetables, legumes, whole grains, nuts, seeds, and herbs offer a rich mix of fibre, antioxidants, and phytonutrients that support overall health and keep your immune system balanced.

This section brings together simple, satisfying dishes that celebrate the power of plants—whether you're making a vibrant lentil stew, a spiced vegetable bake, or a fresh grain bowl. These recipes are naturally free from meat and fish, with a strong focus on colourful produce, healthy fats, and anti-inflammatory herbs and spices.

What to Include in Anti-Inflammatory Plant-Based Dishes:

- **Fibre-Rich Ingredients:** Beans, lentils, whole grains, and leafy greens support gut health and reduce inflammation.
- **Healthy Fats:** Avocado, nuts, seeds, and olive oil help your body absorb key nutrients.
- **Anti-Inflammatory Spices:** Ginger, turmeric, cumin, and cinnamon bring warmth and healing properties.
- **Fresh Herbs:** Coriander, parsley, basil, and thyme boost flavour and offer antioxidant benefits.

Tips for Cooking Plant-Based the Anti-Inflammatory Way:

- **Use a Variety of Colours:** Different colours mean different antioxidants—mix them up for a balanced meal.
- **Pair with Protein:** Add lentils, beans, tofu, or quinoa to keep meals filling and nutritious.
- **Cook Gently:** Light roasting, steaming, or sautéing helps preserve nutrients and flavour.

With these wholesome plant-based recipes, you'll find it easy to build anti-inflammatory meals that are as delicious as they are nourishing—perfect for everyday eating or introducing more variety into your diet.

Roasted Cauliflower Steaks with Tahini and Pomegranate

Preparation Time: 10 minutes | **Cooking Time:** 25-30 minutes | **Servings:** 1

Ingredients:

1 medium cauliflower
1 tablespoon olive oil
1/4 teaspoon ground cumin
Sea salt and black pepper, to taste
1 tablespoon tahini
1 teaspoon lemon juice
1 tablespoon warm water (more if needed)
1 tablespoon pomegranate seeds
A few fresh mint leaves, chopped (optional)

Instructions:

1. Preheat the oven to 200°C (180°C fan)/Gas 6.
2. Remove the leaves and trim the stem of the cauliflower, keeping the core intact. Slice it vertically into two 2–3 cm thick ‘steaks’.
3. Place the cauliflower steaks on a baking tray. Drizzle with olive oil, sprinkle with cumin, and season with salt and pepper. Rub the seasoning in gently on both sides.
4. Roast for 25–30 minutes, flipping halfway through, until golden and tender.
5. While the cauliflower is roasting, make the tahini dressing. In a small bowl, whisk together the tahini, lemon juice, warm water, and a pinch of salt. Add more water if needed to reach a pourable consistency.
6. Transfer the roasted cauliflower to a plate, drizzle with tahini dressing, and scatter over the pomegranate seeds and mint (if using).

Serving Suggestions:

Delicious served with a spoonful of cooked quinoa or warm wholegrain flatbread.

Nutritional Information (Per Serving):

Calories: 270 | Protein: 7 g | Fat: 18 g | Carbs: 19 g | Fibre: 8 g

Spiced Aubergine and Chickpea Bake

Preparation Time: 10 minutes | **Cooking Time:** 30-45 minutes | **Servings:** 1

Ingredients:

1 small aubergine, cut into cubes
1 tablespoon olive oil
1/2 teaspoon ground cumin
1/4 teaspoon ground cinnamon
1/2 small red onion, finely sliced
1 garlic clove, minced
1/2 tin (about 100 g) chickpeas, drained and rinsed
200 ml passata
Sea salt and black pepper, to taste
1 tablespoon chopped fresh parsley or coriander (optional)

Instructions:

1. Preheat the oven to 200°C (180°C fan)/Gas 6.
2. Heat the olive oil in a pan over medium heat. Add the aubergine and cook for 5–7 minutes, stirring often, until starting to soften.
3. Add the onion and garlic and cook for another 3 minutes. Stir in the cumin, cinnamon, and a pinch of salt and pepper.
4. Add the chickpeas and passata. Bring to a gentle simmer, then transfer the mixture to a small ovenproof dish.
5. Bake for 20–25 minutes until the top is bubbling and the aubergine is fully tender.
6. Sprinkle with fresh herbs before serving, if desired.

Serving Suggestions:

Serve with a spoonful of cooked brown rice or a side of steamed greens for a balanced, anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 280 | Protein: 9 g | Fat: 12 g | Carbs: 30 g | Fibre: 9 g

Stuffed Sweet Potatoes with Quinoa and Turmeric Hummus

Preparation Time: 15 minutes | **Cooking Time:** 45-50 minutes | **Servings:** 1

Ingredients:

1 medium sweet potato
2 tablespoons quinoa
1 tablespoon olive oil
1/4 teaspoon ground turmeric
1/4 teaspoon ground cumin
1/4 teaspoon smoked paprika
Sea salt and black pepper, to taste
2 tablespoons homemade or store-bought hummus (preferably plain or turmeric-flavoured)
Fresh coriander or parsley, chopped (optional, for garnish)

Instructions:

1. Preheat the oven to 200°C (180°C fan)/Gas 6.
2. Prick the sweet potato with a fork and place it on a baking tray. Bake for 40–45 minutes, or until soft and tender when pierced with a fork.
3. While the sweet potato is baking, cook the quinoa according to package instructions. Once cooked, fluff with a fork and set aside.
4. In a small bowl, combine the olive oil, turmeric, cumin, smoked paprika, and a pinch of salt and pepper. Stir well.
5. Once the sweet potato is cooked, cut it in half lengthways and gently scoop out some of the flesh to create space for the quinoa filling.
6. Mix the cooked quinoa with the spiced olive oil mixture and stir until the quinoa is evenly coated. Spoon the quinoa mixture into the hollowed-out sweet potato halves.
7. Top each stuffed sweet potato half with a dollop of hummus.
8. Garnish with fresh coriander or parsley, if desired, and serve

Serving Suggestions:

Serve as a main dish or pair with a side of roasted vegetables for a complete anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 350 | Protein: 10 g | Fat: 14 g | Carbs: 45 g | Fibre: 8 g

Carrot and Coriander Fritters with Avocado Smash

Preparation Time: 15 minutes | **Cooking Time:** 10-12 minutes | **Servings:** 1

Ingredients:

For the fritters:

2 medium carrots, grated
1 tablespoon ground flaxseed (optional, for binding)
1 tablespoon chickpea flour (or any gluten-free flour)
1/4 teaspoon ground cumin
1/4 teaspoon ground coriander
1 tablespoon fresh coriander (cilantro), chopped
1 egg (or flax egg for a vegan and more strict anti-inflammatory option)

Sea salt and black pepper, to taste
1 tablespoon olive oil (for frying)

For the avocado smash:

1 ripe avocado
Juice of 1/2 lemon
Sea salt and black pepper, to taste
1/4 teaspoon chilli flakes (optional, for a kick)

Instructions:

1. In a large mixing bowl, combine the grated carrots, flaxseed, chickpea flour, cumin, ground coriander, and chopped fresh coriander.
2. Crack the egg (or prepare the flax egg) into the bowl and season with sea salt and black pepper. Mix until everything is combined. The mixture should hold together; if it's too loose, add a little more flour or flaxseed.
3. Heat the olive oil in a frying pan over medium heat.
4. Using your hands or a spoon, form small fritters (about the size of a tablespoon) and gently place them into the hot pan. Cook for 3–4 minutes on each side, or until golden brown and crispy.
5. While the fritters cook, prepare the avocado smash. In a small bowl, mash the avocado with a fork. Add the lemon juice, sea salt, black pepper, and optional chilli flakes. Mix until smooth but still slightly chunky.
6. Once the fritters are cooked, remove them from the pan and place on a paper towel to absorb excess oil.
7. Serve the carrot and coriander fritters with a generous spoonful of avocado smash on the side.

Serving Suggestions:

Serve the fritters with a side of leafy greens or a small portion of brown rice for a more filling meal.

Nutritional Information (Per Serving):

Calories: 350 | Protein: 8 g | Fat: 20 g | Carbs: 32 g | Fibre: 9 g

Butternut Squash and Black Bean Tacos with Lime Yoghurt

Preparation Time: 15 minutes | **Cooking Time:** 20 minutes | **Servings:** 1

Ingredients:

For the tacos:

1 small butternut squash, peeled and diced
1/2 tablespoon olive oil
1/2 teaspoon ground cumin
1/4 teaspoon smoked paprika
Sea salt and black pepper, to taste
1/2 tin (about 200 g) black beans, drained and rinsed
2–3 small corn tortillas (or your preferred tortilla)
Fresh coriander (cilantro), chopped (optional, for garnish)
For the lime yoghurt:
2 tablespoons plain Greek yoghurt (or dairy-free alternative)
Juice of 1/2 lime
1/4 teaspoon ground cumin
Sea salt and black pepper, to taste

Instructions:

1. Preheat the oven to 200°C (180°C fan)/400°F/Gas Mark 6.
2. In a baking tray, toss the diced butternut squash with olive oil, cumin, smoked paprika, sea salt, and black pepper. Roast in the oven for 20–25 minutes, or until the squash is tender and lightly caramelised, stirring halfway through.
3. While the squash is roasting, prepare the lime yoghurt. In a small bowl, mix together the Greek yoghurt, lime juice, cumin, and a pinch of sea salt and black pepper. Set aside.
4. Warm the corn tortillas in a dry frying pan over medium heat for 1–2 minutes on each side until soft and pliable.
5. Once the butternut squash is roasted, remove from the oven and mix in the black beans. Warm through for 2–3 minutes.
6. To assemble the tacos, place a few spoonfuls of the roasted butternut squash and black bean mixture onto each tortilla. Drizzle with the lime yoghurt and garnish with fresh coriander, if desired.
7. Serve immediately and enjoy!

Serving Suggestions:

For a complete meal, serve these tacos with a side of quinoa or a green salad.

Nutritional Information (Per Serving):

Calories: 400 | Protein: 14 g | Fat: 12 g | Carbs: 60 g | Fibre: 14 g

Roasted Butternut Squash and Chickpea Stuffed Portobello Mushrooms

Preparation Time: 15 minutes | **Cooking Time:** 35–40 minutes | **Servings:** 1

Ingredients:

2 large Portobello mushroom caps, cleaned and stems removed
1/2 small butternut squash, peeled and diced
60 g cooked chickpeas
1 tablespoon olive oil
1/2 teaspoon ground turmeric
1/2 teaspoon ground cumin
1/4 teaspoon ground cinnamon
Sea salt and black pepper, to taste
1 tablespoon fresh coriander or parsley, chopped (optional, for garnish)
1 tablespoon tahini
1 teaspoon lemon juice

Instructions:

1. Preheat the oven to 200°C (180°C fan) or Gas Mark 6.
2. Place the diced butternut squash on a baking tray, drizzle with olive oil, and sprinkle with turmeric, cumin, cinnamon, salt, and pepper. Roast for 20–25 minutes, or until tender and golden.
3. While the squash is roasting, heat a small pan over medium heat and warm the chickpeas for 3–4 minutes until heated through.
4. Once the squash is roasted, mash it lightly with a fork, then mix with the warmed chickpeas. Adjust seasoning if needed.
5. Place the Portobello mushroom caps on a baking tray, drizzle with a little olive oil, and bake for 8–10 minutes, until tender and slightly browned.
6. Remove the mushrooms from the oven, stuff them with the roasted butternut squash and chickpea mixture, and return them to the oven for another 5–8 minutes.
7. Drizzle with tahini and lemon juice before serving. Garnish with fresh coriander or parsley, if desired.

Serving Suggestions:

Serve with a side of steamed broccoli or a light quinoa salad for a nutrient-packed anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 320 | Protein: 9 g | Fat: 17 g | Carbs: 40 g | Fiber: 9 g | Sugar: 10 g

Mushroom and Walnut ‘Meatballs’ with Tomato and Basil Sauce

Preparation Time: 15 minutes | **Cooking Time:** 25 | **Servings:** 1

Ingredients:

For the ‘meatballs’:

100 g mushrooms, finely chopped
50 g walnuts, chopped
60 ml breadcrumbs (use gluten-free if preferred)
1 tablespoon ground flaxseed (optional, for binding)
1 tablespoon olive oil
1 small onion, finely chopped
1 garlic clove, crushed
1 teaspoon dried oregano
½ teaspoon dried thyme
Sea salt and black pepper, to taste

For the tomato and basil sauce:

½ tin (about 200 g) chopped tomatoes
1 tablespoon olive oil
1 small onion, finely chopped
1 garlic clove, crushed
1 teaspoon dried basil

Instructions:

1. Preheat the oven to 180°C (160°C fan)/350°F/Gas Mark 4.
2. In a frying pan, heat the olive oil over medium heat. Add the chopped onion and garlic and sauté for 3–4 minutes until softened.
3. Add the chopped mushrooms to the pan and cook for another 5–7 minutes until the mushrooms have released their moisture.
4. Remove from the heat and let the mushroom mixture cool slightly. Once cooled, combine the mushrooms with the chopped walnuts, breadcrumbs, ground flaxseed (if using), oregano, thyme, sea salt, and black pepper in a bowl. Mix well to combine.
5. Shape the mixture into small balls, about the size of a walnut, and place them on a baking tray lined with baking paper. Bake for 15–20 minutes, or until golden and firm.
6. While the ‘meatballs’ are baking, make the sauce. Heat the olive oil in a saucepan over medium heat and sauté the onion and garlic until softened, about 5 minutes.
7. Add the chopped tomatoes, dried basil, sea salt, and black pepper to the pan and simmer for 10 minutes, allowing the sauce to thicken.
8. Once the ‘meatballs’ are cooked, remove them from the oven and add them to the tomato sauce. Simmer together for 5 minutes, allowing the flavours to meld.

Serving Suggestions:

Serve the mushroom and walnut ‘meatballs’ with the tomato and basil sauce, garnished with fresh basil leaves if desired.

Nutritional Information (Per Serving):

Calories: 380 | Protein: 12 g | Fat: 25 g | Carbs: 30 g | Fibre: 10 g

Grilled Courgette Rolls with Herbed Cashew Cream

Preparation Time: 10 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

For the courgette rolls:

1 large courgette, sliced lengthways into thin strips
1 tablespoon olive oil
Sea salt and black pepper, to taste
Fresh parsley, chopped (for garnish)

For the herbed cashew cream:

50 g cashews (soaked in water for 2–3 hours or overnight, then drained)
1 tablespoon lemon juice
1 tablespoon nutritional yeast (optional, for a cheesy flavour)
1 teaspoon dried oregano
1 garlic clove, minced
2–3 tablespoons water (or more, depending on desired consistency)
Sea salt and black pepper, to taste

Instructions:

1. Preheat the grill or grill pan to medium-high heat.
2. Brush the courgette slices with olive oil and season with sea salt and black pepper.
3. Grill the courgette slices for 2–3 minutes on each side, until they are lightly browned and tender.
4. While the courgettes are grilling, prepare the herbed cashew cream. In a blender or food processor, combine the soaked and drained cashews, lemon juice, nutritional yeast, oregano, garlic, and water. Blend until smooth and creamy, adding more water as needed to achieve the desired consistency. Season with sea salt and black pepper to taste.
5. Once the courgette slices are grilled, remove them from the heat. Place a small spoonful of the herbed cashew cream at one end of each courgette strip and roll them up tightly.
6. Arrange the courgette rolls on a plate and garnish with fresh parsley.

Serving Suggestions:

Serve these courgette rolls as a light starter, snack, or alongside a leafy green salad for a wholesome meal.

Nutritional Information (Per Serving):

Calories: 250 | Protein: 7 g | Fat: 20 g | Carbs: 15 g | Fibre: 5 g

Baked Tofu with Ginger-Sesame Glaze and Broccoli

Preparation Time: 10 minutes | **Cooking Time:** 20-25 minutes | **Servings:** 1

Ingredients:

150 g firm tofu, pressed and cut into cubes
1 tablespoon olive oil
Sea salt and black pepper, to taste
For the ginger-sesame glaze:
1 tablespoon sesame oil
1 tablespoon tamari or soy sauce
1 tablespoon maple syrup (or agave syrup)
1 teaspoon fresh ginger, grated
1 teaspoon rice vinegar
1 teaspoon sesame seeds
For the broccoli:
1 small head of broccoli, cut into florets
1 tablespoon olive oil
Sea salt and black pepper, to taste

Instructions:

1. Preheat the oven to 180°C (160°C fan) or Gas Mark 4. Line a baking tray with parchment paper.
2. Place the tofu cubes on the tray and drizzle with olive oil. Season with sea salt and black pepper. Bake for 20–25 minutes, flipping halfway through, until the tofu is golden and crispy on the edges.
3. While the tofu is baking, prepare the ginger-sesame glaze. In a small bowl, combine the sesame oil, tamari, maple syrup, grated ginger, and rice vinegar. Whisk together until smooth.
4. Steam the broccoli florets until tender, about 5–7 minutes, or sauté them in a pan with olive oil for 4–5 minutes, seasoning with sea salt and black pepper.
5. Once the tofu is done, remove it from the oven and drizzle with the ginger-sesame glaze. Toss gently to coat.
6. Serve the glazed tofu over the steamed or sautéed broccoli, and sprinkle with sesame seeds for garnish.

Serving Suggestions:

Serve this dish with brown rice or quinoa for a complete anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 300 | Protein: 18 g | Fat: 20 g | Carbs: 14 g | Fibre: 6 g

Stuffed Peppers with Lentils and Wild Rice

Preparation Time: 15 minutes | **Cooking Time:** 35-40 minutes | **Servings:** 1

Ingredients:

1 large pepper, top cut off and seeds removed
60 g cooked lentils
60 g cooked wild rice
60 g diced tomatoes (fresh or tinned)
1 small onion, finely chopped
1 garlic clove, crushed
½ teaspoon ground cumin
¼ teaspoon smoked paprika
1 tablespoon extra virgin olive oil
Sea salt and black pepper, to taste
Fresh parsley or coriander, chopped (for garnish)

Instructions:

1. Preheat the oven to 180°C (160°C fan)/Gas Mark 4.
2. In a frying pan, heat the olive oil over medium heat. Add the chopped onion and garlic, and sauté for 3-4 minutes until softened.
3. Stir in the cumin, smoked paprika, and a pinch of sea salt and black pepper. Cook for 1-2 minutes until fragrant.
4. Add the cooked lentils, wild rice, and diced tomatoes to the pan. Stir to combine and cook for another 3-4 minutes, allowing the flavours to meld together. Adjust seasoning with salt and pepper if necessary.
5. Stuff the pepper with the lentil and rice mixture, pressing it gently to fit.
6. Place the stuffed pepper in a baking dish and cover with foil. Bake for 30 minutes.
7. After 30 minutes, remove the foil and bake for an additional 5–10 minutes until the pepper is tender and the filling is heated through.
8. Garnish with fresh parsley or coriander before serving.

Serving Suggestions:

Serve with a side of steamed vegetables or a light salad for a complete anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 320 | Protein: 12 g | Fat: 10 g | Carbs: 46 g | Fiber: 11 g | Sugar: 9 g

Nourishing Anti-Inflammatory Snacks

Anti-inflammatory snacks are a great way to keep your energy levels stable and support your body's natural healing processes throughout the day. Whole, plant-based ingredients such as seeds, nuts, fresh vegetables, and healthy fats are rich in fibre, antioxidants, and essential nutrients that work together to reduce inflammation and boost overall wellbeing.

This collection of snacks brings you satisfying, nutrient-dense bites that are free from processed sugars and additives. Whether you're craving something crunchy, creamy, or light, these snacks will keep you feeling nourished and satisfied without triggering inflammation. From roasted chickpeas to antioxidant-packed energy balls, these snacks celebrate the power of plants in every bite.

What to Include in Anti-Inflammatory Snacks:

- **Fibre-Rich Ingredients:** Vegetables, nuts, seeds, and whole grains support gut health and reduce inflammation.
- **Healthy Fats:** Avocado, nuts, seeds, and olive oil help your body absorb nutrients and provide long-lasting energy.
- **Anti-Inflammatory Spices:** Ginger, turmeric, cinnamon, and cayenne pepper bring warmth and natural healing properties.
- **Nutrient-Dense Veggies:** Carrots, celery, and cucumber provide fibre and antioxidants to fuel your body.

Tips for Creating Anti-Inflammatory Snacks:

- **Keep It Fresh:** Opt for fresh, whole ingredients to maximise nutrient content.
- **Balance the Flavours:** Pair sweet and savoury ingredients for a variety of tastes and textures.
- **Prepare in Advance:** Batch-make snacks so you always have anti-inflammatory options on hand.

With these snacks, you'll find it easy to indulge in flavourful, satisfying bites that are as healthy as they are delicious—perfect for anytime you need a quick and nourishing treat.

Spiced Roasted Chickpeas with Turmeric and Cumin

Preparation Time: 5 minutes | **Cooking Time:** 25-30 minutes | **Servings:** 1

Ingredients:

1 tin (400 g) chickpeas, drained and rinsed
1 tablespoon olive oil
1/2 teaspoon ground turmeric
1/2 teaspoon ground cumin
1/4 teaspoon ground paprika
1/4 teaspoon sea salt
Freshly ground black pepper, to taste

Instructions:

1. Preheat the oven to 200°C (180°C fan)/Gas Mark 6. Line a baking tray with parchment paper.
2. Pat the chickpeas dry with a clean tea towel or kitchen paper to remove excess moisture.
3. In a bowl, toss the chickpeas with olive oil, turmeric, cumin, paprika, sea salt, and black pepper until evenly coated.
4. Spread the chickpeas out in a single layer on the prepared baking tray.
5. Roast in the preheated oven for 25–30 minutes, shaking the tray halfway through, until the chickpeas are golden and crispy.
6. Remove from the oven and allow to cool slightly before serving.

Serving Suggestions:

Enjoy these spiced chickpeas as a snack on their own or sprinkle them over salads or grain bowls for an extra crunch and anti-inflammatory boost.

Nutritional Information (Per Serving):

Calories: 210 | Protein: 8 g | Fat: 7 g | Carbs: 30 g | Fiber: 8 g

Almond and Coconut Energy Balls with Cinnamon

Preparation Time: 10 minutes | **Chilling Time:** 30 minutes | **Servings:** 4

Ingredients:

100 g ground almonds
50 g desiccated coconut, plus extra for rolling
1 tablespoon chia seeds
1 teaspoon ground cinnamon
1 tablespoon maple syrup or honey
1 tablespoon coconut oil, melted
1/2 teaspoon vanilla extract
Pinch of sea salt

Instructions:

1. In a mixing bowl, combine the ground almonds, desiccated coconut, chia seeds, ground cinnamon, and sea salt.
2. Add the maple syrup (or honey), melted coconut oil, and vanilla extract. Stir until all ingredients are well combined into a sticky mixture.
3. Roll the mixture into small balls, about 1 inch in diameter, and then roll them in extra desiccated coconut to coat.
4. Place the energy balls on a baking tray lined with parchment paper.
5. Chill in the fridge for at least 30 minutes to firm up.
6. Once chilled, serve immediately or store in an airtight container in the fridge for up to one week.

Serving Suggestions:

Enjoy these energy balls as a quick snack or a post-workout treat. They're packed with healthy fats and natural energy, making them a perfect addition to your anti-inflammatory diet.

Nutritional Information (Per Serving):

Calories: 150 | Protein: 4 g | Fat: 12 g | Carbs: 9 g | Fiber: 3 g

Avocado and Sunflower Seed Toast with Lemon Zest

Preparation Time: 5 minutes | **Cooking Time:** 2-3 minutes | **Servings:** 1

Ingredients:

1 slice wholegrain or sourdough bread
1/2 ripe avocado
1 tablespoon sunflower seeds
Zest of 1/2 lemon
Sea salt and black pepper, to taste

Instructions:

1. Toast the slice of bread to your desired level of crispiness.
2. While the bread is toasting, mash the avocado in a bowl, adding a pinch of sea salt, black pepper, and the lemon zest.
3. Once the toast is ready, spread the mashed avocado mixture evenly over the warm toast.
4. Sprinkle the sunflower seeds on top.
5. Serve immediately as a light, anti-inflammatory snack or breakfast.

Serving Suggestions:

Pair this with a side of mixed greens or a small portion of fruit for a balanced meal.

Nutritional Information (Per Serving):

Calories: 280 | Protein: 7 g | Fat: 22 g | Carbs: 20 g | Fiber: 9 g

Sweet Potato and Black Bean Nachos with Avocado Cream

Preparation Time: 10 minutes | **Cooking Time:** 25-30 minutes | **Servings:** 1

Ingredients:

1 medium sweet potato, thinly sliced
1 tablespoon olive oil
½ teaspoon ground cumin
½ teaspoon smoked paprika
Sea salt and black pepper, to taste
120 g cooked black beans (or tinned, drained and rinsed)
2 tablespoons fresh coriander, chopped

For the avocado cream:

½ ripe avocado
1 tablespoon lime juice
2 tablespoons water
Sea salt, to taste

Instructions:

1. Preheat the oven to 200°C (180°C fan) / Gas Mark 6.
2. Toss the sweet potato slices in olive oil, cumin, paprika, sea salt, and black pepper, ensuring they're well coated.
3. Lay the sweet potato slices out in a single layer on a baking tray lined with parchment paper. Bake for 20–25 minutes, flipping halfway through, until crispy and golden.
4. While the sweet potatoes are baking, prepare the avocado cream. In a blender or using a fork, mash the avocado and combine it with lime juice, water, and a pinch of sea salt. Blend until smooth and creamy.
5. Once the sweet potato chips are done, top them with black beans and return them to the oven for 3–5 minutes to warm through.
6. Drizzle with the avocado cream and sprinkle with fresh coriander. Serve immediately as a delicious and anti-inflammatory snack.

Serving Suggestions:

Serve with a side of mixed leafy greens for an added nutrient boost.

Nutritional Information (Per Serving):

Calories: 350 | Protein: 9 g | Fat: 18 g | Carbs: 45 g | Fiber: 9 g

Ginger-Lime Roasted Cashews

Preparation Time: 5 minutes | **Cooking Time:** 10-12 minutes | **Servings:** 1

Ingredients:

75 g raw cashews
1 tablespoon olive oil
½ teaspoon ground ginger
Zest and juice of ½ lime
Sea salt, to taste

Instructions:

1. Preheat the oven to 180°C (160°C fan) / Gas Mark 4.
2. In a small bowl, mix the olive oil, ground ginger, lime zest, lime juice, and a pinch of sea salt.
3. Add the cashews to the bowl and toss them in the ginger-lime mixture until well coated.
4. Spread the cashews out in a single layer on a baking tray lined with parchment paper.
5. Roast in the preheated oven for 10–12 minutes, stirring halfway through, until golden and fragrant.
6. Remove from the oven and let cool before serving.

Serving Suggestions:

Enjoy as a crunchy, anti-inflammatory snack or sprinkle over a salad for added texture and flavour.

Nutritional Information (Per Serving):

Calories: 250 | Protein: 7 g | Fat: 20 g | Carbs: 12 g | Fiber: 3 g

Carrot and Hummus Pinwheels

Preparation Time: 10 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

1 wholegrain tortilla or flatbread
2 tablespoons hummus (store-bought or homemade)
1 small carrot, peeled and cut into thin strips
A small handful of spinach leaves
Sea salt and black pepper, to taste

Instructions:

1. Lay the tortilla or flatbread on a flat surface.
2. Spread a thin, even layer of hummus across the entire surface of the bread.
3. Arrange the carrot strips and spinach leaves on top of the hummus.
4. Season with a little sea salt and black pepper.
5. Carefully roll up the tortilla tightly, ensuring the filling stays in place.
6. Slice into 4–5 bite-sized pinwheels.

Serving Suggestions:

Serve as a light snack or with a side of mixed olives for a more filling anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 180 | Protein: 4 g | Fat: 8 g | Carbs: 24 g | Fiber: 5 g

Turmeric-Paprika Roasted Almonds

Preparation Time: 5 minutes | **Cooking Time:** 16-20 minutes | **Servings:** 1

Ingredients:

100 g raw almonds
1 tablespoon olive oil
1/2 teaspoon ground turmeric
1/2 teaspoon smoked paprika
1/4 teaspoon ground cumin
Sea salt, to taste

Instructions:

1. Preheat the oven to 180°C (160°C fan) or Gas Mark 4. Line a baking tray with parchment paper.
2. In a bowl, combine the raw almonds with olive oil, turmeric, paprika, cumin, and a pinch of sea salt. Mix well to coat the almonds evenly.
3. Spread the almonds in a single layer on the baking tray.
4. Roast for 15–20 minutes, stirring once halfway through, until the almonds are golden and fragrant.
5. Remove from the oven and let cool slightly before serving.

Serving Suggestions:

Enjoy as a snack on their own, or pair with a green smoothie for an added anti-inflammatory boost.

Nutritional Information (Per Serving):

Calories: 210 | Protein: 7 g | Fat: 18 g | Carbs: 7 g | Fiber: 4 g

Baked Kale Chips with Sesame and Sea Salt

Preparation Time: 5 minutes | **Cooking Time:** 15-20 minutes | **Servings:** 1

Ingredients:

1 large handful of kale, washed and dried
1 tablespoon olive oil
1 tablespoon sesame seeds
Sea salt, to taste

Instructions:

1. Preheat the oven to 180°C (160°C fan) or Gas Mark 4. Line a baking tray with parchment paper.
2. Tear the kale leaves into bite-sized pieces, discarding the tough stems.
3. In a bowl, toss the kale with olive oil and sea salt until evenly coated.
4. Spread the kale in a single layer on the prepared baking tray.
5. Sprinkle sesame seeds over the kale.
6. Bake for 15–20 minutes, or until the kale is crispy and lightly browned at the edges. Keep an eye on them to avoid burning.
7. Remove from the oven and let cool slightly before serving.

Serving Suggestions:

Enjoy as a healthy snack or serve alongside a plant-based main dish for an extra crunch.

Nutritional Information (Per Serving):

Calories: 150 | Protein: 4 g | Fat: 11 g | Carbs: 8 g | Fiber: 3 g

Cucumber and Hummus Bites with Fresh Dill

Preparation Time: 5 minutes | **Cooking Time:** None | **Servings:** 1

Ingredients:

1/2 cucumber, sliced into 1 cm thick rounds
2 tablespoons hummus (store-bought or homemade)
Fresh dill sprigs, to garnish
Sea salt and black pepper, to taste

Instructions:

1. Arrange the cucumber slices on a serving plate.
2. Spoon a small amount of hummus onto each cucumber slice.
3. Garnish with fresh dill and a pinch of sea salt and black pepper.
4. Serve immediately as a light snack or appetizer.

Serving Suggestions:

Enjoy these refreshing bites on their own or pair them with a side of mixed nuts or roasted vegetables for a satisfying, anti-inflammatory snack.

Nutritional Information (Per Serving):

Calories: 100 | Protein: 3 g | Fat: 6 g | Carbs: 7 g | Fiber: 2 g

Avocado and Cucumber Rice Cakes

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

1 large rice cake (preferably wholegrain)
1/2 ripe avocado
1/4 cucumber, thinly sliced
Sea salt and black pepper, to taste
A drizzle of extra virgin olive oil (optional)
A few fresh basil or mint leaves, for garnish (optional)

Instructions:

1. Mash the avocado in a small bowl until smooth. Season with a pinch of sea salt and black pepper.
2. Spread the mashed avocado evenly over the rice cake.
3. Arrange the thinly sliced cucumber on top of the avocado.
4. Drizzle with a small amount of extra virgin olive oil, if desired.
5. Garnish with fresh basil or mint leaves for an added burst of flavour.
6. Serve immediately and enjoy!

Serving Suggestions:

This simple snack pairs well with a side of mixed nuts or a handful of cherry tomatoes for an added crunch and nutrition boost.

Nutritional Information (Per Serving):

Calories: 230 | Protein: 5 g | Fat: 15 g | Carbs: 24 g | Fiber: 7 g

Salads: Fresh and Nourishing Choices for Anti-Inflammatory Health

Salads are a wonderful way to pack in a variety of fresh, nutrient-rich ingredients that help fight inflammation. By using an assortment of colourful vegetables, whole grains, legumes, and healthy fats, you can create vibrant dishes that support your immune system and overall wellbeing. Whether you're enjoying a light side salad or a hearty main meal, each one is designed to nourish your body with fibre, antioxidants, and essential nutrients.

In this section, you'll find a collection of anti-inflammatory salads that combine wholesome greens, seeds, nuts, and fruits with powerful herbs and spices. These recipes are naturally free from meat and fish, making them ideal for plant-based diets or anyone looking to reduce their intake of inflammatory foods.

What to Include in Anti-Inflammatory Salads:

- **Leafy Greens:** Spinach, kale, and rocket are high in antioxidants and anti-inflammatory properties.
- **Whole Grains:** Brown rice, quinoa, and bulgur provide fibre and support gut health.
- **Healthy Fats:** Avocado, olive oil, and nuts help absorb nutrients and reduce inflammation.
- **Colourful Vegetables:** Carrots, tomatoes, and peppers are packed with vitamins and antioxidants.
- **Anti-Inflammatory Spices:** Add turmeric, black pepper, and ginger for an extra anti-inflammatory boost.

Tips for Making Anti-Inflammatory Salads:

- **Go for Variety:** Mix different colours and textures for a more nutrient-dense salad.
- **Pair with Protein:** Add chickpeas, lentils, or tofu to keep your salad satisfying.
- **Dress Smartly:** Choose olive oil, lemon juice, or apple cider vinegar to dress your salad.

These salad recipes offer a refreshing way to fight inflammation while enjoying delicious, vibrant dishes that are as satisfying as they are healthy.

Quinoa and Roasted Vegetable Salad with Turmeric Dressing

Preparation Time: 10 minutes | **Cooking Time:** 25-30 minutes | **Servings:** 1

Ingredients:

90 g quinoa
½ red onion, sliced
1 small courgette, chopped
½ red pepper, chopped
90 g cherry tomatoes, halved
1 tablespoon olive oil
Sea salt and black pepper, to taste
½ teaspoon ground turmeric
¼ teaspoon ground cumin
1 tablespoon apple cider vinegar
1 tablespoon olive oil (for dressing)
Juice of ½ lemon
Fresh coriander, chopped (for garnish)

Instructions:

1. Preheat the oven to 180°C (160°C fan)/Gas Mark 4. Line a baking tray with baking paper.
2. Place the red onion, courgette, red pepper, and cherry tomatoes on the tray. Drizzle with 1 tablespoon of olive oil and season with sea salt and black pepper. Roast for 20–25 minutes, or until the vegetables are tender and slightly caramelised.
3. While the vegetables are roasting, rinse the quinoa under cold water. Add the quinoa to a saucepan with 240 ml of water. Bring to the boil, then reduce the heat, cover, and simmer for 12–15 minutes, or until the quinoa is cooked and the water has been absorbed.
4. For the dressing, whisk together the turmeric, cumin, apple cider vinegar, 1 tablespoon of olive oil, and lemon juice in a small bowl.
5. Once the quinoa and vegetables are cooked, allow them to cool slightly.
6. In a large bowl, combine the quinoa, roasted vegetables, and dressing. Toss to coat evenly.
7. Garnish with fresh coriander and serve straight away.

Serving suggestions:

Pair with a small portion of grilled chicken, tofu, or legumes for added protein. This salad also works well as a side to complement fish or seafood.

Nutritional Information (Per Serving):

Calories: 350 | Protein: 9 g | Fat: 14 g | Carbs: 45 g | Fiber: 8 g

Spinach and Avocado Salad with Lemon and Sesame Seeds

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

2 large handfuls fresh spinach, washed
1/2 ripe avocado, sliced
1 tablespoon sesame seeds
Juice of 1/2 lemon
1 tablespoon extra virgin olive oil
Sea salt and black pepper, to taste

Instructions:

1. Place the fresh spinach in a large bowl.
2. Add the sliced avocado to the spinach.
3. In a small pan, toast the sesame seeds over medium heat for 2–3 minutes, until golden and fragrant.
4. Drizzle the lemon juice and olive oil over the spinach and avocado.
5. Season with sea salt and black pepper to taste, and toss gently to combine.
6. Sprinkle the toasted sesame seeds over the salad just before serving.

Serving suggestions:

Enjoy this light, anti-inflammatory salad as a side dish with grilled fish or a portion of quinoa for a more filling meal.

Nutritional Information (Per Serving):

Calories: 220 | Protein: 3 g | Fat: 18 g | Carbs: 12 g | Fiber: 8 g

Chickpea and Cucumber Salad with Fresh Mint and Tahini

Preparation Time: 10 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

120 g cooked chickpeas, drained and rinsed
½ cucumber, thinly sliced
1 tablespoon fresh mint leaves, chopped
1 tablespoon tahini
Juice of ½ lemon
1 teaspoon extra virgin olive oil
Sea salt and black pepper, to taste

Instructions:

1. In a bowl, combine the chickpeas and cucumber slices.
2. Add the chopped fresh mint leaves.
3. In a small bowl, mix the tahini, lemon juice, and olive oil until smooth. If the dressing is too thick, add a splash of water to loosen it.
4. Drizzle the tahini dressing over the salad and toss gently to combine.
5. Season with sea salt and black pepper to taste.

Serving suggestions:

Enjoy this refreshing salad on its own or pair it with grilled chicken or roasted vegetables for a complete anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 350 | Protein: 9 g | Fat: 14 g | Carbs: 45 g | Fiber: 8 g

Kale and Sweet Potato Salad with Lemon-Ginger Vinaigrette

Preparation Time: 10 minutes | **Cooking Time:** 20 minutes | **Servings:** 1

Ingredients:

1 small sweet potato, peeled and diced
2 large handfuls fresh kale, stems removed and chopped
1 tablespoon olive oil
1 tablespoon sesame seeds
Juice of 1/2 lemon
1 teaspoon grated fresh ginger
1 teaspoon honey (optional)
Sea salt and black pepper, to taste

Instructions:

1. Preheat the oven to 200°C (180°C fan, Gas Mark 6).
2. Toss the diced sweet potato with half the olive oil and a pinch of sea salt, then spread on a baking tray. Roast for 20 minutes, or until tender and slightly crispy.
3. While the sweet potato is roasting, massage the kale with the remaining olive oil and a pinch of salt until softened.
4. In a small bowl, whisk together the lemon juice, grated ginger, honey (if using), and black pepper to make the vinaigrette.
5. Once the sweet potato is roasted, add it to the kale, then drizzle the lemon-ginger vinaigrette over the salad.
6. Toss to combine and sprinkle with sesame seeds before serving.

Serving suggestions:

This salad pairs beautifully with grilled chicken or a portion of quinoa for a balanced, anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 350 | Protein: 6 g | Fat: 14 g | Carbs: 45 g | Fiber: 9 g

Carrot and Beetroot Salad with Walnuts and Orange Dressing

Preparation Time: 10 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

1 small raw beetroot, peeled and grated
1 medium carrot, peeled and grated
1 tablespoon chopped walnuts
Juice of 1/2 orange
1 teaspoon extra virgin olive oil
1/2 teaspoon apple cider vinegar
Sea salt and black pepper, to taste

Instructions:

1. Place the grated beetroot and carrot in a bowl.
2. Add the chopped walnuts.
3. In a small bowl, whisk together the orange juice, olive oil, apple cider vinegar, sea salt, and black pepper.
4. Pour the dressing over the salad and toss gently to combine.

Serving suggestions:

This vibrant salad works well alongside baked salmon or a warm quinoa dish for a satisfying anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 220 | Protein: 4 g | Fat: 12 g | Carbs: 24 g | Fiber: 5 g

Tomato, Cucumber, and Basil Salad with Balsamic Glaze

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

1 medium tomato, sliced
1/2 cucumber, sliced
A few fresh basil leaves, torn
1 teaspoon extra virgin olive oil
1 teaspoon balsamic glaze
Sea salt and black pepper, to taste

Instructions:

1. Arrange the tomato and cucumber slices on a plate.
2. Scatter the torn basil leaves over the top.
3. Drizzle with olive oil and balsamic glaze.
4. Season with sea salt and black pepper to taste.

Serving suggestion:

Enjoy this light, refreshing salad as a starter or serve it alongside grilled chicken or fish for a simple anti-inflammatory lunch.

Nutritional Information (Per Serving):

Calories: 120 | Protein: 2 g | Fat: 7 g | Carbs: 12 g | Fiber: 2 g

Roasted Cauliflower and Lentil Salad with Coriander and Lime

Preparation Time: 10 minutes | **Cooking Time:** 25 minutes | **Servings:** 1

Ingredients:

½ small cauliflower, cut into florets
½ tablespoon olive oil
120 ml cooked green or brown lentils
1 tablespoon fresh coriander, chopped
Juice of ½ lime
Sea salt and black pepper, to taste

Instructions:

1. Preheat the oven to 200°C (180°C fan, Gas Mark 6).
2. Toss the cauliflower florets with olive oil and a pinch of sea salt, then spread on a baking tray. Roast for 25 minutes, or until golden and tender.
3. In a bowl, combine the cooked lentils with the roasted cauliflower.
4. Add the chopped coriander and drizzle over the lime juice.
5. Season with sea salt and black pepper, and toss gently to combine.

Serving suggestion:

Serve warm or at room temperature, on its own or with grilled tofu or chicken for a satisfying anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 280 | Protein: 11 g | Fat: 9 g | Carbs: 33 g | Fiber: 9 g

Mixed Greens and Pomegranate Salad with Olive Oil and Turmeric

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

2 large handfuls mixed salad greens
2 tablespoons pomegranate seeds
1 tablespoon extra virgin olive oil
1/4 teaspoon ground turmeric
Juice of 1/2 lemon
Sea salt and black pepper, to taste

Instructions:

1. Place the mixed greens in a bowl.
2. Sprinkle over the pomegranate seeds.
3. In a small bowl, whisk together the olive oil, turmeric, lemon juice, sea salt, and black pepper.
4. Drizzle the dressing over the salad and toss gently to combine.

Serving suggestion:

This colourful salad is a perfect side for grilled fish, lentil patties, or a warm quinoa dish as part of an anti-inflammatory meal.

Nutritional Information (Per Serving):

Calories: 160 | Protein: 2 g | Fat: 11 g | Carbs: 14 g | Fiber: 3 g

Naturally Sweet: Anti-Inflammatory Desserts

Anti-inflammatory desserts can be a wonderful way to satisfy your sweet cravings while supporting your body's natural healing process. By using whole, plant-based ingredients such as fruits, nuts, seeds, and natural sweeteners, these treats provide essential nutrients and antioxidants that help reduce inflammation and promote overall wellbeing.

This collection of desserts brings you delicious, guilt-free treats that are free from refined sugars and additives. From fruit-based puddings to wholesome baked goods, these recipes highlight the power of plant-based ingredients, offering a naturally sweet and satisfying end to any meal.

What to Include in Anti-Inflammatory Desserts:

- **Nutrient-Rich Fruits:** Berries, apples, and tropical fruits are packed with antioxidants and fibre to support your body's defences.
- **Healthy Fats:** Coconut, nuts, and seeds help absorb nutrients and keep you feeling satisfied.
- **Anti-Inflammatory Spices:** Turmeric, cinnamon, and ginger bring natural healing properties and warm, comforting flavours.
- **Natural Sweeteners:** Dates, maple syrup, and coconut sugar provide sweetness without the inflammatory effects of refined sugar.

Tips for Creating Anti-Inflammatory Desserts:

- **Use Whole Ingredients:** Fresh fruits, nuts, and seeds offer the most nutrients and healing benefits.
- **Balance Sweet and Savoury:** Experiment with flavours to create desserts that are both satisfying and nourishing.
- **Make Ahead:** Many of these desserts can be prepped in advance, making it easy to enjoy a healthy treat anytime.

With these desserts, you can indulge in something sweet while supporting your body's fight against inflammation — perfect for when you're craving something light and satisfying.

Coconut Mango Chia Pudding

Preparation Time: 5 minutes | **Chill Time:** 2 hours | **Servings:** 1

Ingredients:

3 tablespoons chia seeds
120 ml coconut milk
60 ml mango, chopped
1 teaspoon maple syrup (optional)
¼ teaspoon vanilla extract
A pinch of sea salt

Instructions:

1. In a small bowl or jar, combine the chia seeds, coconut milk, maple syrup (if using), vanilla extract, and sea salt.
2. Stir well to combine, ensuring the chia seeds are evenly distributed. Cover the bowl or jar and place in the fridge for at least 2 hours, or overnight, to allow the chia seeds to absorb the liquid and form a pudding-like consistency.
3. Before serving, top with fresh mango slices.

Nutritional Information (Per Serving):

Calories: 230 | Protein: 4 g | Fat: 14 g | Carbs: 24 g | Fiber: 10 g

Spiced Apple and Cinnamon Crumble

Preparation Time: 10 minutes | **Cooking Time:** 30 minutes | **Servings:** 1

Ingredients:

2 medium apples, peeled, cored, and sliced
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 tablespoon maple syrup
1 tablespoon water
For the crumble topping:
2 tablespoons rolled oats
1 tablespoon almond flour
1 tablespoon chopped walnuts
1 tablespoon coconut oil, melted
1 tablespoon maple syrup
A pinch of sea salt

Instructions:

1. Preheat the oven to 180°C (160°C fan, Gas Mark 4).
2. In a bowl, toss the sliced apples with cinnamon, nutmeg, maple syrup, and water. Place the mixture into a small baking dish.
3. In a separate bowl, combine the rolled oats, almond flour, chopped walnuts, melted coconut oil, maple syrup, and sea salt. Stir until well mixed.
4. Spread the crumble topping evenly over the apples.
5. Bake for 30 minutes, or until the apples are tender and the topping is golden and crisp.
6. Let it cool for a few minutes before serving.

Nutritional Information (Per Serving):

Calories: 290 | Protein: 4 g | Fat: 18 g | Carbs: 32 g | Fiber: 6 g

Citrus and Chia Fruit Salad

Preparation Time: 10 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

1 orange, peeled and sliced
1 grapefruit, peeled and sliced
1/2 kiwi, peeled and sliced
1/2 apple, cored and diced
1 tablespoon chia seeds
1 teaspoon honey or maple syrup (optional)
A few fresh mint leaves, for garnish

Instructions:

1. In a large bowl, combine the orange, grapefruit, kiwi, and apple slices.
2. Sprinkle the chia seeds over the fruit and gently toss to combine.
3. Drizzle with honey or maple syrup, if desired, for added sweetness.
4. Garnish with fresh mint leaves and serve immediately.

Nutritional Information (Per Serving):

Calories: 150 | Protein: 2 g | Fat: 4 g | Carbs: 35 g | Fiber: 9 g

Berry and Almond Bliss Balls

Preparation Time: 10 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

120 ml mixed berries (fresh or frozen, thawed)
120 ml almonds, ground
1 tablespoon chia seeds
1 tablespoon almond butter
1 tablespoon maple syrup
¼ teaspoon vanilla extract
A pinch of sea salt

Instructions:

1. In a blender or food processor, combine the mixed berries, ground almonds, chia seeds, almond butter, maple syrup, vanilla extract, and sea salt.
2. Pulse until the mixture comes together and becomes sticky. If the mixture is too dry, add a little more maple syrup or a splash of water.
3. Roll the mixture into small balls (about 1-inch in diameter) using your hands.
4. Place the bliss balls on a tray lined with parchment paper and refrigerate for at least 30 minutes to set.
5. Once chilled, store the bliss balls in an airtight container in the fridge for up to a week.

Nutritional Information (Per Serving):

Calories: 180 | Protein: 5 g | Fat: 13 g | Carbs: 13 g | Fiber: 5 g

Avocado and Cacao Mousse

Preparation Time: 10 minutes | **Chill Time:** 30 minutes | **Servings:** 1

Ingredients:

1 ripe avocado, peeled and pitted
2 tablespoons raw cacao powder
1 tablespoon maple syrup
1 teaspoon vanilla extract
1-2 tablespoons coconut milk (or water for a lighter version)
A pinch of sea salt

Instructions:

1. In a blender or food processor, combine the avocado, raw cacao powder, maple syrup, vanilla extract, coconut milk, and sea salt.
2. Blend until smooth and creamy, scraping down the sides if necessary.
3. Taste and adjust the sweetness, adding more maple syrup if desired.
4. Spoon the mousse into a serving dish and refrigerate for at least 30 minutes to chill and firm up.
5. Serve chilled, topped with fresh berries or chopped nuts, if desired.

Nutritional Information (Per Serving):

Calories: 220 | Protein: 3 g | Fat: 17 g | Carbs: 15 g | Fiber: 8 g

Turmeric and Ginger Poached Pears

Preparation Time: 10 minutes | **Chill Time:** 25 minutes | **Servings:** 1

Ingredients:

2 pears, peeled, cored and halved
360 ml water
1 tablespoon fresh ginger, thinly sliced
½ teaspoon ground turmeric
1 tablespoon maple syrup
1/2 teaspoon vanilla extract

Instructions:

1. In a saucepan, combine the water, ginger, turmeric, maple syrup, vanilla extract, and black pepper.
2. Bring the mixture to a simmer over medium heat. Add the pear halves to the saucepan, making sure they're submerged in the liquid.
3. Cover and simmer for 20-25 minutes, or until the pears are tender, turning them occasionally for even poaching.
4. Once the pears are soft and infused with the spices, remove them from the pan.
5. Continue to simmer the poaching liquid for another 5 minutes to reduce slightly, then pour over the pears when serving.
6. Let the pears cool slightly before serving.

Nutritional Information (Per Serving):

Calories: 180 | Protein: 1 g | Fat: 1 g | Carbs: 46 g | Fiber: 7 g

Lime and Coconut Energy Bites

Preparation Time: 10 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

120 ml unsweetened desiccated coconut
60 ml raw almonds
1 tablespoon chia seeds
1 tablespoon lime zest
2 tablespoons lime juice
2 tablespoons maple syrup
1 tablespoon coconut oil, melted
A pinch of sea salt

Instructions:

1. In a food processor, pulse the almonds until finely ground.
2. Add the desiccated coconut, chia seeds, lime zest, lime juice, maple syrup, coconut oil, and sea salt.
3. Process until the mixture starts to come together and forms a dough-like consistency.
4. Roll the mixture into small balls, about 1 inch in diameter.
5. Place the energy bites on a tray lined with parchment paper and refrigerate for at least 30 minutes to set.
6. Store the bites in an airtight container in the fridge for up to a week.

Nutritional Information (Per Serving):

Calories: 150 | Protein: 4 g | Fat: 10 g | Carbs: 16 g | Fiber: 5 g

Cinnamon-Baked Peaches with Walnuts

Preparation Time: 5 minutes | **Cooking Time:** 20 minutes | **Servings:** 1

Ingredients:

2 ripe peaches, halved and pitted
1 tablespoon chopped walnuts
1 teaspoon ground cinnamon
1 teaspoon maple syrup
1/4 teaspoon vanilla extract
A pinch of sea salt

Instructions:

1. Preheat the oven to 180°C (160°C fan, Gas Mark 4).
2. Place the peach halves on a baking tray lined with parchment paper, cut side up.
3. In a small bowl, combine the chopped walnuts, ground cinnamon, maple syrup, vanilla extract, and sea salt.
4. Spoon the walnut mixture into the centre of each peach half.
5. Bake for 20 minutes, or until the peaches are soft and the walnuts are golden.
6. Remove from the oven and let cool slightly before serving.

Nutritional Information (Per Serving):

Calories: 210 | Protein: 3 g | Fat: 12 g | Carbs: 30 g | Fiber: 6 g

Chocolate-Dipped Strawberries with Turmeric

Preparation Time: 5 minutes | **Cooking Time:** 5 minutes | **Servings:** 1

Ingredients:

6 large strawberries, hulled
60 ml dark chocolate (70% cocoa or higher)
1/4 teaspoon ground turmeric
1 teaspoon coconut oil
A pinch of sea salt

Instructions:

1. Melt the dark chocolate and coconut oil together in a heatproof bowl over a pot of simmering water (double boiler method) or microwave in 20-second intervals, stirring until smooth.
2. Once the chocolate is melted, stir in the ground turmeric and a pinch of sea salt.
3. Hold each strawberry by the stem and dip it into the melted chocolate, swirling to coat it evenly.
4. Place the dipped strawberries on a parchment-lined tray.
5. Chill the strawberries in the fridge for about 20-30 minutes, or until the chocolate has set.
6. Serve the chocolate-dipped strawberries chilled.

Nutritional Information (Per Serving):

Calories: 180 | Protein: 3 g | Fat: 14 g | Carbs: 16 g | Fiber: 5 g

Hot Drinks to Soothe and Heal

Hot drinks can be a comforting and nourishing way to support your body's natural healing processes. By incorporating ingredients like turmeric, ginger, cinnamon, and herbal infusions, these beverages provide antioxidants and anti-inflammatory compounds that help reduce inflammation and promote overall wellbeing.

This collection of hot drinks offers a range of soothing, nutrient-rich beverages that are free from added sugars and processed ingredients. Whether you're looking for a warming cup to start your day or a calming drink before bed, these recipes use plant-based ingredients and spices to help heal and balance your body.

What to Include in Anti-Inflammatory Hot Drinks:

- **Healing Spices:** Turmeric, ginger, cinnamon, and black pepper all help reduce inflammation and promote digestion.
- **Herbal Infusions:** Teas made from chamomile, peppermint, and lemon balm can soothe the body and mind.
- **Healthy Fats:** Ingredients like coconut milk and almond milk add creaminess and help your body absorb essential nutrients.
- **Natural Sweeteners:** Use natural sweeteners such as honey or maple syrup for a touch of sweetness without triggering inflammation.

Tips for Creating Anti-Inflammatory Hot Drinks:

- **Experiment with Flavours:** Combine spices and herbs to create unique, flavourful beverages that are both healing and satisfying.
- **Enjoy at Different Times:** Sip on these drinks throughout the day — from energising morning teas to relaxing evening options.
- **Prepare in Advance:** Many of these drinks can be pre-made and stored, making it easy to enjoy a nourishing beverage at any time.

With these hot drinks, you can warm up, relax, and support your body's fight against inflammation, all while indulging in soothing and health-boosting beverages.

Golden Turmeric Ginger Latte

Preparation Time: 5 minutes | **Cooking Time:** 5 minutes | **Servings:** 1

Ingredients:

240 ml unsweetened almond milk
(or any plant-based milk)
½ teaspoon ground turmeric
½ teaspoon ground ginger
¼ teaspoon ground cinnamon
1 teaspoon honey or maple syrup
(optional)
A pinch of black pepper
¼ teaspoon vanilla extract

Instructions:

1. In a small saucepan, heat the almond milk over medium heat until warm, but not boiling.
2. Whisk in the turmeric, ginger, cinnamon, and black pepper. Continue to whisk until the spices are fully dissolved into the milk.
3. Remove from heat and stir in the honey (or maple syrup) and vanilla extract.
4. Pour into a mug and enjoy immediately.

Nutritional Information (Per Serving):

Calories: 70 | Protein: 1 g | Fat: 3 g | Carbs: 10 g | Fiber: 1 g

Cinnamon and Clove Detox Tea

Preparation Time: 2 minutes | **Cooking Time:** 5 minutes | **Servings:** 1

Ingredients:

240 ml water
1 cinnamon stick
2 whole cloves
½ teaspoon grated fresh ginger (or
¼ teaspoon ground ginger)
1 teaspoon honey or maple syrup
(optional)
1 teaspoon lemon juice

Instructions:

1. In a small saucepan, bring the water to a boil.
2. Add the cinnamon stick, cloves, and ginger to the boiling water.
3. Reduce the heat and simmer for 5 minutes to allow the spices to infuse the water.
4. Remove from heat and stir in the honey (or maple syrup) and lemon juice.
5. Strain the tea into a mug and enjoy immediately.

Nutritional Information (Per Serving):

Calories: 20 | Protein: 0 g | Fat: 0 g | Carbs: 5 g | Fiber: 1 g

Lemon and Turmeric Healing Tea

Preparation Time: 2 minutes | **Cooking Time:** 5 minutes | **Servings:** 1

Ingredients:

240 ml water
½ teaspoon ground turmeric
½ teaspoon ground ginger
1 tablespoon fresh lemon juice (or
to taste)
1 teaspoon honey or maple syrup
(optional)
A pinch of black pepper (to activate
turmeric's benefits)

Instructions:

1. Boil the water in a small saucepan.
2. Once boiling, reduce the heat and add the turmeric, ginger, and black pepper. Stir well to combine.
3. Let the mixture simmer for 3–5 minutes, allowing the spices to infuse the water.
4. Remove from heat and stir in the lemon juice and honey (or maple syrup).
5. Strain into a mug and enjoy warm.

Nutritional Information (Per Serving):

Calories: 25 | Protein: 0 g | Fat: 0 g | Carbs: 6 g | Fiber: 1 g

Turmeric and Coconut Soothing Drink

Preparation Time: 2 minutes | **Cooking Time:** 5 minutes | **Servings:** 1

Ingredients:

240 ml coconut milk (or coconut water for a lighter version)
½ teaspoon ground turmeric
½ teaspoon ground ginger
¼ teaspoon ground cinnamon
1 teaspoon honey or maple syrup (optional)
A pinch of black pepper (to activate turmeric's benefits)

Instructions:

1. In a small saucepan, heat the coconut milk over medium heat until warm, but not boiling.
2. Add the turmeric, ginger, cinnamon, and black pepper to the milk, stirring well to combine.
3. Allow the mixture to simmer for 3–5 minutes to allow the spices to infuse.
4. Remove from heat and stir in the honey or maple syrup, if desired.
5. Pour into a mug and enjoy immediately.

Nutritional Information (Per Serving):

Calories: 90 | Protein: 1 g | Fat: 7 g | Carbs: 8 g | Fiber: 2 g

Peppermint and Ginger Digestive Tea

Preparation Time: 2 minutes | **Cooking Time:** 5 minutes | **Servings:** 1

Ingredients:

240 ml water
1 tablespoon fresh peppermint leaves (or 1 peppermint tea bag)
1 teaspoon grated fresh ginger (or ¼ teaspoon ground ginger)
1 teaspoon honey or maple syrup (optional)

Instructions:

1. Boil the water in a small saucepan.
2. Once boiling, add the peppermint leaves and grated ginger (or ground ginger) to the water.
3. Let it simmer for 5 minutes, allowing the peppermint and ginger to infuse the water.
4. Remove from heat and strain into a mug.
5. Stir in the honey or maple syrup, if using, and add a slice of lemon for extra zest, if desired.
6. Enjoy warm.

Nutritional Information (Per Serving):

Calories: 15 | Protein: 0 g | Fat: 0 g | Carbs: 4 g | Fiber: 1 g

Chamomile and Turmeric Calm Tea

Preparation Time: 2 minutes | **Cooking Time:** 5 minutes | **Servings:** 1

Ingredients:

240 ml water
1 chamomile tea bag (or 1 tablespoon dried chamomile flowers)
½ teaspoon ground turmeric
1 teaspoon honey or maple syrup (optional)
A pinch of black pepper (to activate turmeric's benefits)

Instructions:

1. Boil the water in a small saucepan.
2. Once boiling, pour the water over the chamomile tea bag (or dried chamomile flowers) in a mug.
3. Stir in the ground turmeric and black pepper, then let it steep for 3–5 minutes.
4. Remove the tea bag or strain the flowers, and stir in the honey or maple syrup if desired.
5. Enjoy warm.

Nutritional Information (Per Serving):

Calories: 25 | Protein: 0 g | Fat: 0 g | Carbs: 6 g | Fiber: 1 g

Ginger, Lemon, and Honey Elixir

Preparation Time: 2 minutes | **Cooking Time:** 3 minutes | **Servings:** 1

Ingredients:

240 ml hot water
1 tablespoon fresh lemon juice
1 teaspoon grated fresh ginger (or ¼
teaspoon ground ginger)
1 teaspoon honey (or to taste)
A pinch of cayenne pepper
(optional, for added warmth)

Instructions:

- Boil the water in a kettle or small saucepan, then pour it into a mug.
- Add the fresh lemon juice and grated ginger (or ground ginger) to the hot water.
- Stir in the honey and a pinch of cayenne pepper, if using, for an extra kick.
- Stir well until the honey has dissolved, then let it sit for a minute before drinking.

Nutritional Information (Per Serving):

Calories: 40 | Protein: 0 g | Fat: 0 g | Carbs: 10 g | Fiber: 1 g

Spiced Apple and Cinnamon Infusion

Preparation Time: 2 minutes | **Cooking Time:** 5 minutes | **Servings:** 1

Ingredients:

240 ml water
½ apple, thinly sliced
1 cinnamon stick
2–3 whole cloves
½ teaspoon ground ginger
1 teaspoon honey or maple syrup
(optional)

Instructions:

1. Boil the water in a small saucepan.
2. Once boiling, add the apple slices, cinnamon stick, cloves, and ground ginger to the water.
3. Reduce the heat and let it simmer for 5 minutes, allowing the flavours to infuse.
4. Remove from heat and strain into a mug.
5. Stir in the honey or maple syrup, if using, for a touch of sweetness.
6. Enjoy warm.

Nutritional Information (Per Serving):

Calories: 40 | Protein: 0 g | Fat: 0 g | Carbs: 10 g | Fiber: 2 g

Refreshing Anti-Inflammatory Cold Drinks

Cold drinks are a refreshing way to stay hydrated while supporting your body's natural ability to fight inflammation. Whether it's a cool, revitalising iced tea or a creamy smoothie, these drinks are made with nutrient-rich ingredients that provide antioxidants, healthy fats, and natural sweetness. Perfect for warmer weather or when you're craving a refreshing pick-me-up, these beverages help quench your thirst while reducing inflammation and supporting overall wellbeing.

In this section, you'll find a selection of anti-inflammatory cold drinks that are both delicious and nourishing. From immune-boosting fruit smoothies to soothing herbal iced teas, these drinks are packed with plant-based goodness, natural spices, and wholesome ingredients. They're free from refined sugars and additives, making them the perfect choice for staying refreshed and healthy.

What to Include in Anti-Inflammatory Cold Drinks:

- **Nutrient-Packed Fruits:** Berries, citrus, and tropical fruits are rich in antioxidants and help fight inflammation.
- **Healthy Fats:** Avocados, coconut milk, and nuts provide a creamy texture and help your body absorb nutrients.
- **Anti-Inflammatory Spices:** Turmeric, ginger, and cinnamon add flavour while supporting your body's natural healing process.
- **Natural Sweeteners:** Use honey, maple syrup, or dates for a naturally sweet flavour without the inflammatory effects of refined sugars.

Tips for Creating Anti-Inflammatory Cold Drinks:

- **Use Whole, Fresh Ingredients:** The fresher, the better for maximum nutrients and flavour.
- **Balance Flavours:** Combine sweet, tangy, and spicy elements for a more complex and satisfying taste.
- **Prep Ahead:** Make smoothies or cold brews in advance for a quick, nourishing drink whenever you need it.

These cold drinks are the perfect way to keep your body refreshed and nourished while promoting

Iced Turmeric Lemonade

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

240 ml water
½ teaspoon ground turmeric
Juice of 1 lemon
1 teaspoon honey or maple syrup (optional)
¼ teaspoon black pepper (optional)
Ice cubes

Instructions:

1. In a glass or jug, combine the water, ground turmeric, and lemon juice.
2. Stir well to dissolve the turmeric.
3. Add honey or maple syrup for sweetness, and black pepper to help activate the turmeric's benefits.
4. Fill a glass with ice cubes, and pour the turmeric lemonade over the ice.
5. Stir to mix everything together and serve chilled.

Nutritional Information (Per Serving):

Calories: 15 | Protein: 0 g | Fat: 0 g | Carbs: 5 g | Fiber: 1 g

Cooling Cucumber and Mint Infusion

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

½ cucumber, thinly sliced
1 sprig fresh mint, leaves torn
240 ml cold water
Ice cubes
1 teaspoon lemon juice (optional)

Instructions:

1. In a glass or jug, combine the cucumber slices and mint leaves.
2. Gently muddle the cucumber and mint together with the back of a spoon to release the flavours.
3. Add the cold water and stir well.
4. Fill a glass with ice cubes, then pour the infusion over the ice.
5. Optionally, add a teaspoon of lemon juice for an extra zing.
6. Stir and enjoy chilled.

Nutritional Information (Per Serving):

Calories: 10 | Protein: 0 g | Fat: 0 g | Carbs: 2 g | Fiber: 1 g

Pineapple and Ginger Anti-Inflammatory Cooler

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

75 g fresh pineapple, chopped
½ teaspoon fresh ginger, grated
240 ml cold water
1 teaspoon honey or maple syrup (optional)
Ice cubes

Instructions:

1. In a blender, combine the chopped pineapple, grated ginger, and cold water.
2. Blend until smooth and well combined.
3. Taste and add honey or maple syrup if you prefer extra sweetness.
4. Fill a glass with ice cubes and pour the cooler over the ice.
5. Stir gently and enjoy.

Nutritional Information (Per Serving):

Calories: 60 | Protein: 0 g | Fat: 0 g | Carbs: 16 g | Fiber: 2 g

Chilled Green Tea and Apple Cider Vinegar Tonic

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

1 green tea bag
1 tablespoon apple cider vinegar
1 teaspoon honey or maple syrup (optional)
240 ml cold water
Ice cubes
Lemon slice for garnish (optional)

Instructions:

1. Brew the green tea bag in hot water for 3–4 minutes. Let it cool to room temperature.
2. Once cooled, remove the tea bag and pour the green tea into a glass.
3. Add the apple cider vinegar and stir well.
4. Sweeten with honey or maple syrup if desired.
5. Fill a glass with ice cubes, then pour the tonic over the ice.
6. Garnish with a slice of lemon if you like and serve chilled.

Nutritional Information (Per Serving):

Calories: 10 | Protein: 0 g | Fat: 0 g | Carbs: 3 g | Fiber: 0 g

Chilled Ginger-Lime Sparkler

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

½ teaspoon fresh ginger, grated
Juice of 1 lime
1 teaspoon honey or maple syrup (optional)
120 ml sparkling water
Ice cubes

Instructions:

1. In a glass, combine the freshly grated ginger, lime juice, and honey or maple syrup (if using).
2. Stir well to combine the flavours.
3. Fill the glass with ice cubes and top with sparkling water.
4. Stir gently to mix and chill the drink.
5. Garnish with a lime slice or a sprig of mint for added freshness.

Nutritional Information (Per Serving):

Calories: 15 | Protein: 0 g | Fat: 0 g | Carbs: 4 g | Fiber: 0 g

Coconut Water and Berry Refresher

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

75 g mixed berries (strawberries, blueberries, raspberries)
240 ml coconut water
1 teaspoon honey or maple syrup (optional)
Ice cubes

Instructions:

1. In a blender, combine the mixed berries and coconut water.
2. Blend until smooth and well combined.
3. Taste and add honey or maple syrup if desired for extra sweetness.
4. Fill a glass with ice cubes and pour the berry-coconut water mixture over the ice.
5. Stir gently and enjoy chilled.

Nutritional Information (Per Serving):

Calories: 45 | Protein: 0 g | Fat: 0 g | Carbs: 12 g | Fiber: 2 g

Iced Hibiscus and Rosewater Infusion

Preparation Time: 2 minutes | **Cooking Time:** 5 minutes | **Servings:** 1

Ingredients:

1 hibiscus teabag or 1 tablespoon
dried hibiscus flowers
½ teaspoon rosewater
1 teaspoon honey or maple syrup
(optional)
240 ml cold water
Ice cubes

Instructions:

1. Brew the hibiscus tea by steeping the tea bag or dried flowers in hot water for 5–7 minutes, then let it cool to room temperature.
2. Once cooled, remove the tea bag or strain the flowers and pour the tea into a glass.
3. Add the rosewater and stir to combine.
4. Sweeten with honey or maple syrup if desired.
5. Fill a glass with ice cubes and pour the infusion over the ice.
6. Stir gently and serve chilled.

Nutritional Information (Per Serving):

Calories: 10 | Protein: 0 g | Fat: 0 g | Carbs: 2 g | Fiber: 0 g

Citrus-Mint Detox Water

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

½ orange, sliced
½ lemon, sliced
5–6 fresh mint leaves
240 ml cold water
Ice cubes

Instructions:

1. In a glass or jug, combine the orange slices, lemon slices, and mint leaves.
2. Gently muddle the ingredients with the back of a spoon to release their flavours.
3. Fill the glass with cold water and stir to combine.
4. Add ice cubes and stir again to chill.
5. Let it sit for a few minutes to infuse the flavours before serving.

Nutritional Information (Per Serving):

Calories: 15 | Protein: 0 g | Fat: 0 g | Carbs: 4 g | Fiber: 1 g

Nourishing Anti-Inflammatory Smoothies

Smoothies are a quick and convenient way to pack in a wealth of anti-inflammatory ingredients in one delicious, nutrient-dense drink. By blending fruits, vegetables, seeds, nuts, and healthy fats, you can create smoothies that are not only tasty but also support your body's natural healing processes. These refreshing blends are packed with fibre, antioxidants, and essential nutrients that help reduce inflammation and boost overall wellbeing.

This collection of smoothies brings you vibrant, flavourful options that are free from refined sugars and additives. From creamy fruit blends to refreshing green drinks, these recipes will leave you feeling nourished and revitalised. Perfect for a morning boost or an afternoon pick-me-up, these smoothies are as healthy as they are delicious.

What to Include in Anti-Inflammatory Smoothies:

- **Fruits and Vegetables:** Berries, spinach, and kale are rich in antioxidants and fibre to fight inflammation.
- **Healthy Fats:** Avocados, coconut milk, and nuts help nourish your body and keep you feeling full.
- **Anti-Inflammatory Spices:** Turmeric, ginger, and cinnamon add natural healing properties.
- **Protein and Fibre:** Add chia seeds, flaxseeds, or plant-based protein powder to help balance blood sugar and support muscle health.

Tips for Creating Anti-Inflammatory Smoothies:

- **Go Green:** Add leafy greens like spinach or kale to boost nutrient density without overpowering the taste.
- **Balance the Flavours:** Combine sweet and savoury ingredients for a more satisfying smoothie.
Make It Creamy: Use ingredients like avocado, coconut milk, or almond butter to create a creamy texture.
- **Prep Ahead:** Make smoothie packs by freezing fruits and vegetables in portions for easy, quick blending.

These smoothies are the perfect way to nourish your body, offering both hydration and anti-inflammatory benefits in every sip.

Golden Turmeric Mango Smoothie

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

75 g frozen mango chunks
½ banana
½ teaspoon ground turmeric
¼ teaspoon ground ginger
1 tablespoon chia seeds
120 ml coconut milk (or almond milk)
120 ml water
1 teaspoon honey or maple syrup
(optional)
Ice cubes

Instructions:

1. In a blender, combine the frozen mango, banana, turmeric, ginger, chia seeds, coconut milk, and water.
2. Blend until smooth and creamy.
3. Taste and add honey or maple syrup if desired for extra sweetness.
4. Add ice cubes and blend again to chill the smoothie.
5. Pour into a glass and enjoy immediately.

Nutritional Information (Per Serving):

Calories: 220 | Protein: 3 g | Fat: 10 g | Carbs: 35 g | Fiber: 6 g

Berry and Spinach Power Blend

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

75 g mixed berries (strawberries, blueberries, raspberries)
30 g fresh spinach
½ banana
1 tablespoon flaxseeds
120 ml almond milk (or coconut milk)
120 ml water
1 teaspoon honey or maple syrup
(optional)
Ice cubes

Instructions:

1. Add the mixed berries, spinach, banana, and flaxseeds to a blender.
2. Pour in the almond milk and water.
3. Blend until smooth and creamy.
4. Taste and add honey or maple syrup if desired for sweetness.
5. Add ice cubes and blend again to chill the smoothie.
6. Pour into a glass and enjoy immediately.

Nutritional Information (Per Serving):

Calories: 180 | Protein: 4 g | Fat: 8 g | Carbs: 30 g | Fiber: 8 g

Ginger-Pineapple Detox Smoothie

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

75 g fresh pineapple chunks
½ banana
½ teaspoon fresh ginger, grated
1 tablespoon chia seeds
120 ml coconut water
120 ml water
1 teaspoon honey or maple syrup
(optional)
Ice cubes

Instructions:

1. In a blender, combine the pineapple, banana, grated ginger, and chia seeds.
2. Add the coconut water and water, and blend until smooth and creamy.
3. Taste and add honey or maple syrup if you'd like a bit more sweetness.
4. Add ice cubes and blend again to chill the smoothie.
5. Pour into a glass and enjoy immediately.

Nutritional Information (Per Serving):

Calories: 190 | Protein: 3 g | Fat: 6 g | Carbs: 38 g | Fiber: 5 g

Avocado and Cucumber Hydration Smoothie

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

½ avocado
½ cucumber, peeled and chopped
½ banana
1 tablespoon fresh lemon juice
1 tablespoon chia seeds
120 ml coconut water
120 ml water
Ice cubes

Instructions:

1. Add the avocado, cucumber, banana, and lemon juice to a blender.
2. Add the chia seeds, coconut water, and water.
3. Blend until smooth and creamy.
4. Add ice cubes and blend again to chill the smoothie.
5. Pour into a glass and enjoy immediately.

Nutritional Information (Per Serving):

Calories: 250 | Protein: 4 g | Fat: 16 g | Carbs: 30 g | Fiber: 9 g

Anti-Inflammatory Green Dream

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

30 g fresh spinach
15 g kale, stems removed
½ cucumber, peeled and chopped
½ green apple, chopped
½ teaspoon turmeric powder
½ teaspoon ginger, grated
1 tablespoon chia seeds
120 ml coconut water
120 ml water
Ice cubes

Instructions:

1. In a blender, combine the spinach, kale, cucumber, green apple, turmeric, and ginger.
2. Add the chia seeds, coconut water, and water.
3. Blend until smooth and creamy.
4. Add ice cubes and blend again to chill the smoothie.
5. Pour into a glass and enjoy immediately.

Nutritional Information (Per Serving):

Calories: 180 | Protein: 4 g | Fat: 7 g | Carbs: 35 g | Fiber: 8 g

Citrus and Turmeric Energiser

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

½ orange, peeled
½ lemon, peeled
½ teaspoon turmeric powder
½ teaspoon ginger, grated
1 tablespoon honey or maple syrup (optional)
120 ml coconut water
120 ml water
Ice cubes

Instructions:

1. Add the orange, lemon, turmeric, and ginger to a blender.
2. Pour in the coconut water and water.
3. Blend until smooth and well combined.
4. Taste and add honey or maple syrup if you'd like extra sweetness.
5. Add ice cubes and blend again to chill the smoothie.
6. Pour into a glass and enjoy immediately.

Nutritional Information (Per Serving):

Calories: 150 | Protein: 2 g | Fat: 2 g | Carbs: 35 g | Fiber: 5 g

Chia Berry Refresher

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

75 g mixed berries (strawberries, blueberries, raspberries)
1 tablespoon chia seeds
120 ml coconut water
120 ml water
1 teaspoon honey or maple syrup (optional)
Ice cubes

Instructions:

1. In a blender, combine the mixed berries, chia seeds, coconut water, and water.
2. Blend until smooth and well combined.
3. Taste and add honey or maple syrup for extra sweetness, if desired.
4. Add ice cubes and blend again to chill the smoothie.
5. Pour into a glass and enjoy immediately.

Nutritional Information (Per Serving):

Calories: 180 | Protein: 4 g | Fat: 7 g | Carbs: 30 g | Fiber: 12 g

Papaya, Ginger, and Lime Smoothie

Preparation Time: 5 minutes | **Cooking Time:** 0 minutes | **Servings:** 1

Ingredients:

75 g papaya, peeled and chopped
½ teaspoon fresh ginger, grated
Juice of ½ lime
1 tablespoon honey or maple syrup (optional)
120 ml coconut water
120 ml water
Ice cubes

Instructions:

1. Add the papaya, ginger, and lime juice to a blender.
2. Pour in the coconut water and water.
3. Blend until smooth and creamy.
4. Taste and add honey or maple syrup if you'd like extra sweetness.
5. Add ice cubes and blend again to chill the smoothie.
6. Pour into a glass and enjoy immediately.

Nutritional Information (Per Serving):

Calories: 160 | Protein: 2 g | Fat: 3 g | Carbs: 38 g | Fiber: 6 g

Bonus 1: Smart Choices at Home and Away

Living an anti-inflammatory lifestyle doesn't mean giving up convenience or social life. With a bit of planning, you can make thoughtful choices whether you're shopping for ready meals, ordering in, or dining out with others. These tips will help you stay on track without stress.

Choosing Supermarket Ready Meals and Deliveries

Busy days happen, and convenience foods can still be part of an anti-inflammatory lifestyle when you know what to look for.

Good supermarket choices:

- Look for veggie-packed ready meals made without dairy or meat.
- Choose soups made with lentils, vegetables, and turmeric.
- Opt for grain bowls with brown rice or quinoa, roasted veg, and beans or pulses.

Better frozen meals:

- Choose plant-based frozen options made with whole ingredients.
- Check that they're low in added sugar and oils.

Smart delivery choices:

- When ordering food, look for Mediterranean, Japanese, or vegan-style dishes.
- A grilled veg platter with hummus, a tofu stir-fry with brown rice, or a lentil curry with steamed veg are all good options.
- Ask for no added cheese, creamy sauces, or deep-fried items.

On-the-go snacks:

Keep a few sachets of plain nut butter, a handful of raw nuts, or some oatcakes in your bag for quick anti-inflammatory snacks.

Eating Out and Attending Events

You can still enjoy meals with family, friends, and colleagues while staying mindful of your health goals.

- **Before the meal:**
Look at the menu online and decide what suits you before arriving.
Eat a handful of nuts or fruit beforehand if you're unsure about what will be served.
- **At restaurants:**
Choose a grilled fish or vegetable dish with a side of salad or steamed veg.
Swap chips for brown rice, or ask for an extra portion of vegetables.
For dressings, request olive oil and lemon rather than creamy options.
Popular cuisines like Thai, Middle Eastern, and Japanese often have great anti-inflammatory choices.
- **At someone's home:**
Bring a colourful salad or dessert (like fruit and chia pudding) to share.
Politely skip heavy sauces, bread, or processed sides, and fill your plate with whatever fits your approach.
- **When there's not much choice:**
Focus on the company. Do your best with what's available and don't stress over one meal. Return to your usual habits the next day.
- **Polite phrases to use:**
"That looks lovely—I'm just trying to keep things light at the moment."
"Do you mind if I bring something to share? I've been experimenting with anti-inflammatory recipes."

Making Every Dish Even Healthier

Eating an anti-inflammatory diet goes beyond the ingredients on your plate — it's also about how you prepare, cook, and store your meals. Making small changes in your kitchen setup and habits can help preserve nutrients, reduce exposure to harmful substances, and keep your food fresher for longer. This chapter will guide you through simple, practical ways to boost the health benefits of every dish.

Choose Safer Cookware and Utensils

The equipment you use matters just as much as the food itself. Some pans and utensils can release toxins or react with ingredients, especially at high heat.

- Opt for stainless steel, cast iron, or enamelled cookware instead of non-stick or aluminium pans.
- Avoid scratched non-stick coatings, which can flake off into food.
- Use wooden, silicone, or bamboo utensils rather than plastic or cheap metal, especially with hot dishes.

Go for Gentle Cooking Methods

Cooking techniques can affect the nutrient content of your food. To retain more of the good stuff:

- Steam, roast, sauté, or simmer rather than deep-frying or charring.
- Use lower temperatures and avoid overcooking vegetables to preserve vitamins and antioxidants.
- When roasting, line trays with baking paper rather than foil to reduce metal contact and avoid sticking.

Avoid Plastic Where You Can

Plastics can release microplastics or hormone-disrupting chemicals, especially when heated or used to store oily or acidic foods.

- Store leftovers in glass containers or stainless steel lunchboxes.
- Avoid microwaving in plastic tubs — reheat in ceramic, glass, or on the hob instead.
- Choose unpackaged produce where possible or use paper bags and reusable produce bags.

Store Food the Healthy Way

Storing food properly not only reduces waste but also helps maintain its anti-inflammatory benefits.

- Keep nuts, seeds, and whole grains in airtight glass jars in a cool, dark place to prevent them going rancid.
- Store cooked food in the fridge within 1–2 hours of cooling.
- Leftovers are best eaten within 3 days. For anything longer, freeze in clearly labelled containers.

Wash Fresh Produce Thoroughly

Even organic fruit and veg can carry dirt or residues from transport.

- Rinse fresh produce under cold water and scrub firmer items like carrots or potatoes.
- Soak leafy greens in a bowl of cold water with a splash of vinegar, then rinse well.

Use Natural Cleaning Products

Standard kitchen sprays and soaps can leave chemical residues on surfaces or utensils.

- Switch to eco-friendly or homemade cleaners using vinegar, lemon juice, and bicarbonate of soda.
- Wipe surfaces with a clean cloth or sponge and rinse well.

Reduce Waste, Boost Nutrition

A healthy kitchen is also a sustainable one.

- Use vegetable peelings to make homemade stock.
- Don't throw away wilted greens — they're perfect for soups, stews, or smoothies.

- Freeze leftover herbs in olive oil in ice cube trays to add to dishes later.

With just a few mindful changes, you can make your kitchen not only healthier but also more environmentally friendly. By reducing toxins, preserving nutrients, and keeping your food fresh, you'll get even more anti-inflammatory goodness from every meal you make.

Bonus 2: A Supportive Lifestyle for the Anti-Inflammatory Diet

Following an anti-inflammatory diet is a powerful step toward feeling better and supporting your long-term health — but what you eat is only part of the picture. Your daily habits, stress levels, movement, and sleep all play a role in inflammation and overall wellbeing. This section offers simple, realistic lifestyle changes to complement your meals and help you feel your best every day.

Prioritise Restful Sleep

Lack of sleep can increase inflammation in the body and affect mood, hunger, and immune function.

- Aim for 7–9 hours of sleep each night in a dark, quiet room.
- Keep a regular bedtime, even at weekends.
- Limit screen time in the hour before bed to help your body wind down naturally.

Move Gently, But Often

Regular movement helps reduce inflammation, ease joint stiffness, and support heart health.

- Aim for at least 30 minutes of gentle activity each day — walking, yoga, swimming, or cycling are great options.
- Avoid long periods of sitting. Get up to stretch, walk around, or do light chores every hour or so.
- Listen to your body — rest when needed and avoid pushing through pain.

Manage Stress with Simple Habits

Chronic stress is closely linked to inflammation, so finding ways to stay calm and centred is key.

- Try daily breathing exercises, short walks outdoors, or journalling.
- Set aside time each day to unwind — whether it's reading, gardening, or listening to calming music.
- Practice saying no to things that drain your energy or add unnecessary pressure.

Get Fresh Air and Natural Light

Spending time outdoors helps regulate your sleep, reduce stress, and support vitamin D levels.

- Aim to get outside every day, even if just for a short walk.
- Let fresh air into your home and sit near windows during the day.
- Enjoy green spaces, parks, or gardens whenever you can — even five minutes can help.

Stay Hydrated Throughout the Day

Water helps flush toxins from the body and supports every system, including digestion and joint health.

- Drink water regularly — don't wait until you're thirsty.
- Herbal teas, fruit-infused water, and broths also count.
- Avoid sugary drinks and excess caffeine, which can be dehydrating.

Keep a Gentle Routine

Overloading your schedule can lead to stress and poor food choices.

- Build in time to cook and eat meals slowly.
- Plan simple weekly meals and shop with a list to stay on track.
- Allow yourself rest days and flexibility — consistency is more important than perfection.

When paired with nourishing food, these lifestyle choices help calm inflammation and support your body's natural balance. It's about small, mindful habits that add up to lasting change — not just what's on your plate, but how you live each day.

Bonus 3: Frequently Asked Questions (FAQ)

Do I need to follow this diet strictly to see benefits?

Not at all. Even small changes — like adding more vegetables, choosing whole foods, or reducing processed items — can start to ease inflammation. Go at your own pace and build habits that feel sustainable.

Can I eat meat on an anti-inflammatory diet?

Yes, but it's best to choose lean, high-quality options like turkey, chicken, or oily fish such as salmon and mackerel. Try to limit processed and red meats, which may contribute to inflammation.

What about dairy — do I have to give it up?

Some people find that reducing or removing dairy helps with joint pain, skin issues, or digestive problems. If you're unsure, try cutting it out for a few weeks to see how you feel, then reintroduce it slowly if you'd like.

Is gluten inflammatory? Should I avoid it?

Not necessarily. If you have coeliac disease or are sensitive to gluten, it's best to avoid it. Otherwise, whole grains like oats, quinoa, and barley can be part of a balanced, anti-inflammatory diet. It's more about food quality than cutting out entire groups.

Can I still enjoy sweet treats?

Yes — just choose naturally sweet ingredients like fruit, dates, and a touch of maple syrup or coconut sugar. The dessert section in this book is full of satisfying options made without refined sugar or artificial additives.

How soon will I notice a difference?

Many people start to feel more energised, less bloated, or clearer in the mind within a couple of weeks. Deeper benefits like improved digestion, skin, or joint comfort may take longer — consistency is key.

What should I do if I slip up?

No worries — life happens. One takeaway meal or missed day won't undo your progress. Simply return to your next nourishing meal and keep going. This is a lifestyle, not a strict rulebook.

Are these recipes family-friendly?

Yes! The recipes are made with everyday ingredients and natural flavours that work for all ages. You can easily adapt them for picky eaters or add sides to suit different tastes.

Can I follow this diet if I'm vegetarian or vegan?

Absolutely. Many of the recipes are already plant-based, and others can be easily adapted. The focus is on whole, unprocessed ingredients — whether you eat animal products or not.

Will I lose weight on this diet?

You might — especially if you're switching from highly processed foods. But the goal of this diet is to reduce inflammation and support overall health, not just weight loss.

Can I follow this diet if I have a medical condition?

This diet focuses on whole, nourishing foods that support general health, but if you have a specific condition (like diabetes, arthritis, or IBS), it's best to speak with your GP or a registered dietitian. The principles can often be adapted to suit individual needs.

Is this diet expensive to follow?

It doesn't have to be. Many anti-inflammatory ingredients like oats, lentils, tinned beans, frozen vegetables, and whole grains are very affordable. Buying in bulk, cooking at home, and using seasonal produce can help you eat well on a budget.

Can I meal prep on this diet?

Yes — and it's encouraged! Preparing a few meals or snacks in advance makes it easier to stay on track. The recipes in this book include storage tips and ideas for making things ahead of time.

What oils are best to cook with?

Cold-pressed olive oil is a great choice for dressings or low to medium heat cooking. Avocado oil is also a good option for higher heat. Avoid heavily processed vegetable oils like sunflower or corn oil when possible.

Is caffeine okay?

A moderate amount of caffeine, such as in green or black tea, is generally fine for most people. But too much caffeine can increase stress hormones, which may contribute to inflammation. Herbal teas and caffeine-free options are great alternatives.

What can I drink besides water?

Lots! Herbal teas, infused waters, anti-inflammatory smoothies, and the hot and cold drinks in this book are all excellent choices. Try to avoid sugary fizzy drinks and artificial sweeteners, which can work against your goals.

What should I keep in my kitchen?

Stock up on basics like oats, lentils, tinned beans, olive oil, spices (like turmeric, cinnamon, and ginger), frozen veg, whole grains, and nuts or seeds. A well-stocked pantry makes it easier to whip up quick, nourishing meals.

Can children eat these meals too?

Yes — many recipes are family-friendly. Just watch the spice level if your child is sensitive, and feel free to adjust textures or ingredients based on their preferences.

Do I need supplements on this diet?

Not necessarily. A varied, whole-food diet provides many essential nutrients. However, if you follow a vegan version or have specific health concerns, you might consider supplements like B12 or vitamin D — check with a healthcare professional.

Can I follow this diet during pregnancy?

Many anti-inflammatory foods are highly beneficial during pregnancy, but it's always important to get personalised advice. Make sure you're getting enough calories and key nutrients, especially iron, calcium, folate, and omega-3s.

Appendix: Measurement Conversions

This appendix provides helpful conversions for measurements commonly used in cooking, converting from British measurements to those commonly used internationally.

Weight

- 28 grams (g) = 1 ounce (oz)
- 454 grams = 16 ounces = 1 pound (lb)

Volume (Liquid)

- 5 millilitres (ml) = 1 teaspoon (tsp)
- 15 millilitres = 1 tablespoon (tbsp)
- 28 millilitres = 1 fluid ounce (fl oz)
- 240 millilitres = 1 cup
- 568 millilitres = 1 pint
- 1.14 litres = 1 quart
- 4.55 litres = 1 gallon

Volume (Dry Ingredients)

Dry measurements can vary depending on the ingredient, but for general guidance:

- 120 grams = 1 cup flour
- 200 grams = 1 cup sugar
- 90 grams = 1 cup oats
- 227 grams = 1 cup butter

Temperature

- To convert from Celsius (°C) to Fahrenheit (°F): multiply by 9/5, then add 32.

Example: $180^{\circ}\text{C} \times 9/5 = 324$. Add 32 = 356°F .

- Common oven temperatures:
 - $120^{\circ}\text{C} = 250^{\circ}\text{F}$
 - $150^{\circ}\text{C} = 300^{\circ}\text{F}$
 - $180^{\circ}\text{C} = 350^{\circ}\text{F}$
 - $200^{\circ}\text{C} = 400^{\circ}\text{F}$
 - $230^{\circ}\text{C} = 450^{\circ}\text{F}$

Length

- 2.54 centimetres (cm) = 1 inch (in)

Baking Tin Sizes

- 20 cm round tin = 8-inch round tin
- 23 cm square tin = 9-inch square tin

For additional guidance, consider using a kitchen scale or measuring cups for the most accurate results. Happy cooking!