ANTI-INFLAMMATORY DIET COOKBOOK

for Beginners

Boost your Immunity, Detox and Reduce Inflammation with **Delicious and Easy Recipes** to Restore Gut Health and Acquire Healthy Habits

+ 30 DAYS MEAL PLAN

BY
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Introduction

Imagine your body as a city. When everything runs smoothly, the roads are clear, people are working, and life is good. But what happens when there's a small fire in one of the buildings? Firefighters rush in, put out the flames, and then leave once the danger is gone. That's precisely how acute inflammation works - it's your body's first response to injury or infection, a short-term rescue mission that helps you heal.

Now, imagine if those firefighters never left. They keep spraying water everywhere, even though the fire is out. Over time, this causes more damage than the fire itself - flooding streets, weakening buildings, and disrupting daily life. Chronic inflammation is a long-term response that can quietly harm your body over months or years.

Inflammation isn't always harmful - in fact, it's essential for healing. But when it sticks around too long, it can lead to health problems like arthritis, heart disease, and even diabetes. The good news? The food you eat can either fuel the fire or help put it out.

In this chapter, we'll break down the difference between good and bad inflammation, how it affects your body, and how you can control it with simple dietary choices. Ready to learn how to cool the flames and feel your best?

Let's dive in!

CHAPTER 1.

The Basics of the Anti-Inflammatory Diet

What is Inflammation

Inflammation is a natural and essential process in the body. It is key in healing and protecting us from injury, infection, and toxins. However, not all inflammation is beneficial. While acute inflammation is a short-term, necessary response, chronic inflammation can contribute to long-term health issues. Understanding the difference between the two is crucial for making dietary and lifestyle choices that support overall well-being.

Acute vs. Chronic

Acute inflammation is a short-term response that quickly resolves once the body has addressed the issue. It is a sign that your immune system is doing its job.

Common Causes of Acute Inflammation:

- Infections: Bacterial, viral, or fungal infections
- Injuries: Cuts, burns, sprains, or broken bones
- Exposure to toxins: Chemicals, pollutants, or allergens

Symptoms of Acute Inflammation:

- Redness
- Swelling
- Pain
- Heat
- Loss of function (e.g., difficulty moving a swollen joint)

These temporary symptoms usually subside within a few hours or days as the body heals.

EXAMPLE OF ACUTE INFLAMMATION IN ACTION:

Imagine you accidentally cut your finger while chopping vegetables. The area around the cut becomes red, swollen, and painful. Your immune system sends white blood cells to the site to prevent infection and start healing. After a few days, the swelling disappears, and the wound closes. This is how acute inflammation does its job!

Unlike acute inflammation, chronic inflammation is a long-term response that can persist for months or even years. Instead of healing the body, chronic inflammation can gradually damage tissues and organs, contributing to various diseases. Chronic inflammation doesn't always cause immediate or obvious symptoms. Over time, however, it can contribute to some of the issues mentioned below.

Causes of Chronic Inflammation:

- Poor diet (high in processed foods, sugar, and unhealthy fats)
- Long-term stress
- Lack of exercise
- Environmental toxins (pollution, chemicals in food and products)
- Autoimmune disorders (e.g., rheumatoid arthritis, lupus)
- Chronic infections (e.g., hepatitis, gum disease)

Symptoms of Chronic Inflammation:

- Persistent fatigue and low energy
- Frequent infections or slow-healing wounds
- Joint pain or stiffness
- Digestive problems (bloating, IBS, acid reflux)
- Brain fog, anxiety, or depression



Health Conditions Linked to Chronic Inflammation:
Chronic inflammation has been linked to a wide range of diseases, including:

- Heart disease (due to inflammation in blood vessels)
- Diabetes (linked to insulin resistance and inflammatory markers)
- Arthritis (caused by chronic joint inflammation)
- Obesity (fat cells trigger inflammatory responses)
- Alzheimer's disease (inflammation in the brain contributes to cognitive decline)
- Cancer (persistent inflammation can lead to DNA damage and tumor growth)

EXAMPLE OF CHRONIC INFLAMMATION IN ACTION:

Imagine a person eating a diet high in fast food, sugar, and processed snacks while also dealing with ongoing stress from work. Over time, his body remains in a constant low-grade state of inflammation, leading to insulin resistance, weight gain, joint pain, and eventually, chronic diseases like diabetes or heart disease. This is how chronic inflammation slowly damages the body over time.

How the Anti-Inflammatory Diet Works

Every bite of food you eat sends a message to your body. It can either help calm inflammation and promote healing or fuel the fire and contribute to long-term health issues. The anti-inflammatory diet is not just another trendy eating plan - it's a scientifically backed way of eating that supports your body's natural ability to heal while reducing the risk of chronic diseases.

The anti-inflammatory diet works in several key ways. First of all, it supplies your body with powerful anti-inflammatory nutrients. These include:

- ***Omega-3 Fatty Acids*** - Fatty fish (salmon, sardines), walnuts, and flaxseeds contain omega-3s, which help lower inflammation levels.
- ***Antioxidants*** - Berries, leafy greens, and dark chocolate contain antioxidants that help neutralize free radicals that cause cell damage.
- ***Polyphenols*** - Plant compounds found in berries, cocoa powder, green and black tea, turmeric and other spices, olives and olive oil. They soothe inflammation and support overall health.

By eating a variety of these foods, you help your body fight back against chronic inflammation naturally.

Secondly, it supports gut health, the key to reducing inflammation. Your gut is home to trillions of bacteria that directly influence inflammation levels. A fiber-rich diet, probiotics, and whole foods help maintain a healthy gut microbiome, crucial in immune function and inflammation control.

The diet eliminates the worst inflammatory foods that trigger it and keeps your body under constant stress. Cutting out these foods from your daily meals gives your body the break it needs to start healing.

Finally, an anti-inflammatory diet balances blood sugar and reduces insulin spikes. When you eat too much sugar or processed carbohydrates, your blood sugar spikes rapidly. This causes the body to release insulin - a hormone that can promote inflammation when levels remain consistently high. The anti-inflammatory diet focuses on low-glycemic, whole foods that help stabilize blood sugar, such as whole grains, healthy fats, and lean proteins. This helps reduce insulin resistance, lower inflammation, and support long-term health.

Benefits of Reducing Inflammation

Imagine waking up feeling refreshed, pain-free, and full of energy - without the sluggishness, bloating, or achy joints that have become all too familiar. What if the secret to better health, boundless energy, and a longer life wasn't found in pills or quick fixes but in your daily food choices?

Chronic inflammation is often called the "silent killer" because it operates beneath the surface, slowly damaging your cells, tissues, and organs over time. But here's the good news: You have the power to reduce inflammation naturally - and when you do, the benefits go far beyond just feeling good.

Let's explore how lowering inflammation can improve your health, energy, and longevity.



Lifestyle Consideration

An anti-inflammatory diet is a powerful tool for reducing chronic inflammation but works best with a healthy lifestyle. Beyond the foods you eat, exercise, stress management, and quality sleep are crucial in keeping inflammation in check. These three factors help regulate immune function, improve digestion, and enhance well-being.

The Role of Exercise in Reducing Inflammation
Regular physical activity is one of the most effective ways to combat chronic inflammation. Moderate exercise can lower levels of inflammatory markers, boost circulation, and support a healthy immune response. Activities like walking, swimming, cycling, and yoga help keep the body balanced without causing excessive stress, which can trigger inflammation.

Best Practices for Anti-Inflammatory Exercise:

- Aim for at least 150 minutes of moderate weekly exercise, such as brisk walking or light jogging.
- Include strength training twice a week to maintain muscle mass and metabolic health.
- Try low-impact activities like yoga, tai chi, or swimming, which promote movement without straining the body.
- Avoid overtraining, as excessive or intense exercise without proper recovery can increase inflammation.

MANAGING STRESS TO REDUCE INFLAMMATION

Chronic stress is a major contributor to inflammation. When constantly stressed, your body releases cortisol, a hormone that can disrupt immune function and increase inflammatory responses. Mind-body practices can significantly reduce stress and improve overall health.

Effective Stress-Reduction Techniques:

- Meditation and Deep Breathing - Mindfulness meditation or deep breathing exercises can help lower cortisol levels.
- Spending Time in Nature - Walking in green spaces, gardening, or simply sitting outdoors can calm the nervous system.
- Journaling and Gratitude Practices - Writing down thoughts and focusing on gratitude can help reframe stressful situations.
- Hobbies and Creative Activities - Like painting, knitting, or playing music helps shift focus away from stress.

THE IMPORTANCE OF SLEEP FOR INFLAMMATION CONTROL

Sleep is a critical factor in regulating inflammation. Poor sleep can increase inflammatory markers, disrupt digestion, and weaken the immune system. Aiming for 7-9 hours of quality sleep per night can help the body repair and reduce inflammation.

Tips for Better Sleep:

- Stick to a Consistent Sleep Schedule - Going to bed and waking up at the same time daily helps regulate the body's internal clock.
- Create a Relaxing Bedtime Routine - Reading, taking a warm bath, or practicing deep breathing can prepare the body for restful sleep.
- Limit Screen Time Before Bed - Screens' blue light can interfere with melatonin production, making it harder to fall asleep.
- Avoid Heavy Meals and Caffeine Late in the Evening - these can disrupt sleep quality and digestion.

BRINGING IT ALL TOGETHER

Combining an anti-inflammatory diet with regular exercise, effective stress management, and quality sleep creates a holistic approach to health. These lifestyle choices work synergistically to keep inflammation under control, support digestion, and enhance overall well-being. Small, sustainable changes in daily habits can lead to long-term benefits, making maintaining a balanced, inflammation-free life easier.



CHAPTER 2.

The Anti-Inflammatory Meal Plan

Smart Grocery Shopping

Like any other, an anti-inflammatory diet starts with smart grocery shopping. Your choices at the store impact the meals you prepare and, ultimately, your health. Selecting fresh, whole, and nutrient-rich foods can reduce inflammation and support overall well-being. Here's a guide to help you shop wisely and stock your kitchen with anti-inflammatory essentials.

1. PLAN BEFORE YOU SHOP

Walking into the grocery store without a plan can lead to impulse purchases and unhealthy choices. A well-prepared shopping list keeps you focused on anti-inflammatory ingredients while saving time and money.

Tips for Effective Planning:

- Create a weekly meal plan that includes anti-inflammatory meals and snacks
- Make a grocery list organized by food categories: fruits, vegetables, proteins, grains, etc.
- Check your pantry and fridge to avoid buying unnecessary items
- Shop after a meal - hunger can lead to unhealthy impulse buying

2. READ FOOD LABELS CAREFULLY

Not all packaged foods are bad, but labels must be read to avoid hidden inflammatory ingredients. Processed foods often contain added sugars, unhealthy fats, and artificial additives that can trigger inflammation.

Ingredients to Avoid:

- Refined sugars, such as high-fructose corn syrup, cane sugar, dextrose
- Trans fats and hydrogenated oils
- Artificial additives, preservatives, and colorants
- Refined grains, such as white flour, white rice

3. BUY SEASONAL & ORGANIC WHEN POSSIBLE

Seasonal fruits and vegetables are fresher, more flavorful, and often more affordable. Choose organic options for foods with higher pesticide levels, such as strawberries, spinach, and bell peppers, when possible.

Best Seasonal Choices by Season:

- Spring: Asparagus, spinach, kale, Swiss chard, arugula, artichokes, leafy greens, broccoli, cauliflower, strawberries, blueberries, avocados, walnuts, parsley, cilantro, mint
- Summer: Tomatoes, zucchini, cucumber, raspberries, blackberries, cherries, peaches, nectarines, plums, bell peppers, chili peppers, basil, oregano, rosemary
- Fall: Pumpkins, sweet potatoes, carrots, beets, squash, shiitake, maitake, reishi, cabbage, kale, apples, pears, pomegranates, almonds, pecans, turmeric, ginger
- Winter: Collard greens, mustard greens, Swiss chard, oranges, lemons, grapefruits, brussels sprouts, cabbage, cauliflower, sweet potatoes, garlic, onions, and cinnamon

Smart grocery shopping is the foundation of an anti-inflammatory lifestyle. Planning, reading labels, choosing whole foods, and avoiding inflammatory ingredients set yourself up for success. A kitchen stocked with nourishing ingredients makes preparing healthy, anti-inflammatory meals effortless and enjoyable.



Best Anti-Inflammatory Foods

Here are some of the best anti-inflammatory foods to incorporate into your daily meals:

- Fatty Fish like salmon, mackerel, sardines, and tuna are rich in omega-3 fatty acids, which help lower inflammation and support heart and brain health by reducing inflammatory markers like C-reactive protein.
- Leafy Green Vegetables such as spinach, kale, arugula, Swiss chard, and collard greens are packed with vitamins, minerals, and antioxidants that fight inflammation. They are also high in fiber and rich in vitamin K, which supports gut and bone health and reduces inflammatory markers.
- Berries like blueberries, strawberries, raspberries, and blackberries contain potent antioxidants called flavonoids, which help combat oxidative stress and inflammation. They are also a great source of vitamins and fiber.
- Turmeric contains curcumin, a compound with potent anti-inflammatory and antioxidant properties. Adding turmeric to your diet, especially when combined with black pepper (which enhances absorption), can help reduce inflammation and support joint health.
- Nuts and Seeds, such as almonds, walnuts, flaxseeds, and chia seeds, are excellent sources of healthy fats, fiber, and antioxidants. Walnuts, in particular, are rich in omega-3s, which help lower inflammation and improve heart health.
- Extra virgin olive oil is a Mediterranean diet staple known for its anti-inflammatory benefits. It contains monounsaturated fats and polyphenols that help reduce inflammation and lower the risk of chronic diseases.





- Tomatoes are rich in lycopene, a powerful antioxidant that helps reduce inflammation and supports heart health. Cooking tomatoes, as in tomato sauce or soup, enhances lycopene absorption.
- Green tea is packed with polyphenols and catechins, which have been shown to reduce inflammation and provide various health benefits, including improved metabolism and heart health.
- Ginger has bioactive compounds like gingerol that have anti-inflammatory effects. It can help relieve muscle pain, arthritis symptoms, and digestive issues when consumed fresh, dried, or as a tea.
- Garlic contains sulfur compounds that boost the immune system and reduce inflammation. It has been used for centuries for its medicinal properties and is particularly effective in heart health and immune support.
- Fruits, such as oranges, lemons, and grapefruits - rich in vitamin C and flavonoids; pomegranates - powerful superfood high in antioxidants, polyphenols, and gut-supporting compounds; apples - contain quercetin, a powerful anti-inflammatory compound; pineapple.
- Avocados are a great source of monounsaturated fats, fiber, and anti-inflammatory compounds like carotenoids and tocopherols. They help reduce the risk of inflammation-related diseases and support overall health.
- Vegetables, such as broccoli, brussels sprouts, cauliflower - contain sulforaphane, a potent anti-inflammatory compound; bell peppers and chili peppers - high in capsaicin and vitamin C; beets - rich in betalains, which reduce oxidative stress.
- Dark chocolate with at least 70% cocoa contains anti-inflammatory flavonoids. It is also packed with antioxidants that promote heart and brain health. However, it should be consumed in moderation.
- Whole grains such as quinoa, brown rice, oats, buckwheat, and whole wheat products contain fiber, which helps reduce inflammation by supporting gut health. Avoid refined grains, which may increase inflammation.
- Legumes, like beans, lentils, and chickpeas, are excellent plant-based protein sources rich in fiber and antioxidants. They help regulate blood sugar levels and reduce inflammatory markers.
- Mushrooms like shiitake, maitake, and reishi contain compounds that modulate the immune system and reduce inflammation. They are also a good source of vitamins and minerals that support overall health.



Foods to Avoid

Here are the top foods to avoid when following an anti-inflammatory diet:

- Processed and Fried Foods - fast food, fried chicken, french fries, and other deep-fried items are high in trans fats, which are known to increase inflammation and raise the risk of chronic diseases. These foods also contain advanced glycation end products (AGEs), which can promote inflammation.
- Refined Carbohydrates - white bread, white rice, pastries, and other refined grains lack fiber and essential nutrients. They cause rapid blood sugar spikes, leading to increased inflammation and insulin resistance over time.
- Sugary Foods and Beverages - excess sugar consumption contributes to chronic inflammation, obesity, and insulin resistance. Avoid soda, candy, baked goods, sweetened cereals, and fruit juices with added sugar. Choose natural sweeteners in moderation, such as honey or maple syrup.
- Processed Meats - such as deli meats, sausages, hot dogs, bacon, and other processed meats contain high levels of sodium, preservatives, and harmful compounds that can trigger inflammation and increase the risk of heart disease and certain cancers.
- Red Meat (in Excess) - while lean cuts of red meat in moderation may be acceptable, excessive consumption - mainly processed or fatty cuts - can contribute to inflammation due to their high saturated fat and heme iron content.
- Dairy Products (for Some People) - like whole milk, cheese, and butter - can trigger inflammation in those who are lactose intolerant or sensitive to dairy. However, fermented dairy products - like cheese, natural yogurt, and kefir, especially those containing A2 beta-casein (from sheep, goats, and buffalo) - may benefit some individuals due to their probiotic content.
- Artificial trans fats and Hydrogenated Oils - Margarine, vegetable shortening, and certain processed snack foods contain artificial trans fats, which are strongly linked to increased inflammation and a higher risk of heart disease. Always check labels for partially hydrogenated oils and avoid them.
- Highly Processed Snacks and Packaged Food, such as chips, crackers, instant noodles, and microwaveable meals, often contain unhealthy fats, high sodium levels, and artificial additives that promote inflammation and provide little nutritional value.
- Excessive Alcohol - while moderate red wine consumption may have some health benefits due to antioxidants, excessive alcohol intake can lead to inflammation in the liver, gut, and other parts of the body. It can also disrupt sleep and weaken the immune system.
- Highly Processed Vegetable Oils - such as soybean, corn, sunflower, and cottonseed oils are high in omega-6 fatty acids, which can promote inflammation when consumed in Excess. Instead, opt for anti-inflammatory oils like extra virgin olive, coconut, or avocado.
- Artificial Sweeteners and Additives - aspartame, sucralose, and other artificial sweeteners may contribute to gut inflammation and metabolic issues. Artificial colorings and preservatives in processed foods can also lead to adverse health effects.
- Gluten-Containing Foods (for Sensitive Individuals) - people with gluten sensitivity or celiac disease should avoid gluten-containing grains such as wheat, barley, and rye, as they can trigger inflammation and digestive problems.

Avoiding pro-inflammatory foods and incorporating anti-inflammatory ones into your diet can significantly impact your health by reducing inflammation, preventing chronic diseases, and promoting overall well-being. A balanced diet rich in whole, nutrient-dense foods and healthy lifestyle choices can help you maintain optimal health and vitality. Making mindful food choices will provide long-term benefits for your well-being.

30-Day Meal Plan

Welcome to your 30-day journey toward healing, balance, and vibrant well-being. This chapter is designed to make your anti-inflammatory lifestyle easy, delicious, and sustainable - with a month of nourishing meals planned for you.

Each day is thoughtfully crafted to reduce inflammation, support your immune system, and energize your body using whole, nutrient-dense foods.

DON'T FORGET TO HYDRATE!

As you follow this meal plan, staying well-hydrated is just as important as the food on your plate. Drink plenty of still water throughout the day to help flush out toxins, aid digestion, and support every system in your body. Aim for at least 8 glasses daily—or more if you're active.

In addition to water, include the anti-inflammatory drink recipes from this book in your routine. From golden turmeric lattes to cucumber-mint-infused waters and ginger teas, these drinks offer powerful healing benefits and an extra layer of nourishment.

This 30-day plan is more than a meal guide - it's a reset for your body and mind. Let food be your daily medicine, and enjoy the delicious simplicity of eating with purpose.

For most adults following an anti-inflammatory lifestyle, a daily calorie range of 1,500 to 2,000 calories is considered balanced and sustainable.

For General Wellness & Inflammation Reduction:

- Women: 1,500–1,800 calories/day
- Men: 1,800–2,200 calories/day

For Active Lifestyles or Muscle Maintenance:

- Women: 1,800–2,200+ calories/day
- Men: 2,200–2,500+ calories/day

What Matters More Than Exact Calories:

- Nutrient density: Focus on foods rich in antioxidants, fiber, healthy fats, and plant compounds (like polyphenols and flavonoids).
- Balanced macros: Aim for a moderate mix of healthy fats (35–40%), clean protein (20–25%), and complex carbs (35–45%) to support energy and reduce inflammation.
- Portion awareness without restriction — encourage intuitive eating and tuning into hunger/fullness cues.

DAY	BREAKFAST	LUNCH	SNACK/DESSERT	DINNER	TOTAL CALORIES
1	Coconut & Turmeric Oatmeal Avocado & Matcha Energy Smoothie	Wild Salmon & Sweet Potato Chowder Grilled Turkey Burger Bowl with Chimichurri Sauce	Cinnamon-Spiced Baked Apple Slices	Ginger-Sesame Veggie Stir-Fry Noodles with Lime & Cilantro	1860 kcal
2	Chia Seed & Almond Milk Pudding with Berries Green Detox Smoothie	Cauliflower & Chickpea Curry Grilled Zucchini & Tomato Salad with Basil Dressing	Dark Chocolate & Walnut Energy Bites	Lemon-Herb Grilled Chicken with Roasted Brussels Sprouts	1500 kcal
3	Avocado & Smoked Salmon Toast on Sprouted Grain Bread Golden Turmeric & Mango Smoothie	Sweet Potato & Black Bean Tacos Kale & Quinoa Super Salad with Lemon-Tahini Dressing	Golden Milk Cashew Latte Bites	Grass-Fed Beef & Cauliflower Shepherd's Pie	1670 kcal
4	Quinoa & Walnut Porridge with Cinnamon and Honey Coconut & Berry Chia Seed Smoothie	Salmon & Avocado Collard Wrap Arugula & Walnut Salad with Pomegranate Vinaigrette	Dark Chocolate Avocado Mousse	Spiced Chickpea & Sweet Potato Buddha Bowl	1730 kcal
5	Spinach & Mushroom Omelet with Turmeric Cinnamon-Spiced Apple Pie Smoothie	Garlic & Herb Grilled Chicken with Roasted Vegetables Butternut Squash & Lentil Salad	Blueberry & Coconut Baked Oatmeal Cups, 1 piece	Turmeric-Garlic Roasted Salmon with Quinoa & Spinach	1780 kcal
6	Berry & Flaxseed Overnight Oats with Coconut Milk Banana & Walnut Omega-3 Smoothie	Turmeric & Ginger Lentil Soup Wild Salmon & Brown Rice Nourish Bowl	Coconut & Matcha Bliss Balls, 1 piece	Zucchini Noodles with Avocado Pesto & Cherry Tomatoes	1730 kcal
7	Sweet Potato & Avocado Breakfast Hash Ginger & Carrot Immunity Smoothie	Slow Cooker Grass-Fed Beef & Root Vegetable Stew Stuffed Bell Peppers with Quinoa & Spinach	Berry & Almond Yogurt Bark, 1 piece	Miso-Ginger Glazed Cod with Bok Choy & Brown Rice	1530 kcal

8	Greek Yogurt with Pomegranate Seeds, Walnuts & Drizzle of Honey Golden Turmeric & Mango Smoothie	Avocado & Cucumber Gazpacho Spicy Roasted Brussels Sprouts with Chili-Lime Shrimp	Chia & Berry Parfait	Sautéed Garlic Mushrooms & Grass-Fed Beef Stir-Fry	1510 kcal
9	Golden Milk Chia Pancakes with Maple & Almond Butter Pomegranate & Beet Anti-Inflammatory Smoothie	Turmeric & Garlic Baked Cod with Spinach Avocado & Spinach Detox Salad	Almond Flour Banana Bread, 1 slice	Spiced Chicken & Roasted Cauliflower Sheet Pan Meal	1710 kcal
10	Turmeric Scramble & Avocado Toast Green Detox Smoothie	Slow Cooker Grass-Fed Beef & Root Vegetable Stew Sautéed Greens & Garlic Mushrooms with Quinoa	Flaxseed & Honey Nut Granola Clusters	Garlic & Ginger Stir-Fried Shrimp with Broccoli & Cauliflower Rice	1760 kcal
11	Avocado & Tomato Breakfast Wrap Coconut & Berry Chia Seed Smoothie	Tomato & Roasted Red Pepper Soup with Basil Grass-Fed Beef & Quinoa Power Bowl	Turmeric & Ginger Spiced Almonds	Wild-Caught Salmon & Roasted Beet Salad with Citrus Dressing	1770 kcal
12	Flaxseed & Almond Butter Banana Pancakes Avocado & Matcha Energy Smoothie	Spiced Lentil & Veggie Stew Spiced Turkey & Avocado Lettuce Wrap	Mango & Coconut Chia Popsicles, 1 piece	Mediterranean Baked Cod with Olives & Tomatoes	1580 kcal
13	Coconut & Turmeric Oatmeal Cinnamon-Spiced Apple Pie Smoothie	Roasted Beet & Goat Cheese Salad with Balsamic Glaze Cauliflower & Chickpea Curry	Ginger & Turmeric Poached Pears, 1 serving	Lemon-Herb Grilled Chicken with Roasted Brussels Sprouts	1620 kcal
14	Chia Seed & Almond Milk Pudding with Berries Banana & Walnut Omega-3 Smoothie	Curried Butternut Squash & Coconut Soup Grilled Turkey Burger Bowl with Chimichurri Sauce	Banana & Walnut Oat Bars	Ginger-Sesame Veggie Stir-Fry Noodles with Lime & Cilantro	1730 kcal
15	Avocado & Smoked Salmon Toast on Sprouted Grain Bread Ginger & Carrot Immunity Smoothie	Spiced Lentil & Veggie Stew Sweet Potato & Black Bean Tacos	Chia & Flax Superfood Crackers	Spiced Chicken & Roasted Cauliflower Sheet Pan Meal	1560 kcal
16	Quinoa & Walnut Porridge with Cinnamon and Honey Pomegranate & Beet Anti-Inflammatory Smoothie	Moroccan Spiced Chickpea & Vegetable Stew Salmon & Avocado Collard Wrap	Sweet Potato Brownies with Dark Chocolate, 1 piece	Grass-Fed Beef & Cauliflower Shepherd's Pie	1660 kcal
17	Spinach & Mushroom Omelet with Turmeric Green Detox Smoothie	Curried Butternut Squash & Coconut Soup Garlic & Herb Grilled Chicken with Roasted Vegetables	Spiced Chai Latte Dairy-Free Ice Cream, 1 portion	Spiced Chickpea & Sweet Potato Buddha Bowl	1760 kcal

18	Berry & Flaxseed Overnight Oats with Coconut Milk Golden Turmeric & Mango Smoothie	Stuffed Bell Peppers with Quinoa & Spinach Turmeric Roasted Chickpea & Kale Salad	Raspberry & Cashew Energy Balls	Wild-Caught Salmon & Roasted Beet Salad with Citrus Dressing	1730 kcal
19	Sweet Potato & Avocado Breakfast Hash Coconut & Berry Chia Seed Smoothie	Wild Salmon & Brown Rice Nourish Bowl Miso Ginger Cucumber Salad	Pumpkin Spice & Pecan Granola	Zucchini Noodles with Avocado Pesto & Cherry Tomatoes	1670 kcal
20	Greek Yogurt with Pomegranate Seeds, Walnuts & Drizzle of Honey Avocado & Matcha Energy Smoothie	Moroccan Spiced Chickpea & Vegetable Stew Grass-Fed Beef & Quinoa Power Bowl	Dark Chocolate Avocado Mousse	Turmeric-Garlic Roasted Salmon with Quinoa & Spinach	1900 kcal
21	Golden Milk Chia Pancakes with Maple & Almond Butter Ginger & Carrot Immunity Smoothie	Kale & Quinoa Super Salad with Lemon-Tahini Dressing Spicy Roasted Brussels Sprouts with Chili-Lime Shrimp	Blueberry & Coconut Baked Oatmeal Cups, 1 cup	Spiced Chicken & Roasted Cauliflower Sheet Pan Meal	1730 kcal
22	Turmeric Scramble & Avocado Toast Cinnamon-Spiced Apple Pie Smoothie	Turmeric & Garlic Baked Cod with Spinach Spiced Cauliflower Rice with Cilantro & Lime	Cinnamon & Walnut Stuffed Dates, 2 pieces	Garlic & Ginger Stir-Fried Shrimp with Broccoli & Cauliflower Rice Brussels Sprouts & Walnuts with Honey-Balsamic Drizzle	1610 kcal
23	Avocado & Tomato Breakfast Wrap Banana & Walnut Omega-3 Smoothie	Spiced Turkey & Avocado Lettuce Wrap Golden Roasted Carrots with Cumin & Ginger	Chia & Berry Parfait, 1 portion	Miso-Ginger Glazed Cod with Bok Choy & Brown Rice	1660 kcal
24	Flaxseed & Almond Butter Banana Pancakes Pomegranate & Beet Anti-Inflammatory Smoothie	Wild Salmon & Sweet Potato Chowder Sautéed Greens & Garlic Mushrooms with Quinoa	Almond Flour Banana Bread, 1 slice	Grass-Fed Beef & Cauli-flower Shepherd's Pie Garlic Sautéed Spinach with Lemon Zest	1820 kcal
25	Coconut & Turmeric Oatmeal Green Detox Smoothie	Mediterranean Baked Cod with Olives & Tomatoes Garlic & Turmeric Roasted Sweet Potatoes	Mango & Coconut Chia Popsicles, 1 piece	Lemon-Herb Grilled Chicken with Roasted Brussels Sprouts	1540 kcal
26	Chia Seed & Almond Milk Pudding with Berries Avocado & Matcha Energy Smoothie	Cauliflower & Chickpea Curry Warm Lentil & Mushroom Sauté	Ginger & Turmeric Poached Pears, 1 porcion	Grass-Fed Beef & Quinoa Power Bowl	1640 kcal
27	Avocado & Smoked Salmon Toast on Sprouted Grain Bread Golden Turmeric & Mango Smoothie	Garlic & Herb Grilled Chicken with Roasted Vegetables Roasted Cauliflower & Tahini Drizzle	Sweet Potato Brownies with Dark Chocolate, 1 piece	Turmeric & Garlic Baked Cod with Spinach	1510 kcal

28	Quinoa & Walnut Porridge with Cinnamon and Honey Coconut & Berry Chia Seed Smoothie	Grilled Turkey Burger Bowl with Chimichurri Sauce	Spiced Chai Latte Dairy-Free Ice Cream, 1 porcion	Spicy Roasted Brussels Sprouts with Chili-Lime Shrimp Crispy Chickpeas with Paprika & Sea Salt	1630 kcal
29	Spinach & Mushroom Omelet with Turmeric Cinnamon-Spiced Apple Pie Smoothie	Salmon & Avocado Collard Wrap Butternut Squash & Lentil Salad	Golden Milk Cashew Latte Bites, 1 bite	Stuffed Bell Peppers with Quinoa & Spinach	1550 kcal
30	Berry & Flaxseed Overnight Oats with Coconut Milk Ginger & Carrot Immunity Smoothie	Slow Cooker Grass-Fed Beef & Root Vegetable Stew Sweet Potato & Black Bean Tacos	Coconut & Matcha Bliss Balls, 1 piece	Wild Salmon & Brown Rice Nourish Bowl	1710 kcal









CHAPTER 3

Breakfast Recipes

COCONUT & TURMERIC OATMEAL

CHIA SEED & ALMOND MILK PUDDING WITH BERRIES

AVOCADO & SMOKED SALMON TOAST ON SPROUTED GRAIN BREAD

QUINOA & WALNUT PORRIDGE WITH CINNAMON AND HONEY

SPINACH & MUSHROOM OMELET WITH TURMERIC

BERRY & FLAXSEED OVERNIGHT OATS WITH COCONUT MILK

SWEET POTATO & AVOCADO BREAKFAST HASH

GREEK YOGURT WITH POMEGRANATE SEEDS, WALNUTS & DRIZZLE OF HONEY

GOLDEN MILK CHIA PANCAKES WITH MAPLE & ALMOND BUTTER

TURMERIC SCRAMBLE & AVOCADO TOAST

AVOCADO & TOMATO BREAKFAST WRAP

FLAXSEED & ALMOND BUTTER BANANA PANCAKES



Coconut & Turmeric Oatmeal

2 servings | 5 min | 10 min

This creamy, nourishing Oatmeal is packed with anti-inflammatory properties from turmeric and ginger and healthy fats from coconut. Perfect for a warming, nutrient-dense breakfast!

Ingredients

- 1 cup old-fashioned rolled oats
- 1 ½ cups unsweetened coconut milk (or any milk of choice)
- ½ cup water
- 1 tsp ground turmeric
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- 1 tbsp honey or maple syrup
- ¼ tsp sea salt
- 1 tsp vanilla extract
- 2 tbsps unsweetened shredded coconut
- 1 tbsp chia seeds (optional, for extra fiber)
- 1 tbsp chopped nuts (almonds, walnuts, or pecans)
- ½ banana, sliced (for topping)
- 1 tbsp coconut yogurt (optional for topping)

Directions

1. In a medium saucepan over medium heat, combine oats, coconut milk, and water. Stir well.
2. Add turmeric, cinnamon, ginger, honey (or maple syrup), and sea salt. Stir to combine.
3. Bring the mixture to a gentle simmer, stirring occasionally, and cook for 7–10 minutes until the oats are soft and creamy.
4. Remove from heat and stir in vanilla extract.
5. Divide oatmeal between two bowls.
6. Sprinkle with shredded coconut, chia seeds, and chopped nuts. Top with sliced banana and a dollop of coconut yogurt, if desired. Serve warm and enjoy!

Nutritional Information (Per Serving)

Calories: ~280, Protein: 6g, Carbohydrates: 40g, Fiber: 6g, Sugar: 10g, Fat: 12g, Saturated Fat: 6g, Sodium: 150mg

Chia Seed & Almond Milk Pudding with Berries

2 servings | 5 min | 0 min

This Chia Pudding is a delicious, fiber-rich, omega-3-packed breakfast or snack. It's naturally sweetened and pairs perfectly with fresh berries for a refreshing, nutritious treat!

Ingredients

- ¼ cup chia seeds
- 1 cup unsweetened almond milk (or any plant-based milk)
- 1 tbsp maple syrup or honey
- ½ tsp vanilla extract
- ¼ tsp ground cinnamon (optional)
- ½ cup mixed berries (strawberries, blueberries, raspberries, or blackberries)
- 1 tbsp chopped nuts (almonds, walnuts, or pecans)
- 1 tsp unsweetened shredded coconut (optional)

Directions

1. In a mixing bowl or jar, whisk together chia seeds, almond milk, maple syrup (or honey), vanilla extract, and cinnamon until well combined.
2. Let the mixture sit for 5 minutes, then stir again to prevent clumping.
3. Cover and refrigerate for at least 4 hours or overnight until the pudding thickens.
4. Before serving, give the pudding a good stir and divide it between two bowls or jars.
5. Top with fresh mixed berries, chopped nuts, and shredded coconut, if desired.
6. Enjoy chilled!

Nutritional Information (Per Serving)

Calories: ~200, Protein: 5g, Carbohydrates: 22g, Fiber: 9g, Sugar: 9g, Fat: 10g, Saturated Fat: 1g, Sodium: 80mg





Avocado & Smoked Salmon Toast on Sprouted Grain Bread

2 servings | 5 min | 0 min

This Avocado & Smoked Salmon Toast is rich in healthy fats, fiber, and protein, making it a perfect balanced breakfast or light lunch option!

Ingredients

- 2 slices sprouted grain bread
- 1 ripe avocado
- ½ tsp lemon juice
- ¼ tsp sea salt
- ¼ tsp black pepper
- 4 ounces smoked salmon
- ¼ tsp red pepper flakes (optional)
- 1 tsp capers (optional)
- 2 tsps chopped fresh dill (or chives)
- 4 cherry tomatoes, halved (optional)
- 1 tsp extra virgin olive oil (for drizzling)

Directions

1. Toast the sprouted grain bread slices to your desired crispiness.
2. In a small bowl, mash the avocado with lemon juice, salt, and black pepper until smooth.
3. Spread the mashed avocado evenly onto each slice of toast.
4. Layer the smoked salmon on top.
5. Sprinkle with red pepper flakes, capers, and fresh dill or chives. Add cherry tomato halves on top if using.
6. Drizzle with a bit of extra virgin olive oil. Serve immediately and enjoy!

Nutritional Information (Per Serving)

Calories: ~280, Protein: 15g, Carbohydrates: 22g, Fiber: 7g, Sugar: 2g, Fat: 15g, Saturated Fat: 2g, Sodium: 450mg

Quinoa & Walnut Porridge with Cinnamon and Honey

2 servings | 5 min | 15 min

This hearty Quinoa Porridge is packed with protein, fiber, and healthy fats, making it a nourishing breakfast that keeps you full and energized!

Ingredients

- ½ cup quinoa, rinsed
- 1 cup unsweetened almond milk (or any milk of choice)
- ½ cup water
- ½ tsp ground cinnamon
- 1 tsp vanilla extract
- 1 tbsp honey or maple syrup
- ¼ tsp sea salt
- 2 tbsps chopped walnuts
- 1 tbsp chia seeds (optional, for added fiber)
- ½ banana, sliced (for topping)
- 1 tsp unsweetened shredded coconut (optional)

Directions

1. In a small saucepan over medium heat, combine quinoa, almond milk, water, cinnamon, and sea salt. Stir well.
2. Bring to a boil, then reduce heat to low and let it simmer for about 12–15 minutes, stirring occasionally, until the quinoa is tender and the liquid is absorbed.
3. Remove from heat and stir in vanilla extract and honey (or maple syrup).
4. Divide the porridge between two bowls.
5. Top with chopped walnuts, chia seeds, sliced banana, and shredded coconut if desired.
6. Serve warm and enjoy!

Nutritional Information (Per Serving)

Calories: ~280, Protein: 8g, Carbohydrates: 40g, Fiber: 6g, Sugar: 10g, Fat: 10g, Saturated Fat: 1g, Sodium: 150mg





Spinach & Mushroom Omelet with Turmeric

1 serving | 5 min | 10 min

This flavorful Spinach & Mushroom Omelet is packed with anti-inflammatory turmeric, protein-rich eggs, and nutrient-dense spinach and mushrooms, making it a perfect way to start your day!

Ingredients

- 2 large eggs
- 1 tbsp unsweetened almond milk (or any milk of choice)
- ¼ tsp ground turmeric
- ¼ tsp sea salt
- ⅛ tsp black pepper
- ½ tbsp olive oil (or butter)
- ½ cup fresh spinach, chopped
- ¼ cup mushrooms, sliced
- 1 tbsp chopped onions (optional)
- 1 tbsp crumbled feta cheese (optional)
- 1 tsp chopped fresh parsley (for garnish)

Directions

1. Whisk together the eggs, almond milk, turmeric, sea salt, and black pepper in a small bowl until well combined.
2. Heat olive oil in a non-stick skillet over medium heat.
3. Add mushrooms and onions (if using) to the skillet and sauté for 3–4 minutes until softened.
4. Stir in chopped spinach and cook for another minute until wilted. Remove the vegetables from the skillet and set aside.
5. Reduce the heat to low. Pour the egg mixture into the skillet, tilting the pan to spread it evenly.
6. Let the eggs cook undisturbed for about 2 - 3 minutes until they start to set. Spread the sautéed vegetables evenly over half of the omelet. If using, sprinkle feta cheese over the vegetables.
7. Gently fold the omelet in half and cook for another minute.
8. Transfer to a plate, garnish with fresh parsley, and serve warm.

Nutritional Information (Per Serving)

Calories: ~220, Protein: 14g, Carbohydrates: 5g, Fiber: 2g, Sugar: 1g, Fat: 16g, Saturated Fat: 4g, Sodium: 350mg

Berry & Flaxseed Overnight Oats with Coconut Milk

2 servings | 5 min | 0 min

This creamy and nutrient-dense Overnight Oats recipe is packed with fiber, flaxseed omega-3s, and berry antioxidants, making it a delicious and wholesome breakfast!

Ingredients

- 1 cup old-fashioned rolled oats
- 1 ½ cups unsweetened coconut milk (or any milk of choice)
- 1 tbsp ground flaxseeds
- 1 tbsp chia seeds (optional, for extra fiber)
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- 1 tbsp honey or maple syrup
- ½ cup mixed berries (blueberries, raspberries, strawberries)
- 1 tbsp unsweetened shredded coconut (optional)
- 1 tbsp chopped nuts (almonds, walnuts, or pecans)

Directions

1. Combine oats, coconut milk, flaxseeds, chia seeds (if using), vanilla extract, cinnamon, and honey (or maple syrup) in a bowl or jar. Stir well.
2. Cover and refrigerate for at least 4 hours or overnight until the oats are soft and creamy.
3. Before serving, stir the oats to redistribute the flavors.
4. Divide into two servings and top with mixed berries, shredded coconut, and chopped nuts.
5. Enjoy chilled!

Nutritional Information (Per Serving)

Calories: ~280, Protein: 7g, Carbohydrates: 40g, Fiber: 8g, Sugar: 10g, Fat: 12g, Saturated Fat: 6g, Sodium: 100mg



Turmeric Scramble & Avocado Toast

2 servings 5 min 10 min

This Turmeric Scramble & Avocado Toast is an energizing, anti-inflammatory breakfast loaded with healthy fats, fiber, and protein to fuel your morning cleanly.

Ingredients

For the Turmeric Scramble:

- 4 large eggs
- 2 tbsps unsweetened almond milk (or any milk of choice)
- ½ tsp ground turmeric
- ¼ tsp ground cumin
- ¼ tsp garlic powder
- ¼ tsp sea salt
- ⅛ tsp black pepper
- 1 tbsp olive oil or avocado oil
- ½ cup baby spinach, chopped
- 2 tbsps chopped green onion or fresh parsley (optional)

For the Toast:

- 2 slices sprouted grain or whole grain bread
- 1 ripe avocado
- 1 tsp lemon juice
- Salt & pepper, to taste
- Red pepper flakes (optional, for heat)
- Cherry tomatoes or microgreens (optional, for garnish)

Directions

1. In a bowl, whisk together the oat flour, baking powder, turmeric, cinnamon, ginger, and chia seeds.
2. In another bowl, whisk together the egg, vanilla extract, honey (or maple syrup), almond milk, and melted coconut oil.
3. Pour the wet ingredients into the dry ingredients and stir until just combined. Let the batter rest for 5 minutes to allow the chia seeds to absorb liquid.
4. Heat a non-stick skillet or griddle over medium heat and lightly grease with coconut oil.
5. Pour small amounts of batter (about 2 tbsps per pancake) onto the skillet. Cook for 2–3 minutes until bubbles appear on the surface, then flip and cook for another 2 minutes until golden brown.
6. Repeat with the remaining batter.
7. Serve warm with almond butter, maple syrup, chopped almonds, and shredded coconut.

Nutritional Information (Per Serving)

Calories: ~320, Protein: 14g, Carbohydrates: 22g, Fiber: 7g, Sugar: 2g, Fat: 20g, Saturated Fat: 4g, Sodium: 300mg





Golden Milk Chia Pancakes with Maple & Almond Butter

2 servings | 10 min | 10 min

These Golden Milk Chia Pancakes are packed with anti-inflammatory turmeric, fiber-rich chia seeds, and healthy fats, making them a delicious, nutritious, and energizing breakfast!

Ingredients

For the Pancakes:

- ½ cup oat flour (or whole wheat flour)
- ½ tsp baking powder
- ½ tsp ground turmeric
- ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- 1 tbsp chia seeds
- ½ tsp vanilla extract
- 1 tbsp honey or maple syrup
- ½ cup unsweetened almond milk (or any milk of choice)
- 1 egg (or flax egg for vegan option: 1 tbsp flaxseed meal + 3 tbsps water)
- ½ tbsp melted coconut oil (plus more for cooking)

For the Toppings:

- 1 tbsp almond butter
- 1 tbsp maple syrup
- 1 tbsp chopped almonds (optional)
- ½ tsp shredded coconut (optional)

Directions

1. In a bowl, whisk together the oat flour, baking powder, turmeric, cinnamon, ginger, and chia seeds.
2. In another bowl, whisk together the egg, vanilla extract, honey (or maple syrup), almond milk, and melted coconut oil.
3. Pour the wet ingredients into the dry ingredients and stir until just combined. Let the batter rest for 5 minutes to allow the chia seeds to absorb liquid.
4. Heat a non-stick skillet or griddle over medium heat and lightly grease with coconut oil.
5. Pour small amounts of batter (about 2 tbsps per pancake) onto the skillet. Cook for 2–3 minutes until bubbles appear on the surface, then flip and cook for another 2 minutes until golden brown.
6. Repeat with the remaining batter.
7. Serve warm with almond butter, maple syrup, chopped almonds, and shredded coconut.

Nutritional Information (Per Serving)

Calories: ~320, Protein: 9g, Carbohydrates: 38g, Fiber: 6g, Sugar: 10g, Fat: 15g, Saturated Fat: 4g, Sodium: 150mg



Sweet Potato & Avocado Breakfast Hash

2 servings | 10 min | 20 min

This hearty and nutritious Sweet Potato Breakfast Hash is packed with fiber, healthy fats, and vibrant flavors, making it a perfect start to the day!

Ingredients

- 1 medium sweet potato, peeled and diced
- 1 tbsp olive oil or avocado oil
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp smoked paprika
- ¼ tsp ground cumin
- ¼ tsp garlic powder
- ½ small red onion, diced
- ½ red bell pepper, diced
- ½ cup mushrooms, sliced (optional)
- 2 large eggs (optional for added protein)
- 1 small avocado, diced
- 1 tbsp chopped fresh cilantro or parsley
- 1 tsp hot sauce (optional)

Directions

1. Heat olive oil in a large skillet over medium heat. Add the diced sweet potatoes and season with sea salt, black pepper, smoked paprika, cumin, and garlic powder. Stir well to coat.
2. Cook for about 10 minutes, stirring occasionally, until the sweet potatoes soften.
3. Add the diced red onion, bell pepper, and mushrooms (if using). Cook for another 7-8 minutes, stirring occasionally, until the vegetables are tender and slightly caramelized.
4. If adding eggs, make small wells in the hash and crack an egg into each well. Cover and cook for 3-4 minutes or until the eggs are cooked to your liking.
5. Remove from heat and top with diced avocado and fresh cilantro or parsley.
6. Drizzle with hot sauce if desired, and serve immediately.

Nutritional Info (Per Serving, Without Eggs)

Calories: ~280, Protein: 4g, Carbohydrates: 35g, Fiber: 8g, Sugar: 7g, Fat: 14g, Saturated Fat: 2g, Sodium: 300mg

Greek Yogurt with Pomegranate Seeds, Walnuts & Drizzle of Honey

2 servings | 5 min | 0 min

This refreshing and protein-rich Greek Yogurt Bowl is packed with antioxidants, healthy fats, and natural sweetness, making it a perfect breakfast or snack!

Ingredients

- 1 cup plain Greek yogurt (full-fat or low-fat)
- ½ cup pomegranate seeds
- 2 tbsps chopped walnuts
- 1 tbsp honey
- ½ tsp ground cinnamon (optional)
- 1 tsp unsweetened shredded coconut (optional)

Directions

1. Divide the Greek yogurt between two serving bowls.
2. Sprinkle pomegranate seeds and chopped walnuts evenly over the yogurt.
3. Drizzle with honey and sprinkle with cinnamon, if desired.
4. Top with shredded coconut for added texture (optional).
5. Serve immediately and enjoy!

Nutritional Information (Per Serving)

Calories: ~220, Protein: 12g, Carbohydrates: 22g, Fiber: 3g, Sugar: 17g (natural sugars from pomegranate and honey), Fat: 9g, Saturated Fat: 2g, Sodium: 50mg





Avocado & Tomato Breakfast Wrap

2 servings | 5 min | 5 min

This Avocado & Tomato Breakfast Wrap is a nutritious, fiber-rich, and satisfying meal packed with healthy fats, protein, and vibrant flavors—perfect for a quick and energizing breakfast!

Ingredients

- 2 whole wheat or sprouted grain tortillas
- 1 ripe avocado, mashed
- ½ tsp lemon juice
- ¼ tsp sea salt
- ¼ tsp black pepper
- ½ tsp olive oil
- ½ cup cherry tomatoes, halved
- ¼ cup red bell pepper, diced
- 2 tbsps red onion, finely chopped
- 2 large eggs (or scrambled tofu for a vegan option)
- ¼ tsp ground cumin
- ¼ tsp smoked paprika
- 1 tbsp fresh cilantro or parsley, chopped
- 2 tbsps crumbled feta cheese (optional)

Directions

1. Mash the avocado with lemon juice, sea salt, and black pepper in a small bowl. Set aside.
2. Heat olive oil in a small skillet over medium heat. Add cherry tomatoes, red bell pepper, and red onion. Sauté for 2–3 minutes until softened.
3. In a separate bowl, whisk the eggs with cumin and smoked paprika. Pour into the skillet with the veggies and scramble for 2–3 minutes until cooked. Remove from heat.
4. Warm the tortillas in a dry skillet for 30 seconds on each side.
5. Spread the mashed avocado evenly over each tortilla. Divide the scrambled eggs and sautéed veggies between the two wraps. Sprinkle with fresh cilantro and feta cheese (if using).
6. Roll up the tortillas, tucking in the sides as you go. Slice in half and serve warm.

Nutritional Info (Per Serving, Without Eggs)

Calories: ~320, Protein: 12g, Carbohydrates: 35g, Fiber: 8g, Sugar: 5g, Fat: 15g, Saturated Fat: 3g, Sodium: 350mg

Flaxseed & Almond Butter Banana Pancakes

2 servings | 10 min | 10 min

These Flaxseed & Almond Butter Banana Pancakes are naturally sweet, protein-rich, and packed with fiber and healthy fats - perfect for a nutritious and satisfying breakfast!

Ingredients

- 1 ripe banana, mashed
- 1 egg (or flax egg: 1 tbsp flaxseed meal + 3 tbsps water)
- 2 tbsps almond butter
- ½ cup oat flour (or whole wheat flour)
- 1 tbsp ground flaxseeds
- ½ tsp baking powder
- ½ tsp ground cinnamon
- ½ tsp vanilla extract
- ¼ cup unsweetened almond milk (or any milk of choice)
- ½ tbsp coconut oil (for cooking)

For Toppings (Optional):

- 1 tbsp almond butter
- 1 tsp of maple syrup or honey
- ½ banana, sliced
- 1 tsp chopped almonds or walnuts

Directions

1. In a mixing bowl, mash the banana and whisk in the egg, almond butter, vanilla extract, and almond milk.
2. Add oat flour, ground flaxseeds, baking powder, and cinnamon. Stir until well combined. Let the batter rest for 5 minutes to thicken.
3. Heat coconut oil in a non-stick skillet over medium heat.
4. Pour a small amount of batter (about 2 tbsps per pancake) into the skillet. Cook for 2–3 minutes until bubbles form on the surface, then flip and cook for another 2 minutes until golden brown.
5. Repeat with the remaining batter.
6. Serve warm with almond butter, maple syrup, banana slices, and chopped almonds.

Nutritional Information (Per Serving)

Calories: ~320, Protein: 10g, Carbohydrates: 35g, Fiber: 6g, Sugar: 10g, Fat: 14g, Saturated Fat: 2g, Sodium: 180mg









CHAPTER 4

Lunch Recipes

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Grilled Turkey Burger Bowl with Chimichurri Sauce

2 servings | 15 min | 15 min

This Grilled Turkey Burger Bowl with Chimichurri is a balanced and vibrant lunch packed with lean protein, fiber, and healthy fats — perfect for a clean, energizing meal!

Ingredients

For the Turkey Burgers:

- 8 oz ground turkey (lean)
- 1 garlic clove, minced
- 1 tbsp chopped fresh parsley
- ½ tsp onion powder
- ½ tsp smoked paprika
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 tsp olive oil (for grilling)

For the Bowl Base:

- 1 cup cooked brown rice or quinoa
- 1 cup of mixed greens or baby spinach
- ½ cup cherry tomatoes, halved
- ½ avocado, sliced
- ¼ cup shredded carrots
- 1 tbsp sunflower or pumpkin seeds (optional)

For the Chimichurri Sauce:

- ¼ cup fresh parsley, finely chopped
- 1 tbsp fresh cilantro (optional), finely chopped
- 1 garlic clove, minced
- 2 tbsps red wine vinegar or lemon juice
- 3 tbsps olive oil
- ¼ tsp crushed red pepper flakes (optional)
- Salt & pepper to taste

Directions

1. Whisk together chopped herbs, garlic, vinegar or lemon juice, olive oil, red pepper flakes, salt, and pepper in a small bowl. Set aside to let the flavors blend.
2. Mix ground turkey with garlic, parsley, onion powder, smoked paprika, salt, and pepper in a bowl. Form into 2 patties.
3. Heat a grill pan or skillet over medium heat with olive oil. Cook turkey patties for 5–6 minutes per side or until fully cooked (internal temp: 165°F / 74°C). Let rest for 2–3 minutes.
4. Divide cooked rice or quinoa between two bowls. Top with mixed greens, cherry tomatoes, avocado slices, shredded carrots, and seeds.
5. Place one turkey patty in each bowl. Drizzle with chimichurri sauce and serve immediately.

Nutritional Information (Per Serving)

Calories: ~430, Protein: 28g, Carbohydrates: 30g, Fiber: 6g, Sugar: 3g, Fat: 24g, Saturated Fat: 4g, Sodium: 400mg



Cauliflower & Chickpea Curry

1 serving | 10 min | 25 min

This Cauliflower & Chickpea Curry is a comforting, nutrient-rich, and flavorful dish with anti-inflammatory spices and plant-based protein - perfect for a cozy weeknight meal!

Ingredients

- 1 tbsp coconut oil or olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated (or 1 tsp ground ginger)
- 1 tbsp curry powder
- 1 tsp ground turmeric
- 1 tsp ground cumin
- ½ tsp ground coriander
- ½ tsp sea salt (to taste)
- 1 medium head cauliflower, cut into florets
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 can (14 oz) diced tomatoes
- 1 can (14 oz) coconut milk (full-fat or light)
- 1 tbsp fresh lemon juice
- 2 tbsps chopped fresh cilantro (for garnish)

Directions

1. Heat coconut oil in a large pot over medium heat. Add diced onion and cook for 3–4 minutes until softened. Add garlic and ginger, and cook for another 1 minute.
2. Stir in curry powder, turmeric, cumin, coriander, and salt. Cook for 30 seconds until fragrant.
3. Add cauliflower florets and chickpeas to the pot. Stir to coat them well with the spices.
4. Pour in diced tomatoes (with juice) and coconut milk. Stir well to combine.
5. Bring to a gentle simmer. Cover and cook for 15–20 minutes or until the cauliflower is tender and the sauce thickens slightly.
6. Stir in lemon juice and adjust seasoning if needed.
7. Garnish with chopped cilantro and serve warm over brown rice, quinoa, or whole-grain flatbread.

Nutritional Information (Per Serving)

Calories: ~330, Protein: 10g, Carbohydrates: 30g, Fiber: 9g, Sugar: 6g, Fat: 20g, Saturated Fat: 11g, Sodium: 400mg

Salmon & Avocado Collard Wrap

2 servings | 10 min | 10 min

This Salmon & Avocado Collard Wrap is a low-carb, anti-inflammatory, and omega-3-rich meal that is perfect for a light lunch or post-workout snack.

Ingredients

- 2 large collard green leaves (washed, stems trimmed flat)
- 1 cup cooked salmon (grilled, baked, or canned wild salmon)
- 1 small avocado, sliced
- ½ cup grated carrots
- ½ red bell pepper, thinly sliced
- ¼ cucumber, julienned
- 2 tablespoons hummus or Greek yogurt (optional, as a spread)
- 1 teaspoon lemon juice
- Salt & pepper to taste

Directions

1. Trim the thick part of the collard stem so the leaf lays flat. Optional: Blanch the leaves in hot water for 30 seconds to make them more pliable, then pat dry.
2. Spread 1 tablespoon of hummus or Greek yogurt in the center of each leaf for extra flavor and creaminess.
3. Layer half of the salmon, avocado slices, shredded carrots, red bell pepper, and cucumber in the center of each leaf. Drizzle with lemon juice and season with salt and pepper.
4. Fold in the sides, then roll the leaf tightly from bottom to top, burrito-style. Slice in half and serve immediately.

Nutritional Information (Per Serving)

Calories: ~330, Protein: 22g, Carbohydrates: 10g, Fiber: 6g, Sugar: 3g, Fat: 22g, Saturated Fat: 4g, Sodium: 200mg





Sweet Potato & Black Bean Tacos

4 servings | 10 min | 25 min

These Sweet Potato & Black Bean Tacos are a delicious, fiber-packed, and plant-based option full of color, flavor, and nutrition - perfect for Meatless Monday or taco night!

Ingredients

- 2 medium sweet potatoes, peeled and diced
- 1 tbsp olive oil
- 1 tsp chili powder
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- ½ tsp sea salt
- 1 can (15 oz) black beans, drained and rinsed
- 8 small corn or whole wheat tortillas
- 1 avocado, sliced or mashed
- ½ cup red cabbage, shredded (optional)
- ¼ cup fresh cilantro, chopped
- 2 tbsps fresh lime juice
- 2 tbsps pumpkin seeds or chopped nuts (optional)

Directions

1. Preheat the oven to 400°F (200°C). Toss diced sweet potatoes with olive oil, chili powder, cumin, paprika, garlic powder, and salt. Spread on a baking sheet and roast for 20–25 minutes, flipping halfway through, until tender and slightly crispy.
2. While the sweet potatoes roast, warm the black beans in a small saucepan over low heat. Season with a pinch of salt and lime juice, if desired.
3. Slice or mash the avocado. Shred red cabbage and chop fresh cilantro.
4. Warm tortillas in a dry skillet or microwave. Divide roasted sweet potatoes and black beans among the tortillas. Top with avocado, cabbage, cilantro, and a squeeze of lime juice. If using pumpkin seeds, add them for extra crunch.
5. Serve immediately with extra lime wedges on the side.

Nutritional Information (Per Serving)

Calories: ~320, Protein: 10g, Carbohydrates: 42g, Fiber: 10g, Sugar: 6g, Fat: 13g, Saturated Fat: 2g, Sodium: 300mg

Garlic & Herb Grilled Chicken with Roasted Vegetables

4 servings | 15 min | 25 min

This Garlic & Herb Grilled Chicken with Roasted Vegetables is a wholesome, protein-rich, and flavorful meal perfect for weeknight dinners or healthy meal prep.

Ingredients

For the Grilled Chicken:

- 4 boneless, skinless chicken breasts
- 2 tbsps olive oil
- 3 cloves garlic, minced
- 1 tbsp fresh lemon juice
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp dried rosemary
- ½ tsp sea salt
- ¼ tsp black pepper

For the Roasted Vegetables:

- 1 medium zucchini, sliced
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 red onion, sliced
- 1 cup broccoli florets
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp Italian seasoning
- Salt & pepper to taste

Directions

1. In a small bowl, whisk together olive oil, garlic, lemon juice, oregano, thyme, rosemary, salt, and pepper. Rub the mixture all over the chicken breasts. Let them marinate in the fridge for at least 15 minutes (or up to 8 hours).
2. Preheat the oven to 425°F (220°C). Toss all the vegetables with olive oil, garlic powder, Italian seasoning, salt, and pepper. Spread them evenly on a baking sheet and roast for 20–25 minutes, stirring halfway through.
3. While the vegetables roast, heat a grill or grill pan over medium-high heat. Grill the chicken for 5–6 minutes per side or until cooked through (internal temperature should reach 165°F/74°C). Let rest for 5 minutes before slicing.
4. Slice the grilled chicken and serve it alongside the roasted vegetables. If desired, garnish with fresh herbs or an extra squeeze of lemon.

Nutritional Information (Per Serving)

Calories: ~330, Protein: 22g, Carbohydrates: 10g, Fiber: 6g, Sugar: 3g, Fat: 22g, Saturated Fat: 4g, Sodium: 200mg





Wild Salmon & Brown Rice Nourish Bowl

2 servings | 15 min | 15-20 min

This Wild Salmon & Brown Rice Nourish Bowl is a balanced, anti-inflammatory meal rich in omega-3s, fiber, and antioxidants - perfect for a light but filling lunch or dinner!

Ingredients

- 2 wild salmon fillets (4–6 oz each)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 garlic clove, minced
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 cup cooked brown rice
- 1 cup of baby spinach or mixed greens
- ½ avocado, sliced
- ½ cup grated carrots
- ½ cup cucumber, sliced
- ¼ cup red cabbage, shredded
- 1 tbsp sesame seeds or hemp seeds (optional)

For the Dressing (Optional):

- 1 tbsp tahini or olive oil
- 1 tbsp lemon juice or apple cider vinegar
- ½ tsp Dijon mustard
- 1 tsp of maple syrup or honey
- Salt & pepper, to taste

Directions

1. Mix olive oil, lemon juice, garlic, salt, and pepper in a small bowl. Rub the mixture over the salmon fillets.
2. Heat a skillet over medium heat. Cook the salmon skin-side down for 4–5 minutes, then flip and cook another 3–4 minutes, or until cooked through and flaky.
3. Whisk together all dressing ingredients in a small bowl until smooth.
4. Divide the cooked brown rice and greens between two bowls. Top each with cooked salmon, avocado slices, shredded carrots, cucumber, and red cabbage.
5. Drizzle with dressing and sprinkle with sesame or hemp seeds if desired. Serve warm or chilled.

Nutritional Information (Per Serving)

Calories: ~480, Protein: 32g, Carbohydrates: 28g, Fiber: 7g, Sugar: 4g, Fat: 27g, Saturated Fat: 4g, Sodium: 320mg

Stuffed Bell Peppers with Quinoa & Spinach

4 servings | 15 min | 30 min

These Stuffed Bell Peppers with Quinoa & Spinach are a hearty, fiber-rich, and plant-powered meal perfect for lunch or dinner — flavorful, satisfying, and packed with nutrients!

Ingredients

- 4 large bell peppers (any color), tops cut off and seeds removed
- 1 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 cups fresh spinach, chopped
- 1 cup cooked quinoa
- 1 can (15 oz) black beans, drained and rinsed
- 1 tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ cup diced tomatoes (fresh or canned, drained)
- ¼ cup crumbled feta cheese or dairy-free alternative (optional)
- 2 tbsps fresh parsley or cilantro, chopped

Directions

1. Preheat your oven to 375°F (190°C). Lightly grease a baking dish and set aside.
2. Heat olive oil in a skillet over medium heat. Add the onion and sauté for 3–4 minutes until softened. Add garlic and cook for 1 minute.
3. Stir in chopped spinach and cook until wilted, about 2 minutes. Add quinoa, black beans, diced tomatoes, cumin, smoked paprika, salt, and pepper. Mix well and cook for another 2–3 minutes to warm through.
4. Spoon the quinoa mixture into each bell pepper, pressing down gently to pack. Place the stuffed peppers upright in the baking dish.
5. Cover with foil and bake for 25–30 minutes until the peppers are tender. Sprinkle cheese on top during the last 5 minutes of baking if using.
6. Remove from oven, let cool slightly, and garnish with chopped parsley or cilantro before serving.

Nutritional Information (Per Serving)

Calories: ~280, Protein: 11g, Carbohydrates: 35g, Fiber: 9g, Sugar: 6g, Fat: 10g, Saturated Fat: 2g, Sodium: 400mg





Spicy Roasted Brussels Sprouts with Chili-Lime Shrimp

2 servings | 15 min | 20 min

This Spicy Roasted Brussels Sprouts with Chili-Lime Shrimp recipe combines bold flavors, crisp textures, and clean ingredients - making it a light but satisfying anti-inflammatory meal.

Ingredients

For the Brussels Sprouts:

- 2 cups Brussels sprouts, trimmed and halved
- 1 tbsp olive oil
- ½ tsp smoked paprika
- ¼ tsp chili powder
- ¼ tsp garlic powder
- ¼ tsp sea salt
- ⅛ tsp black pepper

For the Chili-Lime Shrimp:

- 8 oz raw shrimp, peeled and deveined
- 1 tbsp olive oil
- Zest of 1 lime, Juice of 1 lime
- ½ tsp chili flakes or chili powder (adjust to taste)
- 1 garlic clove, minced
- ¼ tsp cumin, ¼ tsp sea salt
- Fresh cilantro or parsley, chopped (for garnish)

Directions

1. Preheat the oven to 425°F (220°C). Toss halved Brussels sprouts with olive oil, smoked paprika, chili powder, garlic powder, salt, and pepper. Spread them on a baking sheet in a single layer and roast for 20 minutes, flipping them halfway through until crispy and golden.
2. While the sprouts roast, combine shrimp with olive oil, zest, lime juice, garlic, chili flakes, cumin, and salt. Mix well and let marinate for 10 minutes.
3. Heat a skillet over medium-high heat. Add the marinated shrimp and cook for 2–3 minutes per side until pink and cooked through. Remove from heat.
4. Divide roasted Brussels sprouts between two plates. Top with cooked shrimp and garnish with fresh cilantro or parsley. Serve with an extra squeeze of lime if desired.

Nutritional Information (Per Serving)

Calories: ~320, Protein: 28g, Carbohydrates: 14g, Fiber: 5g, Sugar: 3g, Fat: 18g, Saturated Fat: 3g, Sodium: 520mg

Turmeric & Garlic Baked Cod with Spinach

2 servings | 10 min | 15-18 min

This Turmeric & Garlic Baked Cod with Spinach is light, protein-rich, and packed with anti-inflammatory ingredients - perfect for a clean and flavorful lunch or weeknight dinner.

Ingredients

For the Baked Cod:

- 2 cod fillets (4–6 oz each)
- 1 tbsp olive oil
- 1 garlic clove, minced
- ½ tsp ground turmeric
- ¼ tsp ground cumin
- ¼ tsp paprika
- ¼ tsp sea salt
- ⅛ tsp black pepper
- 1 tbsp fresh lemon juice
- Lemon wedges for serving

For the Sautéed Spinach:

- 1 tsp olive oil
- 4 cups fresh spinach
- 1 garlic clove, minced
- Pinch of sea salt and black pepper

Directions

1. Preheat your oven to 400°F (200°C). Line a small baking sheet with parchment paper.
2. Mix olive oil, garlic, turmeric, cumin, paprika, salt, pepper, and lemon juice in a small bowl. Rub the mixture evenly over both sides of the cod fillets.
3. Place the seasoned cod fillets on the baking sheet and bake for 15–18 minutes or until the fish is opaque and flakes easily with a fork.
4. While the cod bakes, heat 1 tsp olive oil in a large skillet over medium heat. Add garlic and sauté for 30 seconds. Add spinach and a pinch of salt and pepper. Cook for 1–2 minutes, stirring, until just wilted.
5. Divide the sautéed spinach between two plates, top each with a baked cod fillet, and serve with lemon wedges for extra brightness.

Nutritional Information (Per Serving)

Calories: ~280, Protein: 28g, Carbohydrates: 5g, Fiber: 2g, Sugar: 1g, Fat: 15g, Saturated Fat: 2g, Sodium: 350mg





Sautéed Greens & Garlic Mushrooms with Quinoa

2 servings | 10 min | 15 min

This Sautéed Greens & Garlic Mushrooms with Quinoa is a hearty, plant-based dish full of fiber, protein, and earthy umami flavor - perfect for a clean, energizing lunch or dinner!

Ingredients

- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 cup mushrooms, sliced (cremini, button, or shiitake)
- 4 cups mixed greens (e.g., kale, spinach, or Swiss chard), chopped
- 1 tbsp lemon juice
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 cup cooked quinoa
- 1 tbsp nutritional yeast or grated Parmesan (optional)
- Red pepper flakes (optional, for heat)

Directions

1. If not prepared, cook the quinoa according to the package instructions (typically ½ cup dry quinoa + 1 cup water = 1 cup cooked). Set aside and keep warm.
2. Heat olive oil in a large skillet over medium heat. Add garlic and cook for 30 seconds until fragrant. Add mushrooms and sauté for 5–7 minutes until tender and browned.
3. Add chopped greens to the skillet. Cook for 2–3 minutes, stirring occasionally, until wilted. Season with salt, pepper, and lemon juice. Optional: add red pepper flakes for a kick.
4. Divide the cooked quinoa between two bowls. Top each with the sautéed greens and garlic mushrooms.
5. Sprinkle with nutritional yeast or Parmesan for added flavor, if desired. Serve warm.

Nutritional Information (Per Serving)

Calories: ~280, Protein: 10g, Carbohydrates: 30g, Fiber: 6g, Sugar: 2g, Fat: 13g, Saturated Fat: 2g, Sodium: 300mg

Spiced Turkey & Avocado Lettuce Wrap

2 servings | 10 min | 10 min

These Spiced Turkey & Avocado Lettuce Wraps are light, flavorful, and protein-rich meals, perfect for a clean lunch or dinner that's low in carbs but high in satisfaction!

Ingredients

- 8 oz ground turkey (lean or extra lean)
- 1 tbsp olive oil
- 1 garlic clove, minced
- ½ tsp ground cumin
- ¼ tsp smoked paprika
- ¼ tsp chili powder (optional)
- ¼ tsp sea salt
- ⅛ tsp black pepper
- 1 tbsp fresh lime juice
- 1 small avocado, sliced
- 1 small tomato, diced
- ¼ red onion, finely chopped
- 4 large butter lettuce or romaine leaves
- Fresh cilantro or parsley (for garnish)
- Red pepper flakes or hot sauce (optional)

Directions

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 30 seconds. Add ground turkey, cumin, paprika, chili powder, salt, and pepper. Cook for 6–8 minutes, breaking up the turkey with a spatula until fully cooked and browned. Stir in lime juice and remove from heat.
2. While the turkey cooks, slice the avocado, dice the tomato, and chop the onion.
3. Lay out 4 large lettuce leaves. Spoon the cooked turkey mixture evenly onto each. Top with avocado, tomato, and onion.
4. Garnish with fresh herbs, optional red pepper flakes, or a splash of hot sauce. Serve immediately.

Nutritional Information (Per Serving)

Calories: ~320, Protein: 25g, Carbohydrates: 9g, Fiber: 5g, Sugar: 2g, Fat: 21g, Saturated Fat: 3g, Sodium: 300mg





Grass-Fed Beef & Quinoa Power Bowl

2 servings | 15 min | 15 min

This Grass-Fed Beef & Quinoa Power Bowl is a protein-packed, nutrient-dense meal that's perfect for fueling your day - clean eating made delicious!

Ingredients

For the Bowl:

- 6 oz ground grass-fed beef
- 1 tsp olive oil
- 1 garlic clove, minced
- ½ tsp ground cumin
- ¼ tsp smoked paprika
- ¼ tsp sea salt
- ¼ tsp black pepper
- 1 cup cooked quinoa
- 1 cup of baby spinach or mixed greens
- ½ cup cherry tomatoes, halved
- ½ avocado, sliced
- ¼ cup shredded carrots
- 1 tbsp pumpkin seeds or hemp seeds (optional)

For the Dressing (Optional):

- 1 tbsp olive oil
- 1 tbsp lemon juice or apple cider vinegar
- ½ tsp Dijon mustard
- ½ tsp honey or maple syrup
- Salt & pepper, to taste

Directions

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 30 seconds. Add the ground beef, cumin, paprika, salt, and pepper. Cook for 6–8 minutes, breaking it up with a spatula, until browned and fully cooked.
2. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, honey, salt, and pepper until smooth.
3. Divide cooked quinoa between two bowls. Top each with spinach, cherry tomatoes, shredded carrots, avocado slices, and cooked beef.
4. Drizzle with dressing if using or sprinkle with seeds for added crunch. Serve warm or chilled.

Nutritional Information (Per Serving)

Calories: ~450, Protein: 26g, Carbohydrates: 28g, Fiber: 6g, Sugar: 4g, Fat: 26g, Saturated Fat: 6g, Sodium: 360mg

CHAPTER 5

Salads & Sides







SALADS

KALE & QUINOA SUPER SALAD WITH LEMON-TAHINI DRESSING

BUTTERNUT SQUASH & LENTIL SALAD

TURMERIC ROASTED CHICKPEA & KALE SALAD

AVOCADO & SPINACH DETOX SALAD

ARUGULA & WALNUT SALAD WITH POMEGRANATE VINAIGRETTE

ROASTED BEET & GOAT CHEESE SALAD WITH BALSAMIC GLAZE

GRILLED ZUCCHINI & TOMATO SALAD WITH BASIL DRESSING

MISO GINGER CUCUMBER SALAD

SIDES

GARLIC & TURMERIC ROASTED SWEET POTATOES

SPICED CAULIFLOWER RICE WITH CILANTRO & LIME

BRUSSELS SPROUTS & WALNUTS WITH HONEY-BALSAMIC DRIZZLE

GOLDEN ROASTED CARROTS WITH CUMIN & GINGER

GARLIC SAUTÉED SPINACH WITH LEMON ZEST

CRISPY CHICKPEAS WITH PAPRIKA & SEA SALT

ROASTED CAULIFLOWER & TAHINI DRIZZLE

WARM LENTIL & MUSHROOM SAUTÉ



Butternut Squash & Lentil Salad

2 servings | 15 min | 25 min

This Butternut Squash & Lentil Salad is a cozy, fiber-rich, and protein-packed meal perfect for meal prep or a satisfying plant-forward lunch or dinner.

Ingredients

For the Salad:

- 2 cups butternut squash, peeled and cubed
- 1 tbsp olive oil
- ½ tsp ground cumin
- ¼ tsp smoked paprika
- ¼ tsp sea salt
- ½ cup dry green or brown lentils (or 1 ½ cups cooked)
- 2 cups arugula or baby spinach
- ¼ cup red onion, thinly sliced
- 2 tbsps pumpkin seeds or chopped walnuts
- 2 tbsps crumbled feta cheese (optional)

For the Dressing:

- 1 tbsp olive oil
- 1 tbsp apple cider vinegar or lemon juice
- 1 tsp of Dijon mustard
- ½ tsp maple syrup or honey
- Salt and pepper, to taste

Directions

1. Preheat the oven to 400°F (200°C). Toss cubed squash with olive oil, cumin, paprika, and salt. Spread on a baking sheet and roast for 20–25 minutes, flipping halfway, until golden and tender.
2. While the squash roasts, rinse the lentils and place them in a pot with 1 ½ cups of water. Bring to a boil, reduce heat, and simmer for 15–20 minutes or until lentils are tender but not mushy. Drain and let cool.
3. In a small bowl, whisk together olive oil, vinegar or lemon juice, Dijon mustard, maple syrup, and a pinch of salt and pepper.
4. Combine roasted butternut squash, cooked lentils, arugula or spinach, red onion, and seeds or nuts in a large bowl. Toss gently with the dressing.
5. Top with crumbled feta cheese if using. Serve warm or chilled.

Nutritional Information (Per Serving)

Calories: ~400, Protein: 14g, Carbohydrates: 40g, Fiber: 10g, Sugar: 7g, Fat: 20g, Saturated Fat: 3g, Sodium: 300mg



Avocado & Spinach Detox Salad

2 servings | 10 min | 0 min

This Avocado & Spinach Detox Salad contains antioxidants, healthy fats, fiber, and liver-supporting ingredients like parsley and lemon - perfect for a light, cleansing, and energizing meal.

Ingredients

For the Salad:

- 4 cups baby spinach
- 1 ripe avocado, diced
- ½ cup cucumber, sliced or diced
- ½ cup grated carrots
- ¼ cup red cabbage, thinly sliced
- ¼ cup fresh parsley or cilantro, chopped
- 2 tbsps pumpkin seeds or sunflower seeds
- 1 tbsp hemp seeds (optional)
- 1 tbsp sesame seeds (optional)

For the Lemon-Ginger Dressing:

- 2 tbsps fresh lemon juice
- 1 tbsp olive oil
- 1 tsp grated fresh ginger
- ½ tsp maple syrup or honey
- Sea salt & black pepper, to taste

Directions

1. In a small bowl, whisk together lemon juice, olive oil, grated ginger, and maple syrup. Season with salt and pepper to taste.
2. Combine spinach, avocado, cucumber, shredded carrots, red cabbage, and herbs in a large bowl.
3. If using, sprinkle the salad with pumpkin, hemp, and sesame seeds.
4. Drizzle the lemon-ginger dressing over the salad. Toss gently to coat the chicken and serve immediately.

Nutritional Information (Per Serving)

Calories: ~300, Protein: 7g, Carbohydrates: 18g, Fiber: 9g, Sugar: 5g, Fat: 22g, Saturated Fat: 3g, Sodium: 200mg

Arugula & Walnut Salad with Pomegranate Vinaigrette

2 servings | 10 min | 0 min

This Arugula & Walnut Salad with Pomegranate Vinaigrette is peppery, crunchy, and tangy-sweet - packed with antioxidants, healthy fats, and a refreshing flavor combo that's perfect for any season!

Ingredients

For the Salad:

- 4 cups fresh arugula
- ¼ cup walnuts, lightly toasted
- ¼ cup pomegranate seeds
- ¼ cup cucumber, thinly sliced
- ¼ avocado, sliced (optional)
- 1 tbsp crumbled feta or goat cheese (optional)

For the Pomegranate Vinaigrette:

- 2 tbsps pomegranate juice
- 1 tbsp olive oil
- 1 tsp apple cider vinegar or balsamic vinegar
- ½ tsp Dijon mustard
- ½ tsp honey or maple syrup
- Pinch of sea salt and black pepper

Directions

1. Whisk together pomegranate juice, olive oil, vinegar, Dijon mustard, and honey in a small bowl or jar - season with salt and pepper to taste.
2. In a large bowl, add arugula, cucumber, and pomegranate seeds. Gently toss to combine.
3. Top with walnuts, avocado slices, and crumbled cheese if using.
4. Drizzle with the pomegranate vinaigrette just before serving. Toss lightly and enjoy!

Nutritional Information (Per Serving)

Calories: ~250, Protein: 5g, Carbohydrates: 12g, Fiber: 4g, Sugar: 6g, Fat: 20g, Saturated Fat: 2.5g, Sodium: 150mg





Roasted Beet & Goat Cheese Salad with Balsamic Glaze

2 servings | 10 min | 40 min

This Roasted Beet & Goat Cheese Salad with Balsamic Glaze is earthy, tangy, and creamy with a touch of sweetness - perfect as a starter, side, or light main dish.

Ingredients

For the Salad:

- 2 medium beets, trimmed and scrubbed
- 4 cups mixed greens (arugula, spinach, or spring mix)
- 2 oz goat cheese, crumbled
- ¼ cup walnuts or pecans, toasted
- ¼ avocado, sliced (optional)
- Sea salt & black pepper, to taste

For the Balsamic Glaze:

- ¼ cup balsamic vinegar
- 1 tsp honey or maple syrup

Directions

1. Preheat the oven to 400°F (200°C). Wrap each beet in foil and place on a baking sheet. Roast for 35–40 minutes or until tender when pierced with a fork. Let it cool slightly, then peel and cut it into wedges or slices.
2. While the beets roast, place balsamic vinegar and honey in a small saucepan over medium heat. Bring a gentle simmer and cook for 5–7 minutes until reduced by half and slightly syrupy. Remove from heat and let cool.
3. Layer the mixed greens in a large bowl or on a platter. Top with roasted beet slices, crumbled goat cheese, toasted nuts, and avocado, if using.
4. Drizzle the salad with balsamic glaze and season with sea salt and black pepper. Serve immediately.

Nutritional Information (Per Serving)

Calories: ~280, Protein: 7g, Carbohydrates: 20g, Fiber: 5g, Sugar: 12g, Fat: 20g, Saturated Fat: 5g, Sodium: 200mg

Turmeric Roasted Chickpea & Kale Salad

2 servings | 10 min | 25 min

This Turmeric Roasted Chickpea & Kale Salad is a vibrant, anti-inflammatory dish that's rich in fiber, healthy fats, and plant protein - perfect for a nourishing lunch or dinner.

Ingredients

For the Roasted Chickpeas:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1 tsp ground turmeric
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- ¼ tsp sea salt
- Pinch of black pepper

For the Salad:

- 4 cups chopped kale (stems removed)
- 1 tsp olive oil (for massaging kale)
- ½ avocado, diced
- ¼ cup shredded carrots
- ¼ cup red cabbage, thinly sliced
- 2 tbsps pumpkin seeds or sunflower seeds
- 1 tbsp hemp seeds (optional)

For the Dressing:

- 1 tbsp tahini
- 1 tbsp lemon juice
- 1 tsp of maple syrup or honey
- 1–2 tbsps water (to thin)
- Salt & pepper to taste

Directions

1. Preheat the oven to 400°F (200°C). Dry the chickpeas with a towel. Toss them with olive oil, turmeric, paprika, garlic powder, salt, and pepper. Spread on a baking sheet and roast for 20–25 minutes, shaking the pan halfway through, until golden and crispy.
2. Place chopped kale in a large bowl. Drizzle with 1 tsp olive oil and a pinch of salt. Massage with hands for 1–2 minutes until tender and dark green.
3. Whisk together tahini, lemon juice, maple syrup, and water until smooth and pourable - season with salt and pepper to taste. Add shredded carrots, red cabbage, avocado, and seeds to the massaged kale. Toss gently.
4. Top the salad with warm roasted chickpeas. Drizzle with tahini dressing and serve immediately.

Nutritional Information (Per Serving)

Calories: ~400, Protein: 13g, Carbohydrates: 32g, Fiber: 10g, Sugar: 5g, Fat: 24g, Saturated Fat: 3g, Sodium: 350mg



Kale & Quinoa Super Salad with Lemon-Tahini Dressing

2 servings | 15 min | 15 min

This Kale & Quinoa Super Salad with creamy Lemon-Tahini Dressing is bursting with color, texture, and anti-inflammatory goodness - perfect for a clean, plant-based meal that nourishes and satisfies.

Ingredients

For the Salad:

- 1 cup cooked quinoa (½ cup dry)
- 2 cups chopped kale (stems removed)
- 1 tsp olive oil (for massaging kale)
- ½ cup grated carrots
- ½ cup cucumber, diced
- ¼ cup red cabbage, shredded
- ¼ cup cherry tomatoes, halved
- ¼ avocado, diced
- 2 tbsps pumpkin seeds or sunflower seeds
- 1 tbsp hemp seeds (optional)

For the Lemon-Tahini Dressing:

- 2 tbsps of tahini
- 2 tbsps lemon juice (freshly squeezed)
- 1 tsp of maple syrup or honey
- 1 garlic clove, minced (or ¼ tsp garlic powder)
- 2–3 tbsps water (to thin)
- Salt & black pepper, to taste

Directions

1. If not already cooked, rinse ½ cup of quinoa under cold water. Combine with 1 cup of water in a small pot. Bring to a boil, reduce heat to low, cover, and simmer for 12–15 minutes until fluffy. Let cool.
2. Place chopped kale in a large bowl. Drizzle with 1 tsp olive oil and a small pinch of salt. Massage with hands for 1–2 minutes until leaves soften and darken.
3. Whisk together the tahini, lemon juice, maple syrup, garlic, and 2 tbsps of water in a small bowl. Add more water as needed to reach a creamy, pourable consistency - season with salt and pepper to taste.
4. Add cooked quinoa, shredded carrots, cucumber, red cabbage, cherry tomatoes, and avocado to the bowl with kale. Toss to combine.
5. Drizzle with lemon-tahini dressing. Top with seeds and toss again lightly, or leave dressing and seeds on top for presentation.
6. Serve immediately or chill for 30 minutes for even more flavor.

Nutritional Information (Per Serving)

Calories: ~400, Protein: 12g, Carbohydrates: 35g, Fiber: 9g, Sugar: 5g, Fat: 24g, Saturated Fat: 3g, Sodium: 200mg





Grilled Zucchini & Tomato Salad with Basil Dressing

2 servings | 10 min | 10 min

This Grilled Zucchini & Tomato Salad with Basil Dressing is light, herby, and perfect for summer - great as a side dish or a plant-based main.

Ingredients

For the Salad:

- 1 medium zucchini, sliced lengthwise into ¼-inch strips
- 1 cup cherry tomatoes, halved
- 1 tbsp olive oil (for grilling)
- ¼ tsp sea salt
- ⅛ tsp black pepper
- 2 tbsps crumbled feta or goat cheese (optional)
- 1 tbsp toasted pine nuts or chopped walnuts (optional)

For the Basil Dressing:

- ¼ cup fresh basil leaves, packed
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp of Dijon mustard
- ½ tsp honey or maple syrup
- 1 tbsp water (to thin, as needed)
- Salt & pepper to taste

Directions

1. Brush the zucchini slices with olive oil and season with salt and pepper. Grill on a pan or outdoor grill over medium heat for 3–4 minutes per side until tender and slightly charred. Set aside to cool slightly.
2. Combine basil, olive oil, lemon juice, Dijon mustard, honey, and water in a small blender or food processor. Blend until smooth - season with salt and pepper to taste.
3. On a plate or shallow bowl, layer grilled zucchini and cherry tomatoes. Drizzle with basil dressing.
4. Top with crumbled cheese and nuts, if using. Serve immediately at room temperature or slightly chilled.

Nutritional Information (Per Serving)

Calories: ~220, Protein: 5g, Carbohydrates: 10g, Fiber: 3g, Sugar: 5g, Fat: 18g, Saturated Fat: 3g, Sodium: 200mg

Miso Ginger Cucumber Salad

2 servings | 10 min | 0 min

This Miso Ginger Cucumber Salad is cool, crunchy, and full of umami flavor — a perfect detox-friendly side dish or light snack.

Ingredients

For the Salad:

- 1 large English cucumber (or 2 Persian cucumbers), thinly sliced
- 1 tsp sea salt
- 1 tbsp sesame seeds (toasted)
- 1 green onion, thinly sliced
- 1 tbsp chopped fresh cilantro or mint (optional)

For the Miso Ginger Dressing:

- 1 tbsp white miso paste
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp of maple syrup or honey
- 1 tsp fresh grated ginger
- 1 tbsp water (to thin, as needed)
- Pinch of chili flakes (optional)

Directions

1. Place sliced cucumbers in a colander and toss with sea salt. Let it sit for 10 minutes to draw out moisture. Pat dry with a paper towel or gently squeeze to remove excess water.
2. Whisk together miso paste, rice vinegar, sesame oil, maple syrup, grated ginger, and water until smooth in a small bowl. Add chili flakes if desired.
3. Combine the cucumbers, green onion, and optional herbs in a bowl. Pour the miso ginger dressing over the chicken and toss to coat evenly.
4. Sprinkle with toasted sesame seeds and serve immediately or chill for 15 minutes to let the flavors develop.

Nutritional Information (Per Serving)

Calories: ~90, Protein: 2g, Carbohydrates: 8g, Fiber: 2g, Sugar: 4g, Fat: 5g, Saturated Fat: 0.5g, Sodium: 380mg





Garlic & Turmeric Roasted Sweet Potatoes

2 servings | 10 min | 25-30 min

These Garlic & Turmeric Roasted Sweet Potatoes are savory, slightly sweet, and loaded with anti-inflammatory benefits - perfect for pairing with any meal or enjoying on their own.

Ingredients

- 2 medium sweet potatoes, peeled and diced into 1-inch cubes
- 1 ½ tbsps olive oil
- 2 cloves garlic, minced
- ¾ tsp ground turmeric
- ½ tsp paprika (optional for smoky flavor)
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 tbsp chopped fresh parsley or cilantro (for garnish)
- ½ tsp lemon juice (optional for brightness)

Directions

1. Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss diced sweet potatoes with olive oil, garlic, turmeric, paprika (if using), salt, and black pepper until evenly coated.
3. Spread the seasoned sweet potatoes in a single layer on the prepared baking sheet. Roast for 25–30 minutes, flipping halfway through, until golden brown and crispy on the edges.
4. Remove from the oven and drizzle with lemon juice if desired. Garnish with chopped parsley or cilantro. Serve hot as a side dish or toss into grain bowls and salads.

Nutritional Information (Per Serving)

Calories: ~220, Protein: 2g, Carbohydrates: 32g, Fiber: 5g, Sugar: 7g, Fat: 10g, Saturated Fat: 1.5g, Sodium: 300mg

Spiced Cauliflower Rice with Cilantro & Lime

2 servings | 10 min | 10 min

This Spiced Cauliflower Rice with Cilantro & Lime is light, zesty, and full of flavor - an easy low-carb, anti-inflammatory side dish you'll want to make again and again!

Ingredients

- 1 small head cauliflower (or 3 cups pre-riced cauliflower)
- 1 tbsp olive oil or avocado oil
- 1 garlic clove, minced
- ½ tsp ground cumin
- ¼ tsp ground turmeric
- ¼ tsp smoked paprika (optional)
- ¼ tsp sea salt
- Juice of ½ lime (about 1 tbsp)
- 2 tbsps fresh cilantro, chopped
- Black pepper to taste

Directions

1. Cut cauliflower into florets and pulse in a food processor until it resembles rice. Be careful not to over-process.
2. Heat olive oil in a large skillet over medium heat. Add minced garlic and sauté for 30 seconds until fragrant. Stir in cumin, turmeric, paprika, and salt.
3. Add the riced cauliflower to the skillet. Cook for 5–7 minutes, stirring occasionally, until tender but not mushy.
4. Remove from heat and stir in lime juice and chopped cilantro - season with black pepper to taste.
5. Serve warm as a side dish with grilled veggies, fish, lean protein, or bowls and wraps.

Nutritional Information (Per Serving)

Calories: ~90, Protein: 3g, Carbohydrates: 8g, Fiber: 3g, Sugar: 3g, Fat: 6g, Saturated Fat: 1g, Sodium: 250mg





Brussels Sprouts & Walnuts with Honey-Balsamic Drizzle

2 servings | 10 min | 25 min

This Brussels Sprouts & Walnuts with Honey-Balsamic Drizzle recipe is a perfect balance of savory, nutty, and sweet - great as a side dish for any occasion!

Ingredients

- 2 cups Brussels sprouts, trimmed and halved
- 1 tbsp olive oil
- ¼ tsp sea salt
- ¼ tsp black pepper
- ¼ cup raw walnuts
- 1 tbsp balsamic vinegar
- 1 tsp honey or maple syrup
- Optional garnish: fresh thyme or parsley

Directions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss Brussels sprouts with olive oil, salt, and pepper in a bowl. Spread them in a single layer on the baking sheet.
3. Roast for 20 minutes. After 20 minutes, scatter the walnuts over the sprouts and roast for 5 minutes, until the sprouts are golden and slightly crispy and the walnuts are toasted.
4. While the sprouts are roasting, whisk together balsamic vinegar and honey (or maple syrup) in a small bowl.
5. Transfer the roasted Brussels sprouts and walnuts to a serving dish. Drizzle with the honey-balsamic mixture and toss gently. Garnish with fresh herbs if desired.

Nutritional Information (Per Serving)

Calories: ~220, Protein: 5g, Carbohydrates: 16g, Fiber: 5g, Sugar: 7g, Fat: 16g, Saturated Fat: 2g, Sodium: 200mg

Golden Roasted Carrots with Cumin & Ginger

2 servings | 10 min | 25-30 min

These Golden Roasted Carrots with Cumin & Ginger are earthy, slightly sweet, and full of warm spice - perfect as a vibrant side for any meal.

Ingredients

- 4 medium carrots, peeled and cut into sticks or rounds
- 1 tbsp olive oil
- ½ tsp ground cumin
- ½ tsp ground turmeric
- ½ tsp ground ginger (or 1 tsp fresh grated ginger)
- ¼ tsp sea salt
- ⅛ tsp black pepper
- 1 tsp lemon juice (optional, for brightness)
- 1 tbsp chopped fresh parsley or cilantro (for garnish, optional)

Directions

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss the carrot sticks in a bowl with olive oil, cumin, turmeric, ginger, salt, and pepper until evenly coated.
3. Spread the carrots in a single layer on the baking sheet. Roast for 25–30 minutes, flipping halfway through, until tender and slightly caramelized.
4. Remove from the oven and drizzle with lemon juice if using. Garnish with fresh parsley or cilantro and serve warm.

Nutritional Information (Per Serving)

Calories: ~130, Protein: 2g, Carbohydrates: 14g, Fiber: 4g, Sugar: 6g, Fat: 8g, Saturated Fat: 1g, Sodium: 200mg





Garlic Sautéed Spinach with Lemon Zest

2 servings | 5 min | 5 min

This Garlic Sautéed Spinach with Lemon Zest is light, bright, and loaded with antioxidants—perfect for adding a healthy green touch to any meal.

Ingredients

- 4 cups fresh baby spinach (about 5 oz)
- 1 tbsp olive oil
- 2 cloves garlic, thinly sliced or minced
- ⅛ tsp black pepper
- Zest of ½ lemon
- 1 tsp lemon juice (optional)

Directions

1. In a large skillet, heat the olive oil over medium heat. Add the garlic and sauté for 30–60 seconds, stirring frequently, until fragrant but not browned.
2. Add the spinach to the pan in batches if needed. Cook, tossing frequently, for 2–3 minutes until wilted but still bright green.
3. Season with salt and pepper. Remove from heat and stir in the lemon zest and a splash of lemon juice if desired.
4. Serve warm to fish, poultry, grains, or beans as a side dish.

Nutritional Information (Per Serving)

Calories: ~90, Protein: 2g, Carbohydrates: 3g, Fiber: 2g, Sugar: 0g, Fat: 8g, Saturated Fat: 1g, Sodium: 200mg

Crispy Chickpeas with Paprika & Sea Salt

2 servings | 5 min | 35-40 min

These Crispy Chickpeas with Paprika & Sea Salt are the perfect savory, crunchy snack or topping - high in plant protein and totally addictive.

Ingredients

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 tbsp olive oil
- ½ tsp smoked paprika (or regular paprika)
- ¼ tsp sea salt
- ⅛ tsp black pepper (optional)
- Pinch of cayenne pepper (optional, for heat)

Directions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. After rinsing, thoroughly dry the chickpeas with a clean kitchen towel or paper towels. Remove any loose skins for extra crispiness.
3. Toss the chickpeas in olive oil, paprika, sea salt, and black pepper (and cayenne, if using) until evenly coated.
4. Spread the chickpeas in a single layer on the baking sheet. Roast for 35–40 minutes, shaking the pan halfway through, until golden brown and crispy.
5. Let the chips cool for 5–10 minutes (they get crispier as they cool). Enjoy as a snack or sprinkle over salads and grain bowls.

Nutritional Information (Per Serving)

Calories: ~200, Protein: 8g, Carbohydrates: 20g, Fiber: 6g, Sugar: 2g, Fat: 10g, Saturated Fat: 1g, Sodium: 250mg





Roasted Cauliflower & Tahini Drizzle

2 servings | 10 min | 25-30 min

This Roasted Cauliflower with Tahini Drizzle is creamy, earthy, and packed with fiber and healthy fats—perfect as a side dish or part of a plant-powered bowl.

Ingredients

For the Roasted Cauliflower:

- 1 small head cauliflower, cut into florets
- 1 ½ tbsps olive oil
- ½ tsp ground cumin
- ¼ tsp smoked paprika (optional)
- ¼ tsp sea salt
- ⅛ tsp black pepper

For the Tahini Drizzle:

- 2 tbsps of tahini
- 1 tbsp lemon juice
- 1 tsp of maple syrup or honey
- 1–2 tbsps warm water (to thin)
- Pinch of sea salt
- Pinch of garlic powder (optional)

Directions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss cauliflower florets with olive oil, cumin, paprika, salt, and pepper until well coated. Spread the dough on the baking sheet in a single layer and roast for 25–30 minutes, flipping it halfway through, until it is golden brown and tender.
3. Whisk together tahini, lemon juice, maple syrup, and salt in a small bowl. Add warm water a little at a time until the sauce is smooth and drizzleable. Add garlic powder if you want extra flavor.
4. Transfer roasted cauliflower to a serving plate and drizzle with the tahini sauce. Serve warm, optionally garnished with chopped parsley, sesame seeds, or pomegranate seeds.

Nutritional Information (Per Serving)

Calories: ~230, Protein: 6g, Carbohydrates: 16g, Fiber: 5g, Sugar: 4g, Fat: 16g, Saturated Fat: 2g, Sodium: 220mg

Warm Lentil & Mushroom Sauté

2 servings | 10 min | 20 min

This Warm Lentil & Mushroom Sauté is comforting, earthy, and loaded with plant-based nutrients - perfect for a cozy, wholesome lunch or dinner.

Ingredients

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 cup mushrooms, sliced (cremini, button, or shiitake work well)
- 1 tsp fresh thyme (or ½ tsp dried thyme)
- ½ tsp smoked paprika (optional)
- 1 ½ cups cooked green or brown lentils (or 1 can, drained and rinsed)
- 1 tbsp balsamic vinegar
- 1 tsp tamari or soy sauce (optional, for umami)
- Salt and pepper to taste
- 2 cups baby spinach or chopped kale (optional)
- Fresh parsley, chopped (for garnish)

Directions

1. Heat olive oil in a skillet over medium heat. Add onion and sauté for 3–4 minutes until softened. Add garlic and cook for another 30 seconds.
2. Add sliced mushrooms and thyme to the skillet. Cook for 5–6 minutes, stirring occasionally, until mushrooms release moisture and begin to brown.
3. Stir in the cooked lentils, smoked paprika, balsamic vinegar, and tamari (if using). Cook for another 3–4 minutes until everything is heated through - season with salt and pepper to taste.
4. Stir in spinach or kale and cook until wilted, about 1–2 minutes.
5. Spoon into bowls and garnish with fresh parsley. Serve warm as a primary or side dish.

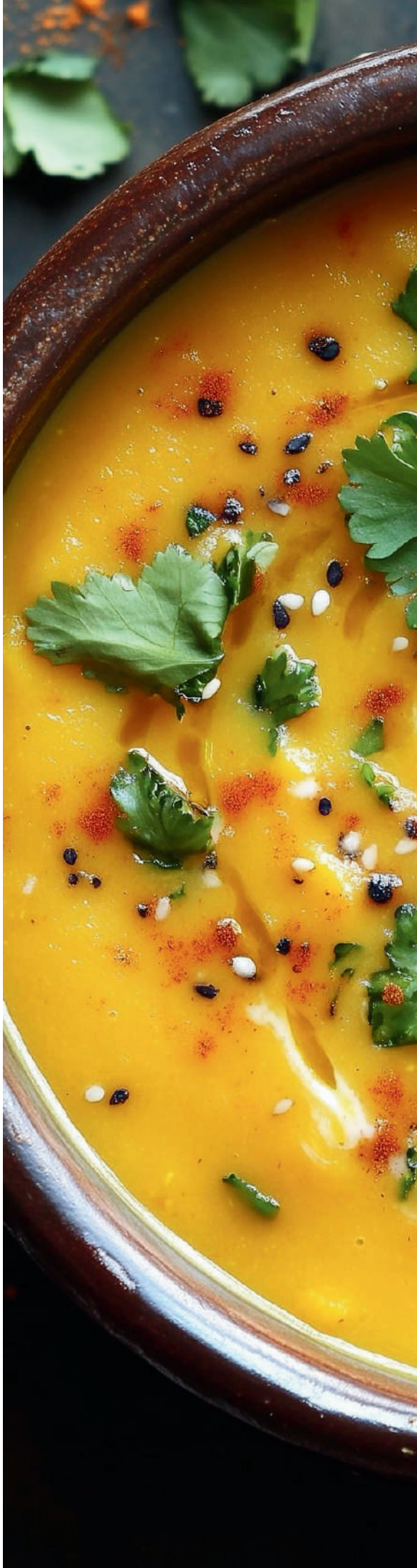
Nutritional Information (Per Serving)

Calories: ~300, Protein: 14g, Carbohydrates: 30g, Fiber: 10g, Sugar: 4g, Fat: 12g, Saturated Fat: 2g, Sodium: 300mg









CHAPTER 6

Soups & Stews

TURMERIC & GINGER LENTIL SOUP

WILD SALMON & SWEET POTATO CHOWDER

AVOCADO & CUCUMBER GAZPACHO

SPICED LENTIL & VEGGIE STEW

TOMATO & ROASTED RED PEPPER SOUP WITH BASIL

CURRIED BUTTERNUT SQUASH & COCONUT SOUP

MOROCCAN SPICED CHICKPEA & VEGETABLE STEW

SLOW COOKER GRASS-FED BEEF & ROOT VEGETABLE STEW



Turmeric & Ginger Lentil Soup

4 servings | 10 min | 30 min

This Turmeric & Ginger Lentil Soup is warm, grounding, and packed with plant-based protein, fiber, and anti-inflammatory benefits - perfect for a healing lunch or dinner.

Ingredients

- 1 tbsp olive oil or
- coconut oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated (or 1 tsp ground ginger)
- 1 tsp ground turmeric
- 1 tsp ground cumin
- ½ tsp ground coriander
- 1 cup dried red lentils, rinsed
- 1 medium carrot, diced
- 1 celery stalk, diced
- 4 cups vegetable broth (or water with bouillon)
- ½ tsp sea salt (to taste)
- ¼ tsp black pepper
- Juice of ½ lemon (optional, for brightness)
- Fresh cilantro or parsley for garnish (optional)

Directions

1. In a large pot, heat the oil over medium heat. Add the onion and sauté for 3–4 minutes until softened. Add the garlic and ginger and cook for another 1–2 minutes until fragrant.
2. Stir in turmeric, cumin, and coriander. Cook for 30 seconds. Add the carrot and celery and stir to coat with the spices.
3. Add the lentils and broth. Bring to a boil, then reduce heat to low and simmer uncovered for about 20–25 minutes, or until lentils and vegetables are soft.
4. Blend half the soup with an immersion or regular blender for a creamier texture, then stir it back into the pot.
5. Stir in lemon juice if using. Adjust seasoning with salt and pepper. Ladle into bowls and garnish with fresh herbs.

Nutritional Information (Per Serving)

Calories: ~240, Protein: 13g, Carbohydrates: 30g, Fiber: 10g, Sugar: 4g, Fat: 7g, Saturated Fat: 1g, Sodium: 400mg

Wild Salmon & Sweet Potato Chowder

4 servings | 15 min | 25 min

This Wild Salmon & Sweet Potato Chowder is creamy, satisfying, and rich in omega-3s, vitamins, and flavor - a perfect cozy meal that supports wellness and energy.

Ingredients

- 1 tbsp olive oil or avocado oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 medium carrot, diced
- 2 celery stalks, diced
- 1 medium sweet potato, peeled and cubed
- 1 tsp dried thyme
- ½ tsp smoked paprika (optional)
- ½ tsp sea salt (to taste)
- ¼ tsp black pepper
- 3 cups low-sodium vegetable broth (or fish/chicken broth)
- 1 cup unsweetened coconut milk (or any milk of choice)
- 8 oz wild salmon fillet, skin removed and cut into bite-sized chunks
- 1 tbsp fresh lemon juice
- 2 tbsps fresh parsley or dill, chopped (for garnish)

Directions

1. In a large pot, heat olive oil over medium heat. Add onion, garlic, carrot, and celery. Cook for 4–5 minutes until softened.
2. Stir in sweet potatoes, thyme, smoked paprika (if using), salt, and pepper. Cook for another 2 minutes.
3. Pour in the broth and bring to a boil. Reduce heat to low, cover, and simmer for 12–15 minutes or until sweet potatoes are fork-tender.
4. Gently stir in the salmon chunks and coconut milk. Simmer uncovered for 5–7 minutes or until the salmon is cooked and flakes easily.
5. Stir in lemon juice and adjust seasoning if needed. Ladle into bowls and garnish with fresh herbs. Serve warm.

Nutritional Information (Per Serving)

Calories: ~360, Protein: 23g, Carbohydrates: 20g, Fiber: 4g, Sugar: 5g, Fat: 22g, Saturated Fat: 7g, Sodium: 400mg





Avocado & Cucumber Gazpacho

2 servings | 10 min | 0 min

This Avocado & Cucumber Gazpacho is creamy, cooling, and full of healthy fats and antioxidants - perfect as a light lunch, appetizer, or hydrating snack.

Ingredients

- 1 ripe avocado, peeled and pitted
- 1 large cucumber, peeled and chopped
- 1 small garlic clove
- 2 tbsps fresh lime juice (or lemon juice)
- ¼ cup fresh cilantro or parsley (optional)
- 1 tbsp olive oil
- ¼ tsp sea salt
- ¼ cup water (more as needed for consistency)
- ⅛ tsp black pepper
- Pinch of cayenne pepper or jalapeño (optional, for heat)

Optional Toppings:

- Diced cucumber or avocado
- Chopped fresh herbs
- Drizzle of olive oil
- Cracked black pepper

Directions

1. In a blender or food processor, combine avocado, cucumber, garlic, lime juice, herbs (if using), olive oil, water, salt, pepper, and cayenne. Blend until smooth and creamy.
2. If you want a thinner texture, add more water, 1 tbsp at a time. Taste and adjust seasoning as needed.
3. For best flavor, refrigerate for at least 30 minutes before serving. However, it can also be served immediately.
4. Pour into bowls and garnish with your favorite toppings. Serve chilled.

Nutritional Information (Per Serving)

Calories: ~200, Protein: 2g, Carbohydrates: 10g, Fiber: 6g, Sugar: 2g, Fat: 17g, Saturated Fat: 2.5g, Sodium: 180mg

Spiced Lentil & Veggie Stew

4 servings | 15 min | 30 min

This Spiced Lentil & Veggie Stew is hearty, filling, and packed with fiber, plant protein, and anti-inflammatory spices - perfect for meal prep, cozy nights, or anytime you need a comforting bowl of goodness.

Ingredients

- 1 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated (or 1 tsp ground ginger)
- 1 tsp ground cumin
- 1 tsp ground turmeric
- ½ tsp smoked paprika
- ½ tsp ground coriander
- 1 cup dried green or brown lentils, rinsed
- 2 medium carrots, diced
- 2 celery stalks, diced
- 1 small zucchini, chopped
- 1 can (14 oz) diced tomatoes
- 4 cups vegetable broth or water with bouillon
- 2 cups chopped kale or spinach
- 1 tbsp lemon juice
- Salt & black pepper to taste
- Fresh parsley or cilantro, for garnish (optional)

Directions

1. Heat olive oil in a large pot over medium heat. Add onion and sauté for 4–5 minutes until softened. Stir in garlic and ginger, and cook for another 1 minute until fragrant.
2. Stir in cumin, turmeric, paprika, and coriander. Cook for 30 seconds to bloom the spices. Add carrots, celery, zucchini, and lentils. Stir to coat.
3. Pour in diced tomatoes and vegetable broth. Bring to a boil, then reduce heat to low, cover, and simmer for 25–30 minutes until lentils and vegetables are tender.
4. Stir in chopped kale or spinach and let wilt for 2–3 minutes. Add lemon juice and adjust seasoning with salt and pepper.
5. Ladle into bowls and garnish with fresh herbs, if desired. Enjoy warm.

Nutritional Information (Per Serving)

Calories: ~280, Protein: 14g, Carbohydrates: 36g, Fiber: 13g, Sugar: 6g, Fat: 8g, Saturated Fat: 1g, Sodium: 380mg





Tomato & Roasted Red Pepper Soup with Basil

4 servings | 10 min | 25 min

This Tomato & Roasted Red Pepper Soup with Basil is warm, tangy-sweet, and deeply comforting - perfect as a light meal or starter, especially paired with crusty bread or a salad.

Ingredients

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tsp dried oregano
- ¼ tsp crushed red pepper flakes (optional, for heat)
- 1 can (28 oz) whole or diced tomatoes (no salt added)
- 2 large roasted red bell peppers (jarred or homemade), chopped
- 2 cups vegetable broth
- 1 tbsp tomato paste (optional, for richness)
- ½ tsp sea salt (to taste)
- ¼ tsp black pepper
- ¼ cup fresh basil leaves, chopped (plus more for garnish)
- 1 tsp balsamic vinegar or lemon juice (for brightness)
- Splash of unsweetened plant-based milk or cream (optional, for creaminess)

Directions

1. Heat olive oil in a large pot over medium heat. Add onion and cook for 4–5 minutes until softened. Stir in garlic, oregano, and red pepper flakes (if using). Cook another 30 seconds until fragrant.
2. Add tomatoes (with juice), chopped roasted red peppers, broth, tomato paste, salt, and pepper. Stir well.
3. Bring to a boil, then reduce heat and simmer uncovered for 15–20 minutes to allow flavors to blend.
4. Remove from heat and stir in fresh basil and balsamic vinegar or lemon juice. Use an immersion blender to blend the soup until smooth, or carefully transfer to a blender in batches.
5. Return soup to pot if needed and reheat gently. Add a splash of plant milk or cream if desired. Serve hot, garnished with extra basil.

Nutritional Information (Per Serving)

Calories: ~140, Protein: 3g, Carbohydrates: 20g, Fiber: 5g, Sugar: 10g (from natural tomato & pepper sugars), Fat: 5g, Saturated Fat: 0.5g, Sodium: 400mg



Curried Butternut Squash & Coconut Soup

4 servings | 10 min | 25-30 min

This Curried Butternut Squash & Coconut Soup is velvety, aromatic, and packed with warming spices - perfect as a main dish or starter on cool days.

Ingredients

- 1 tbsp coconut oil or olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated (or 1 tsp ground ginger)
- 1 tbsp curry powder (mild or medium)
- ¼ tsp ground cinnamon (optional)
- ¼ tsp chili flakes or cayenne (optional, for heat)
- 1 medium butternut squash (about 2.5–3 cups), peeled and cubed
- 1 medium carrot, chopped
- 1 can (14 oz) full-fat coconut milk
- 2 ½ cups vegetable broth
- ½ tsp sea salt (to taste)
- Juice of ½ lime (or lemon)
- Fresh cilantro or parsley, for garnish

Directions

1. In a large pot, heat coconut oil over medium heat. Add onion and cook for 4–5 minutes until softened. Add garlic and ginger and cook for 1 minute until fragrant.
2. Stir in curry powder, cinnamon, and chili flakes. Add cubed butternut squash and chopped carrot, stirring to coat with spices.
3. Pour in coconut milk and vegetable broth. Add salt and bring to a boil. Reduce heat to low and simmer, covered, for 20–25 minutes or until squash and carrots are very tender.
4. Remove from heat and let cool slightly. Blend the soup using an immersion blender until smooth, or transfer to a blender in batches.
5. Stir in lime juice and adjust seasoning if needed. Serve hot, garnished with chopped fresh herbs.

Nutritional Information (Per Serving)

Calories: ~280, Protein: 4g, Carbohydrates: 24g, Fiber: 5g, Sugar: 6g, Fat: 20g, Saturated Fat: 16g, Sodium: 400mg

Moroccan Spiced Chickpea & Vegetable Stew

4 servings | 15 min | 30 min

This Moroccan Spiced Chickpea & Vegetable Stew is warm, filling, and full of vibrant flavors and anti-inflammatory ingredients—perfect for a cozy plant-powered meal.

Ingredients

- 1 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated (or 1 tsp ground ginger)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp paprika
- ½ tsp ground cinnamon
- ¼ tsp turmeric
- ¼ tsp cayenne pepper or chili flakes (optional, for heat)
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 medium carrot, diced
- 1 zucchini, diced
- 1 small sweet potato, peeled and cubed
- 1 can (14 oz) diced tomatoes
- 2 cups low-sodium vegetable broth
- 2 tbsps tomato paste
- ½ tsp sea salt (to taste)
- ¼ tsp black pepper
- 2 cups baby spinach or chopped kale (optional)
- Juice of ½ lemon
- Fresh cilantro or parsley, chopped (for garnish)

Directions

1. In a large pot, heat olive oil over medium heat. Add the onion and cook for 4–5 minutes until softened. Stir in garlic and ginger; cook for another 1 minute.
2. Stir in cumin, coriander, paprika, cinnamon, turmeric, and cayenne (if using). Cook for 30 seconds to bloom the spices.
3. Add chickpeas, carrots, zucchini, sweet potato, diced tomatoes, tomato paste, and vegetable broth. Stir well to combine.
4. Bring to a boil, then reduce heat to low and simmer uncovered for 25–30 minutes, or until vegetables are tender and stew thickens slightly.
5. Stir in spinach or kale and cook for another 2–3 minutes until wilted. Add lemon juice and adjust seasoning with salt and pepper.
6. Ladle into bowls and garnish with fresh herbs. Serve alone or with cooked quinoa, couscous, or flatbread.

Nutritional Information (Per Serving)

Calories: ~320, Protein: 11g, Carbohydrates: 45g, Fiber: 12g, Sugar: 10g, Fat: 10g, Saturated Fat: 1.5g, Sodium: 400mg





Slow Cooker Grass-Fed Beef & Root Vegetable Stew

4 servings | 15 min | 6–8 hours

This Slow Cooker Grass-Fed Beef & Root Vegetable Stew is the ultimate comfort food - rich in protein, packed with nutrients, and full of deep, savory flavor. Perfect for make-ahead meals or cozy nights in!

Ingredients

- 1 lb (450g) grass-fed beef stew meat, cut into 1-inch chunks
- 1 tbsp olive oil (for searing, optional)
- 2 carrots, chopped
- 2 parsnips or turnips, peeled and chopped
- 1 medium sweet potato or Yukon gold potato, cubed
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tbsps tomato paste
- 1 tsp dried thyme
- ½ tsp dried rosemary
- ½ tsp paprika
- ¼ tsp black pepper
- 1 tsp sea salt
- 3 cups low-sodium beef or vegetable broth
- 1 tbsp balsamic vinegar or red wine vinegar (optional, for depth)
- 1 tbsp arrowroot powder or cornstarch + 2 tbsps water (optional, for thickening)
- Fresh parsley for garnish (optional)

Directions

1. Heat olive oil in a skillet over medium-high heat. Sear beef on all sides until browned (about 2–3 minutes per side). This step is optional but adds great flavor.
2. Place beef, carrots, parsnips, sweet potato, onion, and garlic into the slow cooker. Stir in tomato paste, thyme, rosemary, paprika, pepper, and salt.
3. Add broth and vinegar (if using). Stir to combine all ingredients well.
4. Cook: Low: 6–8 hours / High: 4–5 hours. Until the beef is tender and the vegetables are cooked through.
5. If you'd like a thicker stew, whisk arrowroot or cornstarch with water and stir it into the stew 20–30 minutes before the end of cooking. Let it simmer to thicken.
6. Taste and adjust seasoning if needed. Garnish with chopped fresh parsley. Serve hot.

Nutritional Information (Per Serving)

Calories: ~380, Protein: 30g, Carbohydrates: 26g, Fiber: 6g, Sugar: 6g, Fat: 18g, Saturated Fat: 6g, Sodium: 450mg







CHAPTER 7

Dinner Recipes

TURMERIC-GARLIC ROASTED SALMON WITH QUINOA & SPINACH

LEMON-HERB GRILLED CHICKEN WITH ROASTED BRUSSELS SPROUTS

GINGER-SESAME VEGGIE STIR-FRY NOODLES WITH LIME & CILANTRO

SPICED CHICKPEA & SWEET POTATO BUDDHA BOWL

MISO-GINGER GLAZED COD WITH BOK CHOY & BROWN RICE

GRASS-FED BEEF & CAULIFLOWER SHEPHERD'S PIE

GARLIC & GINGER STIR-FRIED SHRIMP WITH BROCCOLI & CAULIFLOWER RICE

ZUCCHINI NOODLES WITH AVOCADO PESTO & CHERRY TOMATOES

WILD-CAUGHT SALMON & ROASTED BEET SALAD WITH CITRUS DRESSING

SAUTÉED GARLIC MUSHROOMS & GRASS-FED BEEF STIR-FRY

SPICED CHICKEN & ROASTED CAULIFLOWER SHEET PAN MEAL

MEDITERRANEAN BAKED COD WITH OLIVES & TOMATOES



Turmeric-Garlic Roasted Salmon with Quinoa & Spinach

2 servings | 10 min | 15-18 min

This Turmeric-Garlic Roasted Salmon with Quinoa & Spinach is a clean, anti-inflammatory meal rich in omega-3s, fiber, and phytonutrients - perfect for lunch or dinner!

Ingredients

For the Salmon:

- 2 salmon fillets (4–6 oz each, skin on or off)
- 1 tbsp olive oil
- 1 garlic clove, minced
- ½ tsp ground turmeric
- ½ tsp paprika
- ¼ tsp sea salt
- ⅛ tsp black pepper
- 1 tsp lemon juice
- Lemon wedges for serving

For the Quinoa & Spinach:

- 1 cup cooked quinoa (½ cup dry)
- 2 cups fresh baby spinach
- 1 tsp olive oil
- 1 garlic clove, minced
- Pinch of sea salt and black pepper

Directions

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a small bowl, mix olive oil, minced garlic, turmeric, paprika, salt, pepper, and lemon juice. Rub the mixture evenly over both salmon fillets. Place them on the prepared baking sheet.
3. Roast the salmon for 12–15 minutes or until it flakes easily with a fork. (For crispier edges, broil for 1–2 minutes.)
4. Rinse ½ cup of quinoa and cook with 1 cup of water. Bring to a boil, reduce to a simmer, cover, and cook for 12–15 minutes until fluffy. Let rest, then fluff with a fork.
5. Heat 1 tsp olive oil in a skillet over medium heat. Add garlic and cook for 30 seconds. Add spinach and sauté until wilted, about 1–2 minutes - season with a pinch of salt and pepper.
6. Divide quinoa and sautéed spinach between two plates. Top each with a roasted salmon fillet and serve with lemon wedges.

Nutritional Information (Per Serving)

Calories: ~460, Protein: 35g, Carbohydrates: 22g, Fiber: 4g, Sugar: 1g, Fat: 26g, Saturated Fat: 4g, Sodium: 300mg

Lemon-Herb Grilled Chicken with Roasted Brussels Sprouts

2 servings | 15 min | 25-30 min

This Lemon-Herb Grilled Chicken with Roasted Brussels Sprouts is zesty, satisfying, and full of anti-inflammatory ingredients - great for a clean, protein-rich lunch or dinner.

Ingredients

For the Lemon-Herb Grilled Chicken:

- 2 boneless, skinless chicken breasts
- 2 tbsps olive oil
- 2 tbsps fresh lemon juice
- 1 tsp lemon zest
- 2 cloves garlic, minced
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp sea salt
- ¼ tsp black pepper

For the Roasted Brussels Sprouts:

- 2 cups Brussels sprouts, trimmed and halved
- 1 tbsp olive oil
- ½ tsp garlic powder
- ¼ tsp smoked paprika (optional)
- Salt and pepper to taste

Directions

1. Mix olive oil, lemon juice, lemon zest, garlic, oregano, thyme, salt, and pepper in a small bowl. Place the chicken breasts in a dish or bag and pour the marinade over them. Let marinate for at least 15 minutes (or up to 4 hours in the fridge for more flavor).
2. Preheat the oven to 425°F (220°C). Toss Brussels sprouts with olive oil, garlic powder, paprika (if using), salt, and pepper. Spread on a baking sheet in a single layer and roast for 20–25 minutes, flipping halfway through, until golden and crispy on the edges.
3. While the sprouts are roasting, heat a grill or grill pan over medium heat. Grill the chicken for 5–6 minutes per side or until the internal temperature reaches 165°F (74°C). Let rest for 5 minutes before slicing.
4. Slice the grilled chicken and serve it alongside the roasted Brussels sprouts. If desired, garnish with a squeeze of lemon and fresh herbs.

Nutritional Information (Per Serving)

Calories: ~400, Protein: 35g, Carbohydrates: 14g, Fiber: 5g, Sugar: 3g, Fat: 22g, Saturated Fat: 3g, Sodium: 350mg



Ginger-Sesame Veggie Stir-Fry Noodles with Lime & Cilantro

2 servings | 15 min | 10 min

This Ginger-Sesame Veggie Stir-Fry Noodle Bowl is a colorful, satisfying, and antioxidant-rich dish with bold Asian-inspired flavors - perfect for a clean and comforting dinner!

Ingredients

For the Stir-Fry:

- 4 oz rice noodles or soba noodles
- 1 tbsp sesame oil (or avocado oil)
- 1 garlic clove, minced
- 1 tbsp fresh ginger, grated
- 1 cup broccoli florets
- 1 medium carrot, julienned or thinly sliced
- 1 red bell pepper, thinly sliced
- ½ cup snow peas or snap peas
- 2 green onions, chopped
- 2 tbsps fresh cilantro, chopped
- Juice of ½ lime (plus more for serving)
- Toasted sesame seeds, for garnish

For the Ginger-Sesame Sauce:

- 1 tbsp tamari or low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp of maple syrup or honey
- 1 tsp fresh ginger, grated
- 1–2 tsps water (to thin, if needed)
- Pinch of red pepper flakes (optional for heat)

Directions

1. Cook the noodles according to the package instructions. Drain and rinse under cool water to prevent sticking. Set aside.
2. Whisk together the tamari, rice vinegar, sesame oil, maple syrup, ginger, and red pepper flakes in a small bowl. Add a splash of water to thin, if needed.
3. Heat sesame oil in a large skillet or wok over medium-high heat. Add garlic and ginger and sauté for 30 seconds. Add broccoli, carrot, bell pepper, and snap peas. Stir-fry for 4–5 minutes until crisp-tender.
4. Add the cooked noodles and sauce to the pan. Toss everything together to coat evenly. Stir in green onions, lime juice, and chopped cilantro. Cook for 1–2 more minutes until heated through.
5. Divide into two bowls and garnish with toasted sesame seeds, extra cilantro, and lime wedges if desired. Serve warm.

Nutritional Information (Per Serving)

Calories: ~370, Protein: 9g, Carbohydrates: 50g, Fiber: 6g, Sugar: 7g, Fat: 15g, Saturated Fat: 2g, Sodium: 500mg





Spiced Chickpea & Sweet Potato Buddha Bowl

2 servings | 15 min | 30 min

This Spiced Chickpea & Sweet Potato Buddha Bowl is a delicious, plant-powered meal that's grounding, satisfying, and full of anti-inflammatory ingredients.

Ingredients

For the Roasted Chickpeas:

- 1 can (15 oz) chickpeas, drained, rinsed, and patted dry
- 1 tbsp olive oil
- 1 tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp sea salt
- ¼ tsp black pepper

For the Roasted Sweet Potatoes:

- 1 medium sweet potato, peeled and cubed
- 1 tbsp olive oil
- ½ tsp ground cinnamon
- ½ tsp ground turmeric
- ¼ tsp sea salt

For the Bowl Base:

- 1 cup cooked quinoa or brown rice
- 2 cups fresh spinach or kale
- ½ avocado, sliced
- ¼ cup shredded carrots (optional)
- 1 tbsp pumpkin or sunflower seeds (optional)

For the Tahini-Lemon Dressing:

- 2 tbsps of tahini
- 1 tbsp lemon juice
- 1 tsp of maple syrup or honey
- 1–2 tbsps warm water (to thin)
- Pinch of sea salt

Directions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss sweet potato cubes with olive oil, cinnamon, turmeric, and salt. Spread on half of the baking sheet.
3. On the other half of the sheet (or a separate one), toss chickpeas with olive oil, cumin, paprika, garlic powder, salt, and pepper. Spread evenly.
4. Roast both for 25–30 minutes, flipping halfway through, until sweet potatoes are tender and chickpeas are crispy.
5. Whisk together tahini, lemon juice, maple syrup, salt, and warm water until smooth and pourable in a small bowl.
6. Divide quinoa between two bowls. Add spinach or kale, roasted sweet potatoes, chickpeas, avocado, carrots, and seeds.
7. Drizzle with tahini-lemon dressing and serve warm or at room temperature.

Nutritional Information (Per Serving)

Calories: ~480, Protein: 14g, Carbohydrates: 45g, Fiber: 12g, Sugar: 6g, Fat: 26g, Saturated Fat: 4g, Sodium: 350mg



Mediterranean Baked Cod with Olives & Tomatoes

2 servings | 10 min | 20 min

This Mediterranean Baked Cod is light, zesty, and packed with healthy fats and lean protein - a perfect anti-inflammatory meal that's as beautiful as it is delicious.

Ingredients

- 2 cod fillets (5–6 oz each), wild-caught if possible
- 1 tbsp olive oil
- 1 cup cherry tomatoes, halved
- ¼ cup pitted Kalamata olives, halved
- 2 cloves garlic, minced
- 1 tbsp capers (optional)
- 1 tsp dried oregano
- ½ tsp dried thyme
- Salt and black pepper to taste
- 1 tbsp lemon juice
- Zest of ½ lemon
- Fresh parsley or basil, chopped (for garnish)

Directions

1. Preheat your oven to 400°F (200°C). Lightly oil a baking dish.
2. In a bowl, combine cherry tomatoes, olives, garlic, capers (if using), oregano, thyme, lemon zest, and olive oil - season with salt and pepper to taste.
3. Place the cod fillets in the baking dish. Sprinkle with lemon juice, salt, and pepper. Spoon the tomato-olive mixture evenly over the fish.
4. Bake for 18–20 minutes until the cod flakes easily with a fork and the tomatoes are softened and juicy.
5. Garnish with fresh herbs and serve warm. This dish pairs well with quinoa, couscous, or a side of sautéed greens.

Nutritional Information (Per Serving)

Calories: ~320, Protein: 30g, Carbohydrates: 9g, Fiber: 2g, Sugar: 4g, Fat: 18g, Saturated Fat: 3g, Sodium: 520mg

Zucchini Noodles with Avocado Pesto & Cherry Tomatoes

2 servings | 15 min | 5 min

This Zucchini Noodles with Avocado Pesto & Cherry Tomatoes is a fresh, no-guilt meal full of heart-healthy fats, fiber, and vibrant flavor - perfect for a light lunch or dinner!

Ingredients

For the Zucchini Noodles:

- 2 medium zucchinis, spiralized into noodles (zoodles)
- 1 tsp olive oil (optional, if sautéing)
- Pinch of sea salt

For the Avocado Pesto:

- 1 ripe avocado, peeled and pitted
- 1 cup fresh basil leaves
- 1 garlic clove
- 2 tbsps pine nuts or walnuts
- 2 tbsps of lemon juice
- 2 tbsps olive oil
- 2–3 tbsps water (to thin)
- Sea salt & black pepper to taste

Toppings:

- ½ cup cherry tomatoes, halved
- 1 tbsp hemp seeds or pumpkin seeds (optional)
- Fresh basil leaves (for garnish)

Directions

1. Combine avocado, basil, garlic, nuts, lemon juice, olive oil, and water in a food processor or blender. Blend until smooth and creamy. Add more water as needed for the desired consistency - season with salt and pepper to taste.
2. Prepare the Zucchini Noodles:
- Raw option: Leave as is for a crisp, refreshing base.
- Warm option: Heat 1 tsp olive oil in a skillet over medium heat. Add zoodles and sauté for 2–3 minutes until just tender. Sprinkle with a pinch of sea salt. Do not overcook.
3. Toss the zucchini noodles with the avocado pesto until evenly coated. Top with cherry tomatoes and seeds (if using). Garnish with fresh basil leaves.
4. Serve immediately for best flavor and texture.

Nutritional Information (Per Serving)

Calories: ~350, Protein: 7g, Carbohydrates: 18g, Fiber: 8g, Sugar: 6g, Fat: 30g, Saturated Fat: 4g, Sodium: 200mg





Miso-Ginger Glazed Cod with Bok Choy & Brown Rice

2 servings | 15 min | 15-20 min

This Miso-Ginger Glazed Cod with Bok Choy & Brown Rice is a light yet satisfying meal that's rich in omega-3s, antioxidants, and delicious umami flavor - perfect for a clean, anti-inflammatory dinner.

Ingredients

For the Miso-Ginger Glazed Cod:

- 2 cod fillets (4–6 oz each)
- 1 tbsp white miso paste
- 1 tbsp rice vinegar
- 1 tbsp low-sodium tamari or soy sauce
- 1 tsp fresh ginger, grated
- 1 tsp of maple syrup or honey
- 1 garlic clove, minced
- 1 tsp sesame oil

For the Sautéed Bok Choy:

- 2 small heads of bok choy, halved or quartered lengthwise
- 1 tsp sesame oil or olive oil
- 1 garlic clove, minced
- 1 tsp fresh ginger, grated
- Pinch of sea salt

For the Base:

- 1 cup cooked brown rice
- Sesame seeds & sliced green onions for garnish (optional)
- Lime wedges (optional)

Directions

1. Whisk together miso paste, rice vinegar, tamari, ginger, garlic, maple syrup, and sesame oil in a small bowl.
2. Place cod fillets in a shallow dish or on a plate. Spoon half the glaze over the fillets and let them marinate for 10 minutes while you prepare the rest.
3. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper. Place the cod on the sheet and bake for 12–15 minutes or until the fish flakes easily with a fork. In the last 2 minutes, brush with the remaining glaze.
4. While the cod bakes, heat sesame oil in a large skillet over medium heat. Add garlic and ginger; sauté for 30 seconds. Add bok choy, cut-side down, and cook for 2–3 minutes. Flip and cook another 2 minutes, until tender-crisp - season with a pinch of salt.
5. Divide the cooked brown rice between two bowls or plates. Top with bok choy and glazed cod. Garnish with sesame seeds, green onions, and a squeeze of lime if desired.

Nutritional Information (Per Serving)

Calories: ~420, Protein: 32g, Carbohydrates: 35g, Fiber: 4g, Sugar: 5g, Fat: 18g, Saturated Fat: 3g, Sodium: 600mg

Grass-Fed Beef & Cauliflower Shepherd's Pie

4 servings | 20 min | 30 min

This Grass-Fed Beef & Cauliflower Shepherd's Pie is a cozy, satisfying dish with a clean twist - high in protein and fiber, and lower in carbs than the traditional version. Perfect for meal prep or a nourishing family dinner!

Ingredients

For the Cauliflower Mash Topping:

- 1 medium head cauliflower, cut into florets
- 1 tbsp olive oil or grass-fed butter
- 2 tbsps unsweetened almond milk (or milk of choice)
- 1 garlic clove, minced (optional)
- Salt & pepper to taste

For the Beef & Veggie Filling:

- 1 lb (450g) grass-fed ground beef
- 1 tbsp olive oil (if needed)
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 carrots, diced
- 1 celery stalk, diced
- ½ cup frozen peas (optional)
- 1 tbsp tomato paste
- 1 tsp dried thyme
- ½ tsp dried rosemary
- ¼ tsp smoked paprika (optional)
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ cup low-sodium beef broth or water

Directions

1. Steam cauliflower florets until tender (about 10–12 minutes). Drain and transfer to a food processor or bowl. Add olive oil/butter, almond milk, garlic (if using), salt, and pepper. Blend or mash until smooth and creamy. Set aside.
2. Over medium heat, cook the ground beef in a large skillet until browned, breaking it up as it cooks. Drain excess fat if needed. Add onion and garlic; cook for 2–3 minutes. Stir in carrots, celery, and peas (if using).
3. Add tomato paste, thyme, rosemary, paprika, salt, and pepper. Mix well. Pour in broth and simmer for 5–7 minutes until vegetables are tender and the mixture thickens slightly.
4. Preheat the oven to 375°F (190°C). Transfer the beef and veggie mixture to a baking dish (8x8 or similar). Spread the cauliflower mash evenly on top.
5. Bake for 20 minutes until heated through. If desired, broil on high for 2–3 minutes at the end for a golden top.
6. Let it cool slightly before serving. Garnish with fresh thyme or parsley if you like.

Nutritional Information (Per Serving)

Calories: ~380, Protein: 28g, Carbohydrates: 14g, Fiber: 5g, Sugar: 5g, Fat: 24g, Saturated Fat: 7g, Sodium: 400mg





Garlic & Ginger Stir-Fried Shrimp with Broccoli & Cauliflower Rice

2 servings | 15 min | 10 min

This Garlic & Ginger Stir-Fried Shrimp with Broccoli & Cauliflower Rice is a fast, flavorful, and anti-inflammatory meal - perfect for a light, low-carb dinner packed with nutrients.

Ingredients

For the Shrimp Stir-Fry:

- 8 oz (225g) raw shrimp, peeled and deveined
- 1 tbsp olive oil or avocado oil
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 cups broccoli florets
- 2 tbsps low-sodium tamari or soy sauce
- 1 tsp sesame oil (optional, for flavor)
- 1 tbsp lime juice (optional, for brightness)
- Pinch of red pepper flakes (optional, for heat)
- Fresh cilantro or green onion for garnish

For the Cauliflower Rice:

- 2 cups riced cauliflower (store-bought or homemade)
- 1 tsp olive oil
- 1 garlic clove, minced
- Pinch of sea salt and black pepper

Directions

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 30 seconds. Add cauliflower rice and a pinch of salt and pepper. Cook for 4–5 minutes, stirring occasionally, until tender. Set aside and keep warm.
2. Heat 1 tbsp oil in a large skillet or wok over medium-high heat. Add garlic and ginger and sauté for 30 seconds until fragrant.
3. Add broccoli and cook for 2–3 minutes until bright green and slightly tender. If needed, add a splash of water to the steam.
4. Add shrimp to the skillet with tamari, sesame oil (if using), and red pepper flakes. Stir-fry for 3–4 minutes until shrimp are pink and cooked through.
5. Stir in lime juice (if using). Divide cauliflower rice between two bowls, top with shrimp and broccoli mixture, and garnish with cilantro or green onions.

Nutritional Information (Per Serving)

Calories: ~310, Protein: 30g, Carbohydrates: 12g, Fiber: 4g, Sugar: 3g, Fat: 16g, Saturated Fat: 2g, Sodium: 550mg



Wild-Caught Salmon & Roasted Beet Salad with Citrus Dressing

2 servings | 15 min | 25-30 min

This Wild-Caught Salmon & Roasted Beet Salad with Citrus Dressing is full of color, omega-3s, and antioxidants - a perfect blend of freshness, richness, and clean energy.

Ingredients

For the Salad:

- 2 wild-caught salmon fillets (4–6 oz each)
- 2 medium beets, peeled and cubed
- 4 cups mixed greens (arugula, spinach, or spring mix)
- ½ avocado, sliced
- ¼ cup goat cheese or feta (optional)
- 2 tbsps walnuts or pumpkin seeds, toasted
- Olive oil, salt, and pepper (for roasting)

For the Citrus Dressing:

- 2 tbsps fresh orange juice
- 1 tbsp lemon juice
- 1 tsp orange zest
- 1 tsp of Dijon mustard
- 1 tsp honey or maple syrup
- 2 tbsps olive oil
- Sea salt & black pepper, to taste

Directions

1. Preheat the oven to 400°F (200°C). Toss the beet cubes with a drizzle of olive oil, salt, and pepper. Spread them on a baking sheet and roast for 25–30 minutes, flipping them halfway through, until tender and caramelized. Set aside to cool slightly.
2. While the beets roast, season the salmon fillets with salt and pepper. You can pan-sear (3–4 minutes per side) or bake at 400°F for 12–15 minutes, until the salmon flakes easily.
3. Whisk together orange juice, lemon juice, orange zest, Dijon, honey, olive oil, salt, and pepper until emulsified in a small bowl or jar.
4. Arrange the mixed greens in a large bowl or plate. Top with roasted beets, avocado slices, crumbled goat cheese, toasted nuts or seeds, and salmon. Drizzle with citrus dressing just before serving. Serve warm or at room temperature.

Nutritional Information (Per Serving)

Calories: ~480, Protein: 32g, Carbohydrates: 20g, Fiber: 6g, Sugar: 8g, Fat: 30g, Saturated Fat: 5g, Sodium: 350mg

Spiced Chicken & Roasted Cauliflower Sheet Pan Meal

2 servings | 15 min | 25-30 min

This Spiced Chicken & Roasted Cauliflower Sheet Pan Meal is a fuss-free, anti-inflammatory dinner loaded with flavor, fiber, and lean protein - perfect for clean eating and quick prep!

Ingredients

For the Chicken:

- 2 boneless, skinless chicken breasts (or thighs)
- 1 tbsp olive oil
- 1 tsp ground cumin
- ½ tsp paprika
- ½ tsp garlic powder
- ¼ tsp turmeric
- ¼ tsp sea salt
- ¼ tsp black pepper
- Juice of ½ lemon (optional)

For the Cauliflower:

- 1 small head cauliflower, cut into florets
- 1 tbsp olive oil
- ½ tsp ground coriander
- ½ tsp smoked paprika
- ¼ tsp sea salt
- ¼ tsp pepper

Optional Garnishes:

- Fresh parsley or cilantro
- Lemon wedges
- Tahini drizzle or plain yogurt

Directions

1. Preheat the oven to 425°F (220°C). Line a large baking sheet with parchment paper or foil.
2. Mix olive oil, cumin, paprika, garlic powder, turmeric, salt, pepper, and lemon juice in a small bowl. Rub evenly over chicken breasts and set aside.
3. In another bowl, toss cauliflower florets with olive oil, coriander, paprika, salt, and pepper until well coated.
4. Place the chicken on one side of the sheet pan and spread the cauliflower on the other side. Keep everything in a single layer for even roasting.
5. Roast in the oven for 25–30 minutes, flipping the cauliflower halfway through. The chicken is done when it reaches an internal temperature of 165°F (74°C), and the cauliflower is golden and tender.
6. Plate the chicken and cauliflower. If desired, garnish with fresh herbs, lemon wedges, or a drizzle of tahini or yogurt.

Nutritional Information (Per Serving)

Calories: ~420, Protein: 35g, Carbohydrates: 14g, Fiber: 5g, Sugar: 4g, Fat: 24g, Saturated Fat: 4g, Sodium: 400mg





Sautéed Garlic Mushrooms & Grass-Fed Beef Stir-Fry

2 servings | 15 min | 10-12 min

This Sautéed Garlic Mushrooms & Grass-Fed Beef Stir-Fry is savory, satisfying, and packed with nutrient-rich whole foods - perfect for a quick and healthy dinner.

Ingredients

For the Stir-Fry:

- 8 oz (225g) grass-fed beef (sirloin or flank), thinly sliced against the grain
- 2 cups mushrooms, sliced (cremini, shiitake, or button)
- 2 tbsps olive oil or avocado oil
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated (optional)
- 2 cups baby spinach or bok choy (optional, for added greens)
- 2 green onions, sliced (for garnish)
- Sesame seeds (optional, for garnish)

For the Sauce:

- 2 tbsps low-sodium tamari or soy sauce
- 1 tbsp rice vinegar or lime juice
- 1 tsp sesame oil (optional)
- 1 tsp honey or maple syrup
- ½ tsp arrowroot starch or cornstarch (for thickening)
- 2 tbsps water

Directions

1. Whisk together tamari, vinegar, sesame oil, honey, arrowroot starch, and water in a small bowl. Set aside.
2. Heat 1 tbsp oil in a large skillet or wok over medium-high heat. Add sliced mushrooms and sauté for 5–6 minutes until golden brown and tender. Add minced garlic and ginger; cook for 30 seconds more. Transfer mushrooms to a plate.
3. Add the remaining oil to the skillet. Add sliced beef and cook for 2–3 minutes per side or until browned and just cooked through.
4. Return the mushrooms to the pan. Pour in the sauce and toss everything together. Add spinach or bok choy, if using, and cook for another 1–2 minutes until the greens wilt and the sauce thickens slightly.
5. Divide between two plates and garnish with green onions and sesame seeds if desired. Serve alone or with a side of cauliflower rice or brown rice.

Nutritional Information (Per Serving)

Calories: ~390, Protein: 32g, Carbohydrates: 10g, Fiber: 3g, Sugar: 4g, Fat: 25g, Saturated Fat: 6g, Sodium: 450mg







CHAPTER 8

Snacks & Small Bites

DARK CHOCOLATE & WALNUT ENERGY BITES

CINNAMON-SPICED BAKED APPLE SLICES

GOLDEN MILK CASHEW LATTE BITES

COCONUT & MATCHA BLISS BALLS

BERRY & ALMOND YOGURT BARK

FLAXSEED & HONEY NUT GRANOLA CLUSTERS

TURMERIC & GINGER SPICED ALMONDS

BANANA & WALNUT OAT BARS

CHIA & FLAX SUPERFOOD CRACKERS

RASPBERRY & CASHEW ENERGY BALLS

PUMPKIN SPICE & PECAN GRANOLA

CINNAMON & WALNUT STUFFED DATES



Dark Chocolate & Walnut Energy Bites

12 bites | 10 min | 0 min

These Dark Chocolate & Walnut Energy Bites are the perfect grab-and-go snack - packed with omega-3s, fiber, and a touch of sweetness to keep your energy steady throughout the day.

Ingredients

- 1 cup rolled oats (gluten-free if needed)
- ½ cup raw walnuts, finely chopped
- ¼ cup ground flaxseed or chia seeds
- ¼ cup unsweetened shredded coconut (optional)
- ¼ cup mini dark chocolate chips (70% cacao or higher)
- ½ cup natural almond butter or peanut butter
- 2 tbsps of honey or maple syrup
- 1 tsp vanilla extract
- Pinch of sea salt

Directions

1. Combine oats, walnuts, flaxseed (or chia), shredded coconut, dark chocolate chips, and a pinch of sea salt in a large bowl.
2. Stir in almond butter, honey (or maple syrup), and vanilla extract. Mix well until everything is thoroughly combined and sticky. Add 1–2 tsp water or more nut butter if the mixture feels too dry.
3. Scoop out heaping tbsps and roll into balls using your hands. Place the slices on a parchment-lined tray or plate.
4. Refrigerate for at least 15–30 minutes to firm up. Store in an airtight container in the fridge for up to 1 week or freeze for extended storage.

Nutritional Info (Per Serving, Without Eggs)

Calories: ~120, Protein: 3g, Carbohydrates: 10g, Fiber: 2g, Sugar: 4g, Fat: 8g, Saturated Fat: 1.5g, Sodium: 40mg

Cinnamon-Spiced Baked Apple Slices

2 servings | 10 min | 20-25 min

These Cinnamon-Spiced Baked Apple Slices are naturally sweet, warming, and packed with fiber and antioxidants — perfect for a healthy dessert, snack, or breakfast topper!

Ingredients

- 2 medium apples (such as Honeycrisp or Fuji), cored and thinly sliced
- 1 tbsp coconut oil or unsalted butter, melted
- 1 tsp ground cinnamon
- ½ tsp ground ginger (optional)
- 1 tsp of maple syrup or honey (optional, for extra sweetness)
- 1 tsp lemon juice
- Pinch of sea salt
- Optional toppings: chopped walnuts, raisins, plain yogurt, or a sprinkle of hemp seeds

Directions

1. Preheat your oven to 375°F (190°C). Line a baking dish or sheet with parchment paper.
2. In a mixing bowl, toss the apple slices with melted coconut oil (or butter), cinnamon, ginger (if using), maple syrup, lemon juice, and sea salt until well coated.
3. Spread the slices evenly in a single layer on the baking dish. Bake for 20–25 minutes, flipping halfway until the apples are tender and lightly golden.
4. Serve warm on their own or topped with a dollop of plain yogurt, chopped nuts, or a sprinkle of seeds for added texture.

Nutritional Information (Per Serving)

Calories: ~130, Protein: 1g, Carbohydrates: 22g, Fiber: 4g, Sugar: 15g (mostly natural), Fat: 5g, Saturated Fat: 3g, Sodium: 50mg





Golden Milk Cashew Latte Bites

12 bites | 10 min | 0 min

These Golden Milk Cashew Latte Bites are warming, creamy, and naturally energizing - perfect as a nourishing snack or a little anti-inflammatory treat with your afternoon tea.

Ingredients

- 1 cup raw cashews (unsalted)
- ½ cup unsweetened shredded coconut
- 2 tbsps ground flaxseed or chia seeds
- 1 tbsp coconut oil, melted
- 1 tbsp of maple syrup or honey
- 1 tsp ground turmeric
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- 1 tsp vanilla extract
- Pinch of black pepper (enhances turmeric absorption)
- Pinch of sea salt
- Optional: 1 tsp instant espresso or finely ground coffee (for a subtle "latte" twist)

Directions

1. In a food processor, combine the cashews and shredded coconut. Pulse until finely ground. Add flaxseed, turmeric, cinnamon, ginger, black pepper, and salt. Pulse again to mix.
2. Add coconut oil, maple syrup, vanilla extract, and espresso powder (if using). Blend until the mixture sticks together when pressed between your fingers. If too dry, add 1–2 tsp warm water.
3. Scoop out small portions and roll into 1-inch balls. Place the slices on a parchment-lined plate or tray.
4. Refrigerate for 20–30 minutes until firm. Store in an airtight container in the fridge for up to 1 week or freeze for a longer shelf life.

Nutritional Info (Per Serving, Without Eggs)

Calories: ~110, Protein: 2g, Carbohydrates: 6g, Fiber: 2g, Sugar: 3g, Fat: 9g, Saturated Fat: 3g, Sodium: 30mg

Berry & Almond Yogurt Bark

8 servings | 10 min | 0 min

This Berry & Almond Yogurt Bark is cool, creamy, and antioxidant-rich — perfect for hot days, post-workout fuel, or a clean and colorful snack!

Ingredients

- 2 cups plain Greek yogurt (or dairy-free yogurt alternative)
- 1–2 tbsps honey or maple syrup (adjust to taste)
- ½ tsp vanilla extract
- Pinch of sea salt (optional)
- ¾ cup mixed berries (blueberries, blackberries, raspberries)
- ¼ cup sliced almonds, lightly toasted
- 1 tbsp chia seeds or hemp seeds (optional)

Directions

1. Mix the Greek yogurt with honey (or maple syrup) and vanilla extract until smooth and well combined.
2. Line a 9x9-inch baking dish or sheet pan with parchment paper. Spread the yogurt mixture evenly across the pan, about ½ inch thick.
3. Sprinkle mixed berries, sliced almonds, chia or hemp seeds, and a pinch of sea salt (if using) evenly over the yogurt.
4. Place the tray in the freezer for 2–3 hours or until the yogurt is completely frozen.
5. Once frozen solid, remove it from the freezer and break it into pieces. Serve immediately and store leftovers in a sealed container in the freezer.

Nutritional Information (Per Serving)

Calories: ~120, Protein: 6g, Carbohydrates: 9g, Fiber: 2g, Sugar: 6g (includes natural sugars from yogurt & berries), Fat: 7g, Saturated Fat: 1g, Sodium: 30mg





Coconut & Matcha Bliss Balls

12 bliss balls | 10 min | 0 min

These Coconut & Matcha Bliss Balls are creamy, energizing, and rich in healthy fats and antioxidants - perfect for a clean energy boost or a mindful treat.

Ingredients

- 1 cup unsweetened shredded coconut (plus extra for rolling)
- ½ cup raw cashews or almonds
- 2 tbsps of coconut oil, melted
- 1 tbsp of maple syrup or honey
- 1 tsp matcha green tea powder
- 1 tsp vanilla extract
- Pinch of sea salt
- 1–2 tsps water (only if needed to help the mixture stick)

Directions

1. Pulse the shredded coconut and cashews in a food processor until finely ground.
2. Add melted coconut oil, maple syrup, matcha powder, vanilla extract, and a pinch of sea salt. Blend until the mixture starts to come together. If it's too dry to roll, add a tsp of water.
3. Scoop out small amounts and roll into 1-inch balls. Roll in extra shredded coconut for a pretty finish.
4. Place the bliss balls on a plate or tray and refrigerate for 15–20 minutes to firm up. Store in an airtight container in the fridge for up to 1 week or freeze for longer.

Nutritional Info (Per Serving, Without Eggs)

Calories: ~110, Protein: 2g, Carbohydrates: 5g, Fiber: 2g, Sugar: 2g, Fat: 9g, Saturated Fat: 6g, Sodium: 20mg

Flaxseed & Honey Nut Granola Clusters

3 cups | 10 min | 25-30 min

These Flaxseed & Honey Nut Granola Clusters are crunchy, lightly sweet, and packed with healthy fats, fiber, and protein - perfect for an anti-inflammatory start to the day or a nourishing snack.

Ingredients

- 2 cups rolled oats (gluten-free if needed)
- ½ cup raw almonds, chopped
- ½ cup raw walnuts or pecans, chopped
- ¼ cup ground flaxseed
- 2 tbsps whole flaxseed (optional, for extra crunch)
- ¼ cup unsweetened shredded coconut (optional)
- 1 tsp cinnamon
- ¼ tsp sea salt
- ⅓ cup honey or maple syrup
- ¼ cup coconut oil or olive oil, melted
- 1 tsp vanilla extract

Directions

1. Preheat your oven to 325°F (165°C). Line a large baking sheet with parchment paper.
2. Combine oats, chopped nuts, ground and whole flaxseed, coconut (if using), cinnamon, and sea salt in a large bowl.
3. Whisk together honey (or maple syrup), melted coconut oil, and vanilla extract in a small bowl. Pour over the dry ingredients and stir well until everything is evenly coated.
4. Spread the granola mixture onto the baking sheet in an even layer. Press down slightly with a spatula to help form clusters.
5. Bake for 25–30 minutes, flipping once halfway through, until golden brown. Do not over-stir — less stirring = more clusters!
6. Remove from the oven and let cool entirely without disturbing. Once cooled, break into clusters and store in an airtight container at room temperature for up to 2 weeks.

Nutritional Information (Per Serving)

Calories: ~250, Protein: 5g, Carbohydrates: 20g, Fiber: 4g, Sugar: 7g, Fat: 18g, Saturated Fat: 5g, Sodium: 80mg





Turmeric & Ginger Spiced Almonds

2 cups | 5 min | 20-25 min

These Turmeric & Ginger Spiced Almonds are earthy, crunchy, and loaded with anti-inflammatory spices - perfect as a healthy snack, salad topper, or giftable treat!

Ingredients

- 2 cups raw almonds
- 1 tbsp olive oil or avocado oil
- 1 tsp ground turmeric
- ½ tsp ground ginger
- ½ tsp smoked paprika (optional, for a smoky kick)
- ¼ tsp black pepper
- ¼ tsp sea salt
- Pinch of cayenne pepper (optional, for heat)
- 1 tsp of maple syrup or honey (optional, for a touch of sweetness)

Directions

1. Preheat your oven to 325°F (165°C). Line a baking sheet with parchment paper.
2. In a mixing bowl, combine almonds with oil, turmeric, ginger, black pepper, salt, paprika, cayenne, and maple syrup (if using). Toss until evenly coated.
3. Spread the almonds in a single layer on the prepared baking sheet. Bake for 20–25 minutes, stirring once halfway through, until golden and fragrant. Watch them carefully to avoid burning.
4. Let the almonds cool completely on the baking sheet. They will crisp up as they cool.
5. Store in an airtight container at room temperature for up to 2 weeks.

Nutritional Info (Per Serving, Without Eggs)

Calories: ~200, Protein: 6g, Carbohydrates: 6g, Fiber: 4g, Sugar: 1g, Fat: 18g, Saturated Fat: 1.5g, Sodium: 100mg

Banana & Walnut Oat Bars

8 bars | 10 min | 25-30 min

These Banana & Walnut Oat Bars are soft, chewy, and full of heart-healthy fats, fiber, and natural sweetness - perfect as a snack or nourishing breakfast bar.

Ingredients

- 2 ripe bananas, mashed
- 1 ½ cups rolled oats (gluten-free if needed)
- ½ cup chopped walnuts
- 2 tbsps ground flaxseed (optional, for added fiber)
- 1 tsp cinnamon
- ¼ tsp nutmeg (optional)
- ¼ tsp sea salt
- 1 tsp vanilla extract
- 2 tbsps of maple syrup or honey (optional, for extra sweetness)
- 2 tbsps olive oil or melted coconut oil
- ¼ cup unsweetened plant-based milk (or milk of choice)

Directions

1. Preheat your oven to 350°F (175°C). Line an 8x8-inch baking dish with parchment paper.
2. In a large bowl, mash the bananas until smooth. Stir in maple syrup, oil, vanilla extract, and plant milk.
3. Add the oats, walnuts, flaxseed, cinnamon, nutmeg, and salt. Mix until thoroughly combined. The mixture should be thick and sticky.
4. Evenly spread the mixture into the prepared baking dish. Press down firmly to flatten. Bake for 25–30 minutes or until the top is golden and firm.
5. Let the mixture cool completely before slicing into 8 bars. Store in an airtight container at room temperature for 3 days, or refrigerate for up to a week.

Nutritional Information (Per Serving)

Calories: ~180, Protein: 4g, Carbohydrates: 20g, Fiber: 4g, Sugar: 6g (mostly natural from bananas), Fat: 10g, Saturated Fat: 1.5g, Sodium: 90mg





Chia & Flax Superfood Crackers

30 crackers | 10 min | 35-40 min

These crunchy, satisfying, and nutrient-dense Superfood Crackers are made with wholesome seeds - perfect on their own or paired with your favorite dip or hummus.

Ingredients

- ½ cup ground flaxseeds
- ¼ cup whole chia seeds
- ½ cup water
- ¼ cup sunflower seeds or pumpkin seeds (optional for crunch)
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp sea salt
- ¼ tsp dried rosemary, thyme, or mixed herbs (optional)
- Pinch of black pepper or red pepper flakes (optional)

Directions

1. Preheat the oven to 325°F (165°C). Line a baking sheet with parchment paper.
2. In a bowl, combine ground flaxseed, chia seeds, and water. Stir well and sit for 10 minutes until the mixture thickens into a gel-like texture.
3. Stir in garlic powder, onion powder, sea salt, herbs, pepper, and any optional seeds. Mix well to combine.
4. Transfer the mixture to the prepared baking sheet. Evenly spread out using a spatula or the back of a spoon, forming a thin, even layer (about ⅛ inch thick). Square off the edges for uniform crackers.
5. Use a knife or pizza cutter to score the mixture into cracker-sized squares gently. Bake for 35–40 minutes, flipping halfway through if needed, until crisp and golden.
6. Let it cool completely before breaking into crackers along the scored lines. Store in an airtight container at room temperature for up to 1 week.

Nutritional Info (Per Serving, Without Eggs)

Calories: ~120, Protein: 4g, Carbohydrates: 6g, Fiber: 5g, Sugar: 0g, Fat: 9g, Saturated Fat: 1g, Sodium: 90mg

Raspberry & Cashew Energy Balls

12 balls | 10 min | 0 min

These Raspberry & Cashew Energy Balls are fruity, creamy, and bursting with antioxidants - a refreshing, nourishing snack to keep you energized throughout the day!

Ingredients

- 1 cup raw cashews
- ½ cup freeze-dried raspberries (not fresh or frozen)
- ½ cup unsweetened shredded coconut (plus extra for rolling, optional)
- 2 tbsps of maple syrup or honey
- 1 tbsp coconut oil, melted
- 1 tsp vanilla extract
- Pinch of sea salt
- 1–2 tsps water (only if needed)

Directions

1. Combine cashews, freeze-dried raspberries, and shredded coconut in a food processor. Pulse until the mixture becomes crumbly and finely ground.
2. Add maple syrup, melted coconut oil, vanilla, and sea salt. Blend again until the mixture begins to stick together. If it's too dry, add 1–2 tsps of water.
3. Scoop out portions and roll into 1-inch balls. If desired, roll them in extra shredded coconut for a pretty finish.
4. Place the balls on a plate or tray and refrigerate for 15–20 minutes to firm up. Store in an airtight container in the fridge for up to 1 week or freeze for longer.

Nutritional Information (Per Serving)

Calories: ~110, Protein: 2g, Carbohydrates: 8g, Fiber: 2g, Sugar: 5g, Fat: 8g, Saturated Fat: 3g, Sodium: 25mg





Pumpkin Spice & Pecan Granola

4 cups | 10 min | 25-30 min

This Pumpkin Spice & Pecan Granola is cozy, crunchy, and packed with fall flavor - perfect with yogurt, milk, or straight from the jar!

Ingredients

- 3 cups rolled oats (gluten-free if needed)
- 1 cup raw pecans, roughly chopped
- 2 tbsps ground flaxseed or chia seeds (optional)
- 1 tsp cinnamon
- ½ tsp ground ginger
- ½ tsp ground nutmeg
- ¼ tsp ground cloves
- ¼ tsp sea salt
- ⅓ cup pumpkin purée (not pumpkin pie filling)
- ⅓ cup of maple syrup or honey
- ¼ cup melted coconut oil or olive oil
- 1 tsp vanilla extract
- Optional: ½ cup dried cranberries or raisins (add after baking)

Directions

1. Preheat the oven to 325°F (165°C). Line a large baking sheet with parchment paper.
2. Combine oats, pecans, flaxseed, cinnamon, ginger, nutmeg, cloves, and salt in a large bowl.
3. Whisk together pumpkin purée, maple syrup, coconut oil, and vanilla in a separate bowl until smooth.
4. Pour the wet mixture over the dry ingredients and stir until evenly coated.
5. Spread the granola evenly on the baking sheet. Press it down gently to encourage clusters. Bake for 25–30 minutes, stirring once halfway through. Let it cool completely — it will crisp up as it cools.
6. Once cooled, stir in dried cranberries or raisins if using. Store in an airtight container for up to 2 weeks.

Nutritional Info (Per Serving, Without Eggs)

Calories: ~240, Protein: 4g, Carbohydrates: 23g, Fiber: 4g, Sugar: 8g, Fat: 15g, Saturated Fat: 4g, Sodium: 90mg

Cinnamon & Walnut Stuffed Dates

10 dates | 10 min | 0 min

These Cinnamon & Walnut Stuffed Dates are chewy, naturally sweet, and warmly spiced - perfect as a healthy dessert, afternoon snack, or energy bite!

Ingredients

- 10 Medjool dates, pitted
- 10 walnut halves (or 5 whole walnuts, broken into halves)
- ½ tsp ground cinnamon
- Pinch of sea salt
- 1 tbsp almond butter or tahini (optional, for extra creaminess)
- Optional: shredded coconut, crushed pistachios, or cacao nibs for topping

Directions

1. Carefully slice each Medjool date lengthwise (without cutting all the way through) and remove the pit if it is not already pitted.
2. Sprinkle the inside of each date with a small pinch of cinnamon and sea salt. If using almond butter or tahini, add about ½ tsp inside each date.
3. Place a walnut half into each date and gently press the sides of the date to hold everything together.
4. Sprinkle with shredded coconut, crushed pistachios, or cacao nibs for extra texture and flavor.
5. Enjoy immediately or refrigerate in an airtight container for up to 1 week.

Nutritional Information (Per Serving)

Calories: ~90, Protein: 1g, Carbohydrates: 12g, Fiber: 2g, Sugar: 10g (natural), Fat: 4g, Saturated Fat: 0.3g, Sodium: 10mg









CHAPTER 9

Desserts & Sweet Treats

DARK CHOCOLATE & WALNUT ENERGY BITES

CINNAMON-SPICED BAKED APPLE SLICES

GOLDEN MILK CASHEW LATTE BITES

COCONUT & MATCHA BLISS BALLS

BERRY & ALMOND YOGURT BARK

FLAXSEED & HONEY NUT GRANOLA CLUSTERS

TURMERIC & GINGER SPICED ALMONDS

BANANA & WALNUT OAT BARS

CHIA & FLAX SUPERFOOD CRACKERS

RASPBERRY & CASHEW ENERGY BALLS

PUMPKIN SPICE & PECAN GRANOLA

CINNAMON & WALNUT STUFFED DATES



Dark Chocolate Avocado Mousse

2 servings | 10 min | 0 min

This Dark Chocolate Avocado Mousse is silky, satisfying, and full of heart-healthy fats and antioxidants - a perfect clean dessert that's as good for your body as it is for your sweet tooth.

Ingredients

- 1 ripe avocado
- ¼ cup unsweetened cocoa powder (or raw cacao powder)
- 2–3 tbsps of maple syrup or honey (adjust to taste)
- 2 tbsps unsweetened almond milk (or milk of choice)
- 1 tsp vanilla extract
- Pinch of sea salt
- Optional: 1–2 tbsps melted dark chocolate (for richer flavor)
- Optional toppings: fresh berries, cacao nibs, coconut flakes, or chopped nuts

Directions

1. Scoop the avocado flesh into a blender or food processor.
2. Add cocoa powder, maple syrup, almond milk, vanilla extract, sea salt, and melted dark chocolate. Blend until completely smooth and creamy. Scrape down sides as needed.
3. Taste and add more maple syrup or almond milk for the desired sweetness and consistency.
4. Transfer to serving bowls or jars and refrigerate for 30 minutes for a firmer texture.
5. Top with your favorite toppings and enjoy!

Nutritional Information (Per Serving)

Calories: ~210, Protein: 3g, Carbohydrates: 20g, Fiber: 7g, Sugar: 10g, Fat: 15g, Saturated Fat: 3g, Sodium: 60mg

Blueberry & Coconut Baked Oatmeal Cups

10-12 cups | 10 min | 25-30 min

These Blueberry & Coconut Baked Oatmeal Cups are soft, naturally sweet, and filled with fiber, antioxidants, and healthy fats - perfect for grab-and-go mornings or a wholesome snack!

Ingredients

- 2 cups rolled oats (gluten-free if needed)
- 1 tsp baking powder
- ½ tsp cinnamon
- ¼ tsp sea salt
- 1 cup unsweetened coconut milk (or milk of choice)
- 1 ripe banana, mashed (or ¼ cup unsweetened applesauce)
- 1 egg (or flax egg: 1 tbsp flaxseed + 3 tbsp water)
- ¼ cup of maple syrup or honey
- 1 tsp vanilla extract
- ½ cup unsweetened shredded coconut
- 1 cup fresh or frozen blueberries

Directions

1. Preheat your oven to 350°F (175°C). Grease a muffin tin or line with paper liners.
2. Combine oats, baking powder, cinnamon, sea salt, and shredded coconut in a large bowl.
3. Whisk together mashed banana, egg, coconut milk, maple syrup, and vanilla extract in another bowl until smooth.
4. Pour the wet ingredients into the dry and stir until combined. Gently fold in the blueberries.
5. Divide the mixture evenly into the muffin cups, filling each about ¾ full.
6. Bake for 25–30 minutes or until the tops are golden and set. Cool in the pan for 5 minutes before transferring to a wire rack.
7. Enjoy warm or store in an airtight container in the fridge for up to 5 days. You can also freeze them for more extended storage.

Nutritional Information (Per Serving)

Calories: ~130, Protein: 3g, Carbohydrates: 18g, Fiber: 3g, Sugar: 6g, Fat: 5g, Saturated Fat: 2g, Sodium: 90mg





Chia & Berry Parfait

2 servings | 10 min | 0 min

This Chia & Berry Parfait is refreshing, fiber-rich, and packed with antioxidants - a beautiful and balanced choice for clean eating.

Ingredients

For the Chia Pudding:

- ¼ cup chia seeds
- 1 cup unsweetened almond milk (or milk of choice)
- 1–2 tsps of maple syrup or honey (optional, to taste)
- ½ tsp vanilla extract

For the Parfait Layers:

- 1 cup mixed berries (blueberries, raspberries, strawberries, blackberries)
- ½ cup unsweetened coconut yogurt or Greek yogurt (optional)
- 2 tbsps granola, nuts, or seeds (optional topping)

Directions

1. Whisk together chia seeds, almond milk, maple syrup (if using), and vanilla extract in a bowl or jar. Let sit for 5 minutes, then whisk again to prevent clumping.
2. Cover and refrigerate for at least 2 hours or overnight until thick and pudding-like.
3. In two glasses or jars, layer chia pudding, a spoonful of yogurt (if using), and a handful of berries. Repeat layers as desired.
4. Top with granola, chopped nuts, or seeds for crunch. Serve chilled and enjoy!

Nutritional Information (Per Serving)

Calories: ~200 (without yogurt or granola), Protein: 5g, Carbohydrates: 20g, Fiber: 9g, Sugar: 8g, Fat: 10g, Saturated Fat: 1g, Sodium: 50mg

Almond Flour Banana Bread

1 loaf | 10 min | 45-50 min

This Almond Flour Banana Bread is soft, lightly sweet, and naturally gluten-free - a perfect clean treat for breakfast, snacking, or dessert!

Ingredients

- 3 ripe bananas, mashed (about 1 cup)
- 3 large eggs
- 2 tbsps of maple syrup or honey (optional, for extra sweetness)
- 1 tsp vanilla extract
- 2 ½ cups almond flour
- 1 tsp cinnamon
- 1 tsp baking soda
- ¼ tsp sea salt
- Optional add-ins: ½ cup chopped walnuts, dark chocolate chips, or blueberries

Directions

1. Preheat your oven to 350°F (175°C). Line a loaf pan with parchment paper or grease it lightly.
2. Whisk together mashed bananas, eggs, maple syrup, and vanilla extract in a large bowl until smooth.
3. Stir in almond flour, cinnamon, baking soda, and sea salt. Mix until well combined. Fold in any optional add-ins if using.
4. Pour the batter into the prepared loaf pan and smooth the top. Bake for 45–50 minutes or until a toothpick inserted in the center comes clean.
5. Let the banana bread cool in the pan for 10–15 minutes, then transfer it to a wire rack to cool completely. Slice and enjoy!

Nutritional Information (Per Serving)

Calories: ~220, Protein: 6g, Carbohydrates: 11g, Fiber: 3g, Sugar: 6g (mostly from bananas), Fat: 17g, Saturated Fat: 1.5g, Sodium: 160mg





Mango & Coconut Chia Popsicles

6 popsicles | 10 min | 0 min

These Mango & Coconut Chia Popsicles are creamy, fruity, and packed with tropical flavor - the perfect summer treat that's both refreshing and nourishing.

Ingredients

- 1 ½ cups ripe mango chunks (fresh or frozen, thawed)
- 1 cup canned full-fat coconut milk (well shaken)
- 1 tbsp chia seeds
- 1 tbsp of maple syrup or honey (optional, to taste)
- ½ tsp vanilla extract (optional)
- Pinch of sea salt

Directions

1. In a blender, purée the mango until smooth. Set aside.
2. Whisk together coconut milk, chia seeds, maple syrup, vanilla extract, and sea salt in a bowl. Let sit for 5–10 minutes, stirring once or twice, to allow the chia seeds to begin swelling.
3. Spoon alternating layers of mango purée and coconut chia mixture into popsicle molds to create a swirl or layered effect. Gently tap the molds on the counter to remove air bubbles.
4. Insert popsicle sticks and freeze for at least 4–6 hours or overnight until fully frozen.
5. To release the popsicles, run warm water over the outside of the molds for a few seconds and gently pull the popsicles out.

Nutritional Information (Per Serving)

Calories: ~100, Protein: 1g, Carbohydrates: 10g, Fiber: 2g, Sugar: 7g (mostly natural), Fat: 7g, Saturated Fat: 6g, Sodium: 15mg

Ginger & Turmeric Poached Pears

4 servings | 10 min | 25-30 min

These Ginger & Turmeric Poached Pears are light, gently spiced, and packed with healing ingredients - a naturally sweet treat supporting digestion and reducing inflammation.

Ingredients

- 4 ripe but firm pears (such as Bosc or Anjou), peeled, stems intact
- 1 tbsp fresh ginger, sliced (or 1 tsp ground ginger)
- ½ tsp ground turmeric (or 1-inch fresh turmeric root, sliced)
- 3 cups water
- 1 cinnamon stick
- 1 tbsp lemon juice
- 2–3 tbsps of maple syrup or honey (to taste)
- Optional: pinch of black pepper (enhances turmeric absorption)

Directions

1. Combine water, ginger, turmeric, cinnamon stick, lemon juice, and maple syrup in a medium saucepan. Bring to a gentle boil, then reduce heat to low.
2. Add the peeled pears to the pan. Cover and simmer gently for 25–30 minutes, turning the pears occasionally to ensure even poaching. Pears are done when they are tender when pierced with a knife.
3. Remove the pears from the liquid and set aside. Optionally, simmer the poaching liquid for 5–10 minutes to reduce it to a light syrup.
4. Serve pears warm or chilled, drizzled with a spoonful of the reduced poaching liquid. If desired, garnish with a sprinkle of cinnamon, chopped nuts, or a dollop of coconut yogurt.

Nutritional Information (Per Serving)

Calories: ~120, Protein: 1g, Carbohydrates: 28g, Fiber: 4g, Sugar: 18g (mostly natural), Fat: 0g, Saturated Fat: 0g, Sodium: 5mg





Sweet Potato Brownies with Dark Chocolate

9 brownies | 15 min | 25-30 min

These Sweet Potato Brownies with Dark Chocolate are decadently fudgy, nutrient-rich, and made with whole ingredients - a perfect guilt-free indulgence that supports your wellness goals.

Ingredients

- 1 cup mashed cooked sweet potato (from ~1 medium sweet potato)
- 2 eggs (or flax eggs: 2 tbsp ground flaxseed + 6 tbsp water)
- ¼ cup almond butter or nut/seed butter of choice
- ¼ cup of maple syrup or honey
- 1 tsp vanilla extract
- ½ cup almond flour
- ¼ cup unsweetened cocoa powder
- 1 tsp cinnamon (optional)
- ½ tsp baking soda
- Pinch of sea salt
- ¼ cup dark chocolate chips or chopped dark chocolate (70% cacao or higher), plus extra for topping

Directions

1. Preheat the oven to 350°F (175°C). Line an 8x8-inch baking dish with parchment paper or lightly grease.
2. Mix mashed sweet potato, eggs, almond butter, maple syrup, and vanilla until smooth in a medium bowl.
3. Stir in almond flour, cocoa powder, cinnamon (if using), baking soda, and salt until combined. Fold in chocolate chips.
4. Pour the batter into the prepared pan and smooth the top. Sprinkle with extra chocolate chips if desired. Bake for 25–30 minutes until the center is set and a toothpick comes out with moist crumbs (not wet batter).
5. Let cool in the pan for 10–15 minutes before slicing. The brownies will firm up as they cool. Store in an airtight container in the fridge for up to 5 days.

Nutritional Information (Per Serving)

Calories: ~180, Protein: 4g, Carbohydrates: 18g, Fiber: 3g, Sugar: 9g, Fat: 10g, Saturated Fat: 2.5g, Sodium: 90mg

Spiced Chai Latte Dairy-Free Ice Cream

4 servings | 15 min | 0 min

This Spiced Chai Latte Dairy-Free Ice Cream is rich, creamy, and perfectly spiced — a soothing and indulgent frozen treat with anti-inflammatory benefits from warming spices like cinnamon and ginger.

Ingredients

- 1 can (13.5 oz) full-fat coconut milk
- ½ cup unsweetened almond milk (or more coconut milk)
- ¼ cup of maple syrup or honey
- 1 ½ tsps vanilla extract
- 1 chai tea bag (or 1 tbsp loose chai tea)
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- ⅛ tsp ground cardamom
- ⅛ tsp ground cloves
- Pinch of nutmeg
- Pinch of sea salt

Directions

1. Warm the almond milk (do not boil) and steep the chai tea bag in it for 5–7 minutes. Remove tea bag and let the milk cool slightly.
2. Combine the steeped almond milk, coconut milk, maple syrup, vanilla, spices, and salt in a blender. Blend until smooth and creamy.
3. For the best texture in an ice cream maker, refrigerate the mixture for at least 1 hour until well chilled.
4. Churn or Freeze:

- With the ice cream maker, pour the mixture into the machine and churn it according to the manufacturer's instructions.
- Without an ice cream maker: Pour into a freezer-safe container, stir every 30–60 minutes for 2–3 hours to break up ice crystals, then freeze solid.

5. Let it sit at room temperature for 5–10 minutes before scooping. Serve plain or with a sprinkle of cinnamon or a drizzle of coconut cream.

Nutritional Information (Per Serving)

Calories: ~220, Protein: 1g, Carbohydrates: 13g, Fiber: 1g, Sugar: 10g, Fat: 18g, Saturated Fat: 15g, Sodium: 30mg



CHAPTER 10

Drinks & Smoothies



DRINKS

ANTI-INFLAMMATORY GINGER-TURMERIC TEA

GOLDEN MILK TURMERIC LATTE

CUCUMBER & MINT INFUSED WATER

BEETROOT & BERRY DETOX JUICE

APPLE CIDER VINEGAR DETOX DRINK

COCONUT & PINEAPPLE HYDRATION TONIC

ANTI-INFLAMMATORY WATERMELON & BASIL COOLER

BERRY & HIBISCUS INFUSED WATER



SMOOTHIES

GREEN DETOX SMOOTHIE

GOLDEN TURMERIC & MANGO SMOOTHIE

COCONUT & BERRY CHIA SEED SMOOTHIE

AVOCADO & MATCHA ENERGY SMOOTHIE

CINNAMON-SPICED APPLE PIE SMOOTHIE

BANANA & WALNUT OMEGA-3 SMOOTHIE

GINGER & CARROT IMMUNITY SMOOTHIE

POMEGRANATE & BEET ANTI-INFLAMMATORY SMOOTHIE





Anti-Inflammatory Ginger-Turmeric Tea

2 servings | 5 min | 10-15 min

This Ginger-Turmeric Tea is warming, detoxifying, and packed with anti-inflammatory power - perfect for daily sipping or when you're feeling under the weather.

Ingredients

- 2 cups water
- 1 tbsp fresh ginger, sliced (or 1 tsp ground ginger)
- 1 tbsp fresh turmeric, sliced (or 1 tsp ground turmeric)
- 1 tbsp lemon juice (freshly squeezed)
- 1 tsp raw honey or maple syrup (optional)
- Pinch of black pepper (enhances curcumin absorption from turmeric)
- Optional: pinch of cinnamon or cayenne for extra warmth

Directions

1. Bring the water, sliced ginger, and turmeric to a boil in a small saucepan.
2. Reduce the heat and simmer for 10–15 minutes. The longer it simmers, the stronger the flavor and benefits.
3. Strain into mugs. Stir in lemon juice, honey (if using), black pepper, and optional spices.
4. Enjoy warm. Let the iced tea cool and pour over ice with a lemon wedge.

Nutritional Info (Per Serving, Without Eggs)

Calories: ~15, Protein: 0g, Carbohydrates: 4g, Sugar: 2g (natural, varies with honey/maple), Fat: 0g, Fiber: 0g, Sodium: 0mg

Golden Milk Turmeric Latte

1 serving | 5 min | 5 min

This Golden Milk Turmeric Latte is warm, comforting, and packed with anti-inflammatory benefits - perfect for winding down in the evening or starting your morning with calm clarity.

Ingredients

- 1 cup unsweetened almond milk (or coconut, oat, or cashew milk)
- 1 tsp ground turmeric
- ½ tsp ground cinnamon
- ¼ tsp ground ginger (or ½ tsp fresh grated)
- 1 tsp of maple syrup or honey (optional)
- ¼ tsp vanilla extract (optional)
- Pinch of black pepper (enhances absorption of curcumin)
- Optional: pinch of ground cardamom or nutmeg for added warmth

Directions

1. In a small saucepan, warm the almond milk over medium heat until steaming (do not boil).
2. Add turmeric, cinnamon, ginger, black pepper, and optional vanilla/cardamom. Whisk until smooth and well combined.
3. Stir in maple syrup or honey, adjusting to taste.
4. For a creamier, café-style latte, blend the mixture in a blender for 10–15 seconds until frothy — or use a milk frother.
5. Pour into a mug, sprinkle with cinnamon or turmeric on top, and enjoy warm.

Nutritional Information (Per Serving)

Calories: ~80, Protein: 1g, Carbohydrates: 10g, Sugar: 5g, Fat: 4g, Saturated Fat: 0.5g, Sodium: 150mg





Cucumber & Mint Infused Water

4 servings | 5 min | 0 min

This Cucumber & Mint-Infused Water is ultra-refreshing, helps support digestion and hydration, and is perfect for sipping throughout the day - especially during warmer months or as part of a detox routine.

Ingredients

- 1 small cucumber, thinly sliced
- 6–8 fresh mint leaves
- 1 liter (4 cups) filtered water
- Optional: 2–3 lemon or lime slices for added brightness
- Optional: a few ice cubes for serving

Directions

1. Wash and thinly slice the cucumber. Gently bruise the mint leaves by rubbing them between your fingers to release natural oils.
2. Add cucumber slices and mint leaves (plus lemon or lime, if using) to a pitcher or large glass jar.
3. Pour in the filtered water and stir gently.
4. Refrigerate for at least 1–2 hours for the flavors to develop. For a stronger flavor, let it infuse overnight.
5. Pour over ice and enjoy chilled. Refresh with new water and re-use the cucumber and mint up to 2 times within 24 hours.

Nutritional Info (Per Serving, Without Eggs)

Calories: 0–2, Protein: 0g, Carbohydrates: <1g, Sugar: 0g, Fat: 0g, Fiber: 0g, Sodium: 0mg

Beetroot & Berry Detox Juice

2 servings | 10 min | 0 min

This Beetroot & Berry Detox Juice is energizing, cleansing, and loaded with anti-inflammatory antioxidants - perfect for mornings, post-workout recovery, or a gentle daily detox.

Ingredients

- 1 medium raw beet, peeled and chopped
- 1 cup fresh or frozen mixed berries (blueberries, strawberries, raspberries)
- 1 small apple (green or red), cored and chopped
- 1 tbsp fresh lemon juice
- ½ tsp grated fresh ginger (or a pinch of ground ginger)
- 1–1½ cups filtered water or coconut water
- Optional: a few fresh mint leaves for added freshness
- Optional: ice cubes for serving

Directions

1. Wash, peel, and chop the beet and apple. If using frozen berries, let them thaw slightly.
2. Add beet, berries, apple, lemon juice, ginger, and water to a high-speed blender. Blend on high until smooth.
3. Strain through a fine mesh sieve or nut milk bag for a smoother juice. Or enjoy as-is for a fiber-rich smoothie-style detox juice.
4. Pour into glasses over ice if desired. Garnish with mint leaves or a lemon slice, and enjoy immediately for maximum freshness.

Nutritional Information (Per Serving)

Calories: ~110, Protein: 2g, Carbohydrates: 25g, Fiber: 5g (less if strained), Sugar: 17g (naturally occurring), Fat: 0g, Sodium: 30mg





Apple Cider Vinegar Detox Drink

1 serving | 3 min | 0 min

This Apple Cider Vinegar Detox Drink supports digestion, helps balance blood sugar, and may reduce inflammation — a simple daily ritual to support overall wellness.

Ingredients

- 1 tbsp raw, unfiltered apple cider vinegar (with the "mother")
- 1 cup filtered water (warm or cold)
- 1 tsp raw honey or pure maple syrup (optional, to taste)
- Juice of ¼ lemon (optional, for added vitamin C)
- ¼ tsp ground cinnamon (optional, for blood sugar balance)
- Pinch of cayenne pepper (optional, for a metabolism boost)

Directions

1. Add apple cider vinegar to the water. If using, stir in honey or maple syrup, lemon juice, cinnamon, and cayenne.
2. Drink immediately, preferably on an empty stomach in the morning or 20–30 minutes before meals. Stir again if the ingredients settle.

Note: *Always rinse your mouth with plain water after drinking ACV to protect your tooth enamel.*

Nutritional Info (Per Serving, Without Eggs)

Calories: ~15, Protein: 0g, Carbohydrates: 4g, Sugar: 3g (from honey/maple, if used), Fat: 0g, Sodium: 5mg

Coconut & Pineapple Hydration Tonic

2 servings | 5 min | 0 min

This Coconut & Pineapple Hydration Tonic is tropical, revitalizing, and naturally rich in electrolytes like potassium and magnesium - making it a delicious and functional alternative to sugary sports drinks.

Ingredients

- 1 cup pure coconut water (unsweetened)
- 1 cup fresh pineapple chunks (or frozen, thawed)
- 1 tsp raw honey or maple syrup (optional, to taste)
- 1 tbsp fresh lime juice
- Pinch of sea salt or pink Himalayan salt
- Optional: a few fresh mint leaves for extra freshness
- Ice cubes, for serving

Directions

1. Combine coconut water, pineapple, lime juice, honey (if using), and salt in a blender. Blend until smooth.
2. Suppose you prefer a smoother drink; strain through a fine mesh sieve. Otherwise, enjoy as is for added fiber.
3. Pour into glasses over ice. Garnish with fresh mint or a slice of lime if desired.

Nutritional Information (Per Serving)

Calories: ~60, Protein: 0g, Carbohydrates: 15g, Fiber: 1g, Sugar: 11g (natural from fruit), Fat: 0g, Sodium: 90mg, Potassium: ~400mg





Anti-Inflammatory Watermelon & Basil Cooler

2 servings | 5 min | 0 min

This Watermelon & Basil Cooler is light, hydrating, and full of anti-inflammatory compounds like lycopene (from watermelon) and natural oils (from basil) - perfect for cooling down and nourishing your body.

Ingredients

- 2 cups fresh watermelon, cubed and seeds removed
- 1 tbsp fresh lime juice
- ½ cup cold water (or coconut water for extra hydration)
- 4–5 fresh basil leaves
- Ice cubes for serving
- Optional: pinch of sea salt or a few slices of cucumber for added minerals and freshness

Directions

1. In a blender, combine watermelon, lime juice, basil leaves, and water (or coconut water). Blend until smooth.
2. Strain through a fine mesh sieve for a smoother drink. If you enjoy pulp, skip this step.
3. Pour into glasses over ice. Garnish with a basil leaf or lime wedge if desired. Serve immediately for maximum freshness.

Nutritional Info (Per Serving, Without Eggs)

Calories: ~45, Protein: 1g, Carbohydrates: 11g, Fiber: 1g, Sugar: 9g (naturally occurring), Fat: 0g, Sodium: 10mg, Potassium: ~170mg

Berry & Hibiscus Infused Water

4 servings | 5 min | 0 min

This Berry & Hibiscus-Infused Water is light, floral, and bursting with antioxidants - a delicious way to stay hydrated and support your body's natural detox and anti-inflammatory processes.

Ingredients

- 1 cup of mixed fresh or frozen berries (blueberries, raspberries, strawberries)
- 1 tbsp dried hibiscus petals (or 1 hibiscus tea bag)
- 1 liter (4 cups) filtered water
- Optional: 2–3 fresh mint leaves or a squeeze of lemon for added brightness
- Ice, for serving

Directions

1. Add berries and dried hibiscus (or tea bag) to a large pitcher or mason jar. Pour in the filtered water.
2. Let the mixture sit in the refrigerator for at least 1–2 hours to allow the flavors and color to develop. For a more potent infusion, leave it overnight.
3. If desired, strain before serving or pour directly over ice. Add fresh mint or a lemon wedge for a flavorful boost.

Nutritional Information (Per Serving)

Calories: ~5–10, Protein: 0g, Carbohydrates: 2g, Sugar: 1g (natural), Fat: 0g, Fiber: 0g, Sodium: 0mg





Green Detox Smoothie

1 serving | 5 min | 0 min

This Green Detox Smoothie is creamy, hydrating, and loaded with fiber, antioxidants, and healthy fats - ideal for starting your day or rebooting your system.

Ingredients

- 1 cup fresh spinach or kale (stems removed)
- 1 small green apple, cored and chopped
- ½ cucumber, peeled and chopped
- ½ avocado
- 1 tbsp fresh lemon juice
- ½ tsp grated fresh ginger
- 1 tbsp chia seeds or ground flaxseed
- 1 cup unsweetened almond milk or coconut water
- A few ice cubes (optional for a chilled smoothie)
- Optional: a handful of parsley or mint for an extra detox boost

Directions

1. Combine all ingredients in a high-speed blender.
2. Blend on high until creamy and well combined. Add more liquid if needed to reach your desired consistency.
3. Pour into a glass and enjoy immediately for the best flavor and nutrient retention.

Nutritional Info (Per Serving, Without Eggs)

Calories: ~220, Protein: 4g, Carbohydrates: 18g, Fiber: 9g, Sugar: 8g (naturally occurring), Fat: 13g, Saturated Fat: 2g, Sodium: 100mg

Golden Turmeric & Mango Smoothie

2 servings | 5 min | 0 min

This Golden Turmeric & Mango Smoothie is creamy, tropical, and packed with anti-inflammatory benefits - perfect for breakfast, a post-workout refuel, or an afternoon pick-me-up.

Ingredients

- 1 cup frozen mango chunks
- ½ frozen banana (for creaminess)
- ¾ cup unsweetened coconut milk (or almond milk)
- ½ tsp ground turmeric
- ¼ tsp ground ginger (or ½ tsp fresh grated ginger)
- ½ tsp cinnamon (optional)
- 1 tsp chia seeds or ground flaxseed (optional for fiber & omega-3s)
- 1 tsp raw honey or maple syrup (optional, to taste)
- Pinch of black pepper (boosts turmeric absorption)
- Ice cubes (optional for thicker texture)

Directions

1. Add all ingredients to a high-speed blender. Blend until smooth and creamy. Add more milk if needed to reach the desired consistency.
2. Adjust sweetness or spice to taste. If desired, add a splash of lemon or orange juice for extra brightness.
3. Pour into a glass and enjoy immediately. Garnish with a sprinkle of cinnamon or a few chia seeds on top.

Nutritional Information (Per Serving)

Calories: ~180, Protein: 2g, Carbohydrates: 32g, Fiber: 4g, Sugar: 22g (mostly natural from fruit), Fat: 5g, Saturated Fat: 3g, Sodium: 40mg





Coconut & Berry Chia Seed Smoothie

2 servings | 5 min | 0 min

This Coconut & Berry Chia Seed Smoothie is creamy, fruity, and packed with antioxidants, omega-3s, and gut-loving fiber - a perfect anti-inflammatory drink to keep you full and energized.

Ingredients

- 1 cup mixed berries (blueberries, strawberries, raspberries – fresh or frozen)
- ¾ cup unsweetened coconut milk (carton or canned for creamier texture)
- ½ frozen banana (for natural sweetness and creaminess)
- 1 tbsp chia seeds
- 1 tsp honey or maple syrup (optional, to taste)
- ½ tsp vanilla extract (optional)
- Ice cubes (optional for thicker texture)
- Optional toppings: shredded coconut, extra chia seeds, fresh berries

Directions

1. Add all ingredients to a blender and blend on high until smooth and creamy. Add more coconut milk if needed to adjust the consistency.
2. Add more sweetener if desired or an extra spoonful of chia seeds for more fiber.
3. Pour into a glass or bowl. Enjoy immediately, or top with your favorite healthy toppings.

Nutritional Info (Per Serving, Without Eggs)

Calories: ~180, Protein: 3g, Carbohydrates: 27g, Fiber: 8g, Sugar: 14g (primarily natural), Fat: 8g, Saturated Fat: 5g, Sodium: 35mg

Avocado & Matcha Energy Smoothie

2 servings | 5 min | 0 min

This Avocado & Matcha Energy Smoothie is creamy, naturally sweet, and loaded with healthy fats and antioxidants - a nourishing and delicious way to power your day.

Ingredients

- ½ ripe avocado
- 1 tsp matcha green tea powder
- 1 frozen banana (or ½ banana + ice cubes)
- 1 cup unsweetened almond milk (or oat/coconut milk)
- 1 tbsp almond butter (optional for protein & creaminess)
- 1 tsp of maple syrup or honey (optional, to taste)
- ½ tsp vanilla extract (optional)
- Ice cubes (optional for texture)

Directions

1. Add all ingredients to a blender and blend until smooth and creamy. Adjust liquid as needed for consistency.
2. Add more sweetener if desired or an extra scoop of almond butter for richness and energy.
3. Pour into a glass and enjoy immediately. Garnish with a sprinkle of matcha or chia seeds if desired.

Nutritional Information (Per Serving)

Calories: ~240, Protein: 4g, Carbohydrates: 20g, Fiber: 6g, Sugar: 9g (mostly natural from banana), Fat: 17g, Saturated Fat: 2g, Sodium: 90mg





Cinnamon-Spiced Apple Pie Smoothie

2 servings | 5 min | 0 min

This Cinnamon-Spiced Apple Pie Smoothie is warming, comforting, and packed with fiber and antioxidants - a perfect fall-inspired treat that supports an anti-inflammatory lifestyle.

Ingredients

- 1 medium apple (cored and chopped, peel on or off)
- ½ frozen banana (for natural sweetness and creaminess)
- ¾ cup unsweetened almond milk (or milk of choice)
- 2 tbsps rolled oats (optional for fiber and texture)
- 1 tbsp almond butter or cashew butter (optional for richness)
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp ground ginger (optional)
- 1 tsp of maple syrup or honey (optional, to taste)
- ½ tsp vanilla extract (optional)
- Ice cubes (optional for a chilled smoothie)

Directions

1. Add all ingredients to a high-speed blender. Blend until smooth and creamy. Add a splash more milk if needed to adjust thickness.
2. Add more cinnamon or sweetener to taste or an extra pinch of spice for more "pie" flavor.
3. Pour into a glass and enjoy immediately. If desired, garnish with a dash of cinnamon or a few apple slices.

Nutritional Info (Per Serving, Without Eggs)

Calories: ~210, Protein: 4g, Carbohydrates: 30g, Fiber: 5g, Sugar: 15g (mostly natural), Fat: 8g, Saturated Fat: 1g, Sodium: 100mg

Banana & Walnut Omega-3 Smoothie

2 servings | 5 min | 0 min

This Banana & Walnut Omega-3 Smoothie is rich, satisfying, and filled with brain-boosting, heart-healthy fats - a delicious way to support inflammation reduction and long-lasting energy.

Ingredients

- 1 ripe banana (fresh or frozen)
- ¼ cup raw walnuts
- 1 tbsp ground flaxseed (or chia seeds)
- ¾ cup unsweetened almond milk (or milk of choice)
- ½ tsp cinnamon
- 1 tsp of maple syrup or honey (optional, to taste)
- ½ tsp vanilla extract (optional)
- Ice cubes (optional for thicker texture)

Directions

1. Add all ingredients to a high-speed blender. Blend until smooth and creamy. Add more milk to adjust consistency if needed.
2. Add extra cinnamon or sweetener if desired. Toss in a handful of oats for a more filling smoothie.
3. Pour into a glass and enjoy immediately. If desired, garnish with crushed walnuts or a sprinkle of cinnamon.

Nutritional Information (Per Serving)

Calories: ~270, Protein: 5g, Carbohydrates: 28g, Fiber: 6g, Sugar: 13g (mostly natural), Fat: 17g, Saturated Fat: 1.5g, Omega-3s: ~2.5g, Sodium: 50mg





Ginger & Carrot Immunity Smoothie

2 servings | 5 min | 0 min

This Ginger & Carrot Immunity Smoothie is bright and zingy, packed with vitamins A and C, ginger, and turmeric to help your body fight inflammation and stay energized.

Ingredients

- 1 cup carrot juice (fresh or store-bought, unsweetened)
- 1 orange, peeled and segmented (or ½ cup of orange juice)
- ½ frozen banana (for natural sweetness and creaminess)
- ½ tsp fresh ginger (or ¼ tsp ground ginger)
- ¼ tsp ground turmeric (or ½ tsp fresh turmeric root, grated)
- 1 tbsp lemon juice (freshly squeezed)
- 1 tsp honey or maple syrup (optional, to taste)
- Pinch of black pepper (to enhance turmeric absorption)
- Ice cubes (optional for a chilled smoothie)

Directions

1. Add all ingredients to a high-speed blender. Blend until smooth. If needed, add more carrot juice or water to thin.
2. If desired, add more honey or lemon juice to balance the flavor. Add more banana or a few frozen mango chunks for a thicker smoothie.
3. Pour into a glass and enjoy immediately. Garnish with a slice of orange or a sprinkle of turmeric on top, if you like

Nutritional Info (Per Serving, Without Eggs)

Calories: ~140, Protein: 2g, Carbohydrates: 30g, Fiber: 4g, Sugar: 20g (natural from fruit and carrot), Fat: 0.5g, Sodium: 60mg, Vitamin A: Over 250% Daily Value, Vitamin C: Over 100% Daily Value

Pomegranate & Beet Anti-Inflammatory Smoothie

2 servings | 5 min | 0 min

This Pomegranate & Beet Anti-Inflammatory Smoothie is earthy, fruity, and vibrant - rich in antioxidants, fiber, and natural anti-inflammatory compounds. Perfect for supporting heart health, circulation, and glowing skin.

Ingredients

- ½ cup pomegranate juice (100% pure, unsweetened)
- ½ cup cooked chopped beet (roasted or steamed, cooled) or ½ raw beet (if using a high-powered blender)
- ½ cup frozen mixed berries (blueberries, raspberries, strawberries)
- ½ frozen banana (for sweetness and creaminess)
- 1 tbsp chia seeds or ground flaxseed
- ½ tsp fresh ginger (or ¼ tsp ground ginger)
- ½ cup water or unsweetened almond milk (to blend)
- Ice cubes (optional, for extra chill)

Directions

1. Add all ingredients to a high-speed blender and blend until smooth and creamy. Add more liquid if needed to adjust consistency.
2. If desired, add a splash of lemon juice for brightness or a touch of honey or maple syrup for added sweetness.
3. Pour into a glass and enjoy immediately - optional garnish: pomegranate arils or a sprinkle of chia seeds on top.

Nutritional Information (Per Serving)

Calories: ~170, Protein: 3g, Carbohydrates: 32g, Fiber: 7g, Sugar: 18g (mostly natural), Fat: 4g, Saturated Fat: 0g, Sodium: 45mg, Potassium: ~500mg



BONUS SECTION

Quick Reference Guides

Common Cooking Substitutions

Cooking with anti-inflammatory ingredients doesn't mean sacrificing flavor or texture. Whether you're avoiding dairy, gluten, refined sugars, or processed ingredients, you can make easy and delicious substitutions while keeping your meals both nourishing and satisfying.

This guide provides common cooking swaps to create anti-inflammatory meals with simple, healthier alternatives!

DAIRY SUBSTITUTIONS

Why? Conventional dairy can cause inflammation in some individuals due to lactose and casein. Try these dairy-free options instead!

Instead of	Try	Best for
Regular milk	Almond, coconut, cashew, oat, flax milk	Smoothies, coffee, baking, soups
Butter	Extra virgin olive oil, avocado oil, coconut oil	Sautéing, baking, spreading
Heavy cream	Full-fat coconut milk	Soups, sauces, coffee
Cheese	Nutritional yeast or cashew-based cheese	Salads, pasta, pizza toppings
Yogurt	Coconut or almond yogurt	Smoothies, breakfast bowls, sauces

FLOUR & GRAIN SUBSTITUTIONS

Why? White flour and refined grains can spike blood sugar and contribute to inflammation. Try these whole-food, gluten-free swaps instead!

Instead of	Try	Best for
White flour	Almond flour, coconut flour, oat flour, buckwheat flour	Baking, pancakes, breading
Breadcrumbs	Ground flaxseeds, almond flour, crushed nuts	Coating meats, binding meatballs
White rice	Quinoa, cauliflower rice, brown rice	Side dishes, stir-fries, grain bowls
Pasta	Zucchini noodles, spaghetti squash, chickpea pasta	Pasta dishes, soups
Corn tortillas	Lettuce wraps, collard greens, coconut flour tortillas	Wraps, tacos

SUGAR & SWEETENER SUBSTITUTIONS

Why? Refined sugar is highly inflammatory and can contribute to chronic diseases. Instead, use natural, lower-glycemic options for a touch of sweetness.

Instead of	Try	Best for
White sugar	Raw honey, maple syrup, date paste, coconut sugar	Baking, desserts, sauces
Artificial sweeteners	Stevia, monk fruit sweetener	Coffee, tea, drinks
Flavored yogurt	Plain Greek yogurt with fresh fruit	Breakfast, smoothies
Store-bought jams	Mashed berries with chia seeds	Toast, spreads

COOKING OIL & FAT SUBSTITUTIONS

Why? Refined vegetable oils (like canola and soybean oil) contain unhealthy omega-6 fats that can increase inflammation. Instead, use healthy, anti-inflammatory fats.

Instead of	Try	Best for
Canola/vegetable oil	Extra virgin olive oil, avocado oil, coconut oil	Cooking, baking, sautéing
Butter	Coconut oil, avocado oil, grass-fed ghee	Spreading, cooking, baking
Margarine	Grass-fed ghee or olive oil	Spreading, cooking

SNACK & BAKING SUBSTITUTIONS

Why? Store-bought snacks and baked goods often contain preservatives, trans fats, and processed sugars. These swaps make them healthier while still being delicious!

Instead of	Try	Best for
Potato chips	Kale chips, roasted chickpeas, baked sweet potato chips	Snacking
Crackers	Flaxseed crackers, almond flour crackers	Dips, spreads
White bread	Sprouted grain bread, sourdough	Sandwiches, toast
Ice cream	Banana "nice" cream, coconut milk ice cream	Dessert

EGG SUBSTITUTIONS

Why? Some people avoid eggs due to allergies or dietary choices. Here are great plant-based alternatives.

Instead of	Try	Best for
1 egg (baking)	1 tbsp flaxseed or chia seeds + 3 tbsp water (flax egg)	Baking, pancakes, muffins
1 egg (savory)	Silken tofu	Scrambles, breakfast dishes
1 egg (binding)	Mashed banana, applesauce	Baking

MEAT & PROTEIN SUBSTITUTIONS

Why? Processed meats and factory-farmed red meats can contribute to inflammation. Instead, opt for lean, plant-based, and omega-3-rich proteins.

Instead of	Try	Best for
Processed meats	Organic turkey, grass-fed beef, wild-caught fish	Main dishes, grilling
Ground beef	Ground turkey, lentils, mushrooms	Burgers, tacos, sauces
Bacon	Tempeh bacon, coconut bacon	Breakfast, salads, sandwiches
Meat protein	Chickpeas, tofu, tempeh, lentils	Soups, stews, bowls

SAUCE & CONDIMENT SUBSTITUTIONS

Why? Store-bought sauces and condiments are often loaded with sugar, unhealthy oils, and artificial preservatives. Try these homemade versions instead!

Instead of	Try	Best for
Store-bought salad dressing	Olive oil + lemon juice + herbs	Salads, marinades
Ketchup	Homemade tomato sauce, blended roasted red peppers	Dipping, burgers
Soy sauce	Coconut aminos, tamari	Stir-fries, marinades
Mayonnaise	Mashed avocado, Greek yogurt	Spreads, dressings

FINAL THOUGHTS

Switching to an anti-inflammatory diet doesn't mean giving up your favorite foods—it just means making healthier choices. Using these simple ingredient swaps, you can still enjoy flavorful, nourishing meals while supporting your body's natural healing process.



COMMON CONVERSION TABLES

Volume (U.S. Standard)	
1 tsp (tsp)	5 ml
1 tbsp (tbsp)	15 ml
1/4 cup	60 ml
1/3 cup	80 ml
1/2 cup	120 ml
2/3 cup	160 ml
3/4 cup	180 ml
1 cup	240 ml

Weight	
1 ounce (oz)	28 grams (g)
8 ounces (1/2 lb)	227 grams (g)
1 pound (lb)	454 grams (g)
1 kilogram (kg)	2.2 pounds (lb)

Oven Temperature	
350°F	175°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C

Dry Ingredient Equivalents (1 cup)	
Flour (all-purpose/oat)	~120 grams
Sugar (granulated)	~200 grams
Brown sugar (packed)	~220 grams
Rolled oats	~90 grams
Nuts (chopped)	~120 grams
Coconut flakes (unsweet.)	~80 grams
Flour (all-purpose/oat)	~120 grams

Liquid Ingredient Equivalents (1 tbsp)	
Olive oil	~13.5 grams
Honey/maple syrup	~21 grams
Coconut milk	~15 ml
Apple cider vinegar	~15 ml
Soy sauce/tamari	~16 grams

Handy Tips	
1 tbsp	3 tsps
1 cup	16 tbsps
1 liter	4.2 cups
a pinch	1/16 tsp
a dash	1/8 tsp





Conclusion

Healing from chronic inflammation takes time, and every person's path will look different. Some days will be easier than others, but consistency is key. As you continue making healthy choices, you'll likely notice positive changes, such as increased energy, reduced pain, better digestion, and improved mood. Remember that proper health isn't just about what you eat - it's also about managing stress, staying active, and prioritizing sleep and self-care. Your body thrives when you nourish it from the inside out.

Every small change you make today brings you closer to a healthier, inflammation-free life. Whether replacing processed foods with whole, nutrient-dense options, adding more movement to your day, or simply being mindful of your body's signals, each step counts. There's no "perfect" way to follow an anti-inflammatory lifestyle - progress, not perfection, is what matters most.

Congratulations on taking this vital step toward reducing inflammation and improving your health! By learning about the power of anti-inflammatory foods, mindful eating, and sustainable lifestyle changes, you are equipping yourself with the tools to live a healthier, more vibrant life. Remember, this is not just a diet - it's a lifelong journey toward well-being, balance, and nourishment.

You can transform your health, one mindful choice at a time. Every nourishing meal, every moment of self-care, and every step forward brings you closer to a vibrant, inflammation-free life. Trust the process, embrace the journey, and let your commitment to wellness become the foundation for a healthier, happier you!

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