THE SCIENCE-BACKED ANTI-INFLAMMATORY DIET COOKBOOK *for Women*

120 Beginner-Friendly Recipes

with Full-Color Photos & a 30- Day Meal Plan
to Naturally Boost Energy & Reduce Chronic Pain

(Women's Health Books)

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DEDICATION



To my Lord—the Creator of the Universe—who has guided me, lifted me up, and set me free from the darkest places. He inspired me and called me to this beautiful purpose: helping women live their best lives.

To every woman warrior like you—fighting through pain, frustration, hopelessness, stress, anxiety, and exhaustion—to claim the promise of a fulfilling, purpose-driven life. Never give up. Keep shining. Keep showing up, one day at a time.

To every woman who made this book possible: Nela, Mari, Krysta, Stacy, Dr. Jennie S., Dr. Jordana T., Katie Y., Azra, my sister Andrea C., Bonnie, Jana, and Nataliia F.—thank you for your time, talent, and encouragement.

To the members of my original community—your unwavering support and inspiration breathed life into this project.

We've lost too many good friends to illnesses that could have been prevented or better managed with a healthier lifestyle.

It was time for me to rise and do more—to honor them, their families, and to help prevent more heartbreaking losses among those we hold dear.

This is for all of them, too.

May we all live longer, stronger, and better.

“I have come so that you may have life and have it to the full.”

JOHN 10:10B

WHAT EXPERTS ARE SAYING



This cookbook is a must-have for any woman looking to reduce inflammation, balance hormones, and reclaim her energy. It's packed with 120 flavorful, anti-inflammatory recipes crafted around ingredients scientifically shown to combat inflammation. But this cookbook offers way more than just recipes; it's a comprehensive resource that includes a 4-week meal plan, symptom relief charts, and lifestyle strategies all designed to support whole-body healing. Rooted in science and made for real life, it's a powerful, practical toolkit for lasting wellness.

—Jordana Tobelem RD, LDN

In a world inundated with conflicting dietary advice and a plethora of health trends, it can be difficult to know what to believe: eat this, don't eat that, use this meal plan, follow this diet. A quick search online shows thousands of self-help books and cookbooks. But, this isn't merely a cookbook; it's an ultimate guidebook for women who are looking to optimize their nutrition, their health, and their wellbeing. Anti-inflammatory eating is the evidence-based, clinically proven, optimal form of nutrition, but it can be overwhelming to apply. This book doesn't simply tell you *what* to do—it tells you *why* it matters. Take advantage of Laura's passion for helping women be the best versions of themselves. Knowledge is power; read this book, apply these principles, and expect to reap the health benefits!

—Jennie Stanford, MD, FAAFP, DABOM

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MY STORY



My name is Laura (Lala) Chacón. At the time of writing this book, I'm 47 years old. I'm a Christian, a devoted wife to a loving husband, and a proud mother of two wonderful children. I'm also fortunate to live in one of the world's five blue zones in Costa Rica where people are known for their longevity and vibrant health.

But just a few short years ago, I never believed I'd make it past 40.

Since I was 15 years old, I cycled through doctors and experts, struggling to pinpoint what was wrong with my body. I jumped from one Band-Aid solution to the next, all of which merely masked my symptoms—at least for a brief moment. I was anxious, suffering from panic attacks, experiencing depression, and dealing with multiple food allergies and chronic digestive issues. I'd be on high alert and panicked one day and exhausted and depressed the next. I was desperate for relief, and nothing seemed to work.

But let's rewind for a second…

I was born into a family where healing was more than a profession—it was a calling. My family founded and ran an apothecary for over 50 years, blending the worlds of traditional medicine, pharmacology, chemistry, and herbalism. We understood the science of healing, but we also believed in something deeper: the power of nature, the wisdom of the body, and the importance of treating the whole person, not just the symptoms.

Despite growing up with these ideologies, I became really sick. I didn't know it at the time, but childhood trauma created the perfect storm. My nervous system was stuck in a constant state of fight-or-flight, and the joy I once felt for life slowly slipped away.

What followed were years spent in survival mode—barely getting by, merely existing.

Doctors prescribed me medications. Nutritionists gave me diet plans. Healers offered alternative solutions. But no one could give me *real* answers—answers that explained why my body and mind were failing me. I was getting to a point where I would do anything to make the inner pain and panic stop.

Yet, in the midst of my darkest moments, I realized I wasn't alone. Other women were struggling, too. They were fighting similar battles—ones that couldn't be explained by modern medicine and that weren't acknowledging or accounting for the mental, emotional, and spiritual aspects that make up our whole being.

As women, we're often told to carry on. Discomfort during that time of the month? "It's normal." Exhausted? "So is everyone else!"

Our concerns are dismissed and invalidated, but that doesn't make them any less real. And this was something I couldn't accept, especially with so many women suffering in silence.

Deep down, I knew I had a purpose. From the darkness, I followed my intuition. I knew I had to break the cycle, find the missing piece, and discover what true healing actually meant. I immersed myself in research. I partnered with the best functional medicine doctors, holistic nutritionists, psychologists, and spiritual mentors I could find. I discovered that childhood trauma was the root of most of my health problems, and the answer to my prayers came to life on Wednesday, October 23rd, 2019, when I faced my trauma head-on. I immersed myself in a healing session with the help of two amazing women: my Christian mentor, Nela, and a spiritual healer I had just met, Marilyn.

And this was where my healing truly began. Even though I had many memories of my childhood trauma, I couldn't remember the way I had dealt with it. The decisions that I made to survive as a little girl had paralyzed me: the abuse, the abandonment, the loss. I had buried it deep down. But once I got to those dark places, guided by the Holy Spirit with the help of Marilyn, real and lasting healing began. That day, something got unlocked inside of me. I was set free. I share more of my story through our community, Her Healing Circles, which I created to treat women's minds, bodies, and spirits and finally live the promise of an *abundant life (John 10:10).*

Today, I truly love my life—and I've made it my mission to help other women do the same. Regardless of age, religion, beliefs, or race, every woman deserves the chance to live her best life. Preparing and eating healing food has been part of keeping myself healthy so I can continue to thrive. It's also my way of showing my family and close friends the love I feel for them.

This deep connection between food, love, and well-being inspired a greater purpose in me. With over 20 years of experience building online communities for women and more than 16 years as a health advocate, my greatest joy is sharing what I've learned and empowering others to reclaim their health, purpose, and joy—just as I did years ago.

I know what it's like to feel suffocated by darkness. I know how difficult it can be to walk through it and find the light on the other side. But I promise you, it's there. You don't have to keep suffering in silence. This can be the beginning of your healing journey—just as it was for me when I started making changes to my diet and doing what I could do, all in the big puzzle of healing. I began truly listening to what my body needed in each season of life.

Over time, I've continued this practice, learning to recognize what upsets my gut and what my body is genuinely asking for. As we grow more in tune with ourselves, we begin to experience what I call *healthy cravings*—natural cues from the body pointing to its real needs, often connected to vitamin or mineral deficiencies.

But you don't have to do this alone. We'll walk this journey together, starting with the basics in Chapter 1—understanding what inflammation is, what causes it, and how it affects your health. Keep reading to take that first step toward the rest of your life.

With love,

Laura Chacón

BEFORE YOU BEGIN



Every page of this book was crafted with love.

Each recipe was taste-tested and photographed the moment it came to life—so what you see is real, vibrant, nourishing food made with your well-being in mind.
Every illustration was hand-selected with care. Every statement was checked for clarity and truth. Every design element was chosen to make this experience not just informative, but also beautiful and easy to navigate.

This book also contains 7 unique bonuses—carefully designed to enrich your journey and bring this experience to life beyond the page. You'll find them on the bonus page (pg 352).

From the heartfelt intention and clear purpose that sparked its creation, to the thoughtful planning, time, and personal investment poured into every detail—this book was made to be one of the most meaningful and empowering Anti-Inflammatory resources available.

Crafted for women, by women— rooted in real stories, real results, and a genuine desire to help you improve your health and transform your life.

My deepest hope is that from the moment you open it, you feel loved, supported, and empowered—so much so that you're inspired to share that same feeling with other women.

Because this isn't just about living longer—it's about living better. With clarity, intention, and purpose. And when we choose to share what we've learned and what has helped us, we create a beautiful cloud of collective wisdom that lifts us all.

PART ONE

GETTING STARTED WITH THE ANTI-INFLAMMATORY DIET

YOUR PATH TO HEALING STARTS HERE!



"The body remembers what the mind forgets."

JACOB LEVY MORENO

For much of the 20th century, mainstream medicine has focused primarily on diagnosing and treating symptoms. Our bodies have often been viewed as machines, with individual parts treated in isolation and little attention given to root causes, emotional history, or the body's interconnected systems. For many women, this has created lifelong confusion, dismissal, and a deep disconnection from their own bodies. Symptoms are often minimized. Pain is dismissed. And intuition—when it does speak up—is rarely validated.

While my conscious mind searched for answers in lab results and diagnostic labels, my body was already speaking—subtly, insistently—through inflammation, hormonal shifts, and persistent, earth-shattering anxiety. The tension in my shoulders, the knots in my stomach, the hopeless depression—I now know they were messages. Signals. Clues. My body was telling a story that my mind had long forgotten, and healing began the moment I started to listen.

I imagine that if you're reading this, you can relate. The familiar weight of unanswered questions. The frustration of contradictory advice. The confusion when nothing sticks, and you end up right back where you started. And perhaps too the quiet hope that this time might be different.

I know what it's like to watch inflammation slowly steal your vitality and to feel your body become a battleground rather than a home. But what I discovered through my own healing journey was revolutionary yet simple: Inflammation speaks a unique language in each woman's body—intertwining with hormonal cycles, responding differently to stress, and often expressing itself through symptoms that conventional medicine struggles to fully address. When it comes down to it, the path to healing isn't found in piles of pills but in truly understanding your body's language and responding with thoughtful, consistent nourishment—physically, mentally, and spiritually.

And when we support our bodies with the right supplements and nourishing food, when we open our hearts to process past traumas, and when we align our minds with purposeful energy and motivation, real healing can begin. We can harness that newfound energy and dig deep, tending to emotional and spiritual wounds, some of which we may not have even realized were there.

When reading this book, you'll discover:

- Why inflammation really happens and how it impacts your body and mind
- Why 80% of autoimmune diseases occur in women
- The disease-inflammation connection
- Why an anti-inflammatory diet works (and the latest research on it)
- How to shift your mindset from despair to empowered
- How to pinpoint the specific foods you likely want to avoid
- Quick and easy tips to elevate any meal into an anti-inflammatory powerhouse
- Lifestyle medicine—the seven pillars that are often overlooked
- 120 anti-inflammatory recipes (including gluten-free, vegan, vegetarian, and autoimmune adaptation options)
- And so much more!

This is where I found relief (more on that in a bit).

At the end of the day, we can't separate the physical from the emotional or the spiritual. Healing isn't about choosing one path over the others—it's about integrating all three. We aren't just bodies. We aren't just minds. We aren't just spirits. We're all of it—**all at once**.

And true healing happens when we stop compartmentalizing our pain and start honoring the fullness of who we are. When we nourish the body, care for the mind, and reconnect with the spirit, we create an environment for deep, lasting transformation.

That's the heart of where the creation of this book began.

While I include countless recipes within these pages, this book goes beyond the classic cookbook. Nutritionist and PhD-approved and backed by the latest scientific studies, my goal with this book was simple: help as many women as possible reclaim their health, their lives, and their power.

This book is a complete healing roadmap. It's not solely about food; it is also about trauma's presence in the body, how chronic inflammation fuels our mental health struggles, how the gut might just be the center of it all, and how all of these factors interconnect, affecting every part of our being.

When we nourish our bodies with the right foods, calm our minds with truth and presence, and awaken our spirits through faith and connection, we unlock a healing power greater

than anything a pill could offer. At the same time, it's important to keep in mind that every woman's journey is unique, shaped by her story, wounds, and strengths.

This book is the first step—a foundational guide to nourishing your body through food. There's always more to learn and discover, especially about ourselves. That's why I decided to create an entire series of books that will dive deeper into somatic practices, mindset renewal, spiritual restoration, and emotional healing. My mission is to provide women with the tools, guidance, and support they need to live vibrant, whole, and fulfilling lives. And that's why you also gain access to our exclusive community, **Her Healing Circles**, a space where we lift each other up and offer the kind of support modern medicine has far too often overlooked.

Because when we heal, we don't just survive—we rise. We become who we were created to be. And from that place of wholeness, we can live purpose-driven lives that impact our families, our communities, and the world. For now, all you need to know is that healing is possible. Your symptoms aren't normal. And there's a way out. Your healing starts now.

CHAPTER 1

WHAT'S INFLAMMATION? (AND WHY IT MATTERS)

"Chronic inflammation is a superhighway that runs straight to the most deadly diseases out there."

JEFFREY REDIGER

Inflammation often carries a negative connotation. And this has a good reason behind it. Almost every chronic disease and condition has roots or associations with systemic inflammation. But inflammation itself isn't always the villain. For example, when you cut your finger, acute inflammation is your body's natural immune response working hard to heal and eliminate bacteria or other germs. In this case, it's a good thing.

The problem arises, however, when this temporary response fails to shut off. The alarm bells continue to ring, leading to cascading health issues and diseases. Similar to what happens with autoimmune diseases, our immune system starts to work against us.

Many times, this inflammation is a silent killer. It lurks beneath the surface—undetected until it's too late. Other times, it manifests in unexplained ways, such as fatigue, heightened stress or anxiety, digestive problems, and more. It creates a slow burn where life becomes almost unbearable, and a lack of answers leads to further frustrations, disarray, and pain—both physically and emotionally. So, what's inflammation exactly? In this chapter, we take a closer look at what this immune response involves, why it happens, and how it can both heal and harm the body.

WHAT'S INFLAMMATION?



You might not see it, but you can feel it—fatigue that never leaves, brain fog, constant stress, and unexplained pain. These are signs your body is inflamed.

As mentioned above, inflammation is your body's natural response to perceived threats. When your immune system detects something potentially harmful—whether it's a cut, an infection, or even a stressful situation—it deploys an army of white blood cells to the area. These cells release chemicals that increase blood flow (causing redness and heat), allow fluids to leak into tissues (causing swelling), and stimulate nerve endings (causing pain). This protective process helps isolate foreign substances and begins the healing process. Once the threat has gone away, the inflammation also goes away. On the outside, you may notice the swelling has disappeared and the injury or infection has resolved. At least, this is how inflammation is supposed to function in our bodies.

Acute inflammation refers to this short-term response. It can last a few hours to a few days. In severe cases, such as more serious injuries, it can also last for a few weeks. The purpose of this type of inflammation is to protect your body and your health. This inflammation fights off germs, as mentioned above, and it speeds up the physical healing process.

Chronic inflammation, on the other hand, can last for months or years. It happens when the protective inflammatory response doesn't know when to stop. And this type of inflammation can lurk beneath the surface, slowly contributing to tissue damage and impacting everything from how we feel to how our organs function. Over time, this can wear down the body. In fact, chronic inflammation has been linked to a wide range of health issues—including heart disease, diabetes, obesity, poor sleep, joint pain, digestive problems, and even mental health and neurological conditions, like depression, brain fog, and dementia.

Signs of Chronic Inflammation

Throughout life, many of us fall out of touch with our bodies. This can make it hard to detect when something is wrong. This isn't your fault; while technology has created many opportunities, arguably, it's also created a major disconnect. The mind-body connection is powerful, but if we aren't listening to it (often thanks to various distractions within our external environment), it's easy to miss the subtle signs our body is telling us. Chronic inflammation doesn't always scream. It often whispers, barely giving us clues about what's happening within our internal environment. But they're there.

Signs of chronic inflammation may include:

- Persistent fatigue
- Difficulty concentrating
- Poor memory
- Brain fog
- Bloating
- Constipation
- Diarrhea
- Mood fluctuations
- Anxiety
- Depression
- Joint aches and pains
- Trouble falling asleep and/or staying asleep
- Unexplained weight loss or gain
- Fluctuating blood sugar
- Frequent illnesses

For me, I exhibited all the signs: anxiety, digestive problems, food allergies, fatigue, and more. The problem was that modern medicine wasn't able to link all of these things together or understand the root cause of it. Traditional approaches didn't account for past trauma and emotional pain, but the good news is that it's becoming a more researched and known topic today. And this could pave the way toward lasting healing, optimal health, and vitality for so many women.

WHAT CAUSES CHRONIC INFLAMMATION?



Chronic inflammation frequently arises from multiple factors, including mental, spiritual, and physical aspects. Trying to separate these into neat boxes doesn't reflect how interconnected they truly are. Take hunger, for example: it's not just a physical sensation. Most of us have felt that irritable, unsettled mood when we haven't eaten in a while—proof that our emotional state and bodily signals are constantly influencing one another.

In the same way, chronic inflammation can be fueled by more than just what we eat or how much we move. Stress, unresolved emotions, and a lack of purpose or connection can quietly contribute over time. In the sections below, we explore in more detail how each of these areas can play a role. Untangling these root causes can help us understand why we don't feel at home in our own bodies, as well as pave our way toward healing.

Physical Factors

Our bodies are incredibly adaptable. As humans, this is one of our greatest strengths but also one of our biggest weaknesses. From our food to how much we move, the body responds directly to what we do and encounter in our external environment.

The unfortunate truth is that the standard Western diet—rich in processed foods, refined sugars, and industrial seed oils—bombards our system with inflammatory compounds at every meal. For many women, certain foods like gluten and dairy can trigger inflammatory responses even without diagnosed sensitivities.

Beyond our plates, we face unprecedented exposure to environmental toxins, including pesticides on produce and endocrine (hormonal) disruptors in plastics and personal care products. These compounds confuse our immune systems, often triggering inflammatory responses that linger and cascade.

On top of the above, our microbiome (the delicate balance of bacteria in the gut) directly influences inflammation throughout the body. When this balance is disrupted through antibiotic use, stress, or poor diet, the resulting dysbiosis (gut imbalances) creates inflammatory signals that can affect everything from your mood to your immune function. Many women experience this connection firsthand through digestive symptoms that flare up during stressful periods. Or when all of a sudden it seems like you're getting every cold or flu that's making the rounds.

Women's bodies are also particularly vulnerable to inflammation during hormonal transitions.

Estrogen generally offers protective, anti-inflammatory effects, which explains why many inflammatory conditions worsen during perimenopause and menopause as these hormone levels decline. And this hormonal link might provide some insight into why women experience certain inflammatory conditions at rates far higher than men.

Even something as fundamental as sleep significantly impacts our inflammation throughout the body (Ditmer et al., 2021). For women juggling careers, families, relationships, and social obligations, chronic sleep deficits create the perfect environment for inflammation to flourish. Research shows that even a single night of poor sleep can spike inflammatory markers; imagine the cumulative effect of years of interrupted rest (Al-Rashed et al., 2025).

Mental or Emotional Causes

We all experience stress from time to time. Arguably, today's modern world is full of it. While there have been moves to reignite the need for work-life balance, the hustle-bustle culture is still strong. Not to mention that the modern woman today juggles it all. While many women once had the option to be stay-at-home moms, today's economic demands have made that increasingly difficult. In other words, women are often expected to be the primary caregivers while also managing demanding careers—a double load that leaves little room for rest, self-care, or stress management tactics. Many women have also been conditioned to prioritize others' needs and suppress their own emotions. This can lead us to carry these emotions in our muscles and our bodies, increasing muscular tension, pain, and overall inflammation.

There's no denying it: Chronic stress and inflammation go hand-in-hand. When stressed, the body continues to pump out cortisol and other stress hormones, leading to hormonal imbalances and dysregulation of the immune system. When stuck in this state for months or years, it wreaks havoc on our bodies and our minds.

Beyond daily stressors, there's also the cumulative effects of trauma that can contribute to underlying emotional factors that cause chronic inflammation. Research shows that a traumatic experience can impact brain structure, brain function, hormonal balance, immunity, gene expression, and even personality development (Laricchiuta et al., 2023). Adverse childhood experiences have further been found to contribute to increased inflammation later on in life (more on this later on) (Lacey et al., 2020). There's no separating the body from the mind. And emerging research continues to show that only is mind-body connection real, but it also has profound impacts on our immune response and long-term health.

Spiritual Elements

Whether you believe it or not, spiritual factors profoundly impact our physiological state. It's also worth noting that spirituality doesn't always equate to religion. Spirituality can refer to a sense of purpose, a connection to something greater, inner peace, or specific practices, like meditation, mindfulness, and gratitude.

But living disconnected from our spiritual side can create existential unrest—a nagging sense of emptiness or lack of direction that impacts our mental and physical well-being. In turn, this, too, can manifest as inflammation in the body. If you find yourself simply going through the motions in life and feeling misaligned, you might be

experiencing what many cultures have recognized for centuries: that our spiritual well-being and physical health are intimately connected.

In Japan, they've known this for centuries. The Japanese concept of ikigai—the intersection of what you love, what you're good at, what the world needs, and what you can be rewarded for—offers a powerful framework for understanding this spiritual-inflammatory connection (Raj B & Suganya, 2023). When we live without ikigai, without that sense of purpose that makes us eager to rise each morning, our bodies register this absence as a form of chronic stress. In fact, studies have shown that people with a strong sense of purpose exhibit lower inflammatory markers and live longer, healthier lives (Alimujiang et al., 2019). Furthermore, the regions of Japan where ikigai is deeply woven into daily life boast some of the world's longest lifespans and lowest rates of chronic disease. That's why ikigai is a common thread running through all five of the world's blue zones. In other words, there's no denying—it truly works.

However, when we're constantly taking care of everyone else, it's easy to lose touch with what lights us up inside. But that quiet voice—the one that knows what truly brings you joy and meaning—is likely calling to you in some shape or form. And reconnecting with it can actually help your body heal. This doesn't mean dropping all your responsibilities or being reckless in any regard. Instead, it's about finding ways to bring more meaning into your everyday life—whatever that looks like for you.

Spiritual healing reminds us that we're not just our physical bodies. Yes, food and movement matter—but so does feeling connected to something bigger. So does using your natural gifts, feeling grateful, and being fully present in the moment. These can create real changes within the body, even turning the dial down on inflammation and helping restore balance from the inside out. When it comes to inflammation, our mind, heart, and spirit are all part of the picture. When we care for the whole of who we are, we unlock a healing that goes far beyond what any one approach can offer.

Inflammation and Disease

Chronic inflammation fundamentally alters your cellular function and, over time, contributes to the development of various chronic diseases. For instance, heart disease—the leading cause of death for women—starts when inflammation damages the walls of blood vessels, making it easier for plaque to build up over time. At annual check-ups, many doctors focus mainly on cholesterol levels and blood pressure regarding heart health, but that's only part of the story. Many women with "normal" cholesterol can still end up with heart problems because the real issue often begins with inflammation. In fact, studies show that certain inflammation markers—like C-reactive protein (CRP) and interleukin-6 (IL-6)—can be even better at predicting heart attack risk than cholesterol (Ridker, 2009).

Chronic inflammation also creates an environment where damaged cells are more likely to mutate and multiply, while it simultaneously suppresses the immune mechanisms that would normally destroy them. Inflammation has been linked to an increased risk of breast cancer, colorectal cancer, and ovarian cancer, to name a few.

It may also play a role in the development and progression of autoimmune conditions like Hashimoto's thyroiditis, rheumatoid arthritis, lupus, multiple sclerosis, celiac disease, psoriasis, and diabetes (yes, this is an autoimmune

condition!), just to name a few (Echeverri & Tobón, 2013). In these disorders, the immune system mistakenly attacks the body's own tissues, often triggered or worsened by ongoing inflammation that confuses the body's natural defense mechanisms (more on this below).

Many digestive disorders reflect this same inflammatory pattern. Irritable bowel syndrome (IBS), Crohn's disease, ulcerative colitis, small intestinal bacterial overgrowth (SIBO), and even persistent bloating or constipation indicate inflammatory processes in your digestive tract. These conditions often worsen during stressful times or hormonal fluctuations, highlighting the interconnected nature of our bodily systems. These digestive issues can also go hand-in-hand with other inflammatory disorders or diseases.

Chronic inflammation is also increasingly recognized as a key contributor to Alzheimer's disease. While the condition has long been linked to the buildup of plaques and tangles in the brain, newer research shows that inflammation may accelerate this damage and disrupt normal brain function (Mekli et al., 2023).

The common thread in all of the above is **inflammation.**

INFLAMMATION & WOMEN'S HEALTH



In many ways, inflammation is a double-edged sword. On one hand, it's essential for survival. It helps the body fight off infections, repair injuries, and respond to threats. Without inflammation, even a small cut or a common cold could become dangerous. But on the other hand, when inflammation becomes chronic—lingering long after the original threat is gone—it can quietly wreak havoc on the body. Instead of healing, it starts damaging healthy tissues, disrupting hormones, and fueling the development of common conditions, like heart disease, diabetes, autoimmune disorders, depression, or Alzheimer's dementia.

Why Women Are More Affected Than Men

Women face disproportionate challenges in these inflammatory conditions. For instance, a surprising 80% of all autoimmune diseases affect women. In other words, women are four times more likely than men to develop these conditions (Mel Robbins, 2025).

This gender disparity isn't a coincidence. Our bodies navigate complex hormonal landscapes that men simply don't experience in the same way. Throughout our lives—from puberty and monthly cycles to pregnancy and menopause—hormonal fluctuations directly influence how

our immune system functions. As previously mentioned, estrogen, in particular, plays a dual role: it can either dampen or amplify inflammation, depending on the internal environment and specific situations (Martín-Millán & Castañeda, 2013). For instance, the decline of estrogen during perimenopause and post-menopause is associated with an increased risk of cardiovascular disease and osteoarthritis.

Beyond biology, women typically carry higher levels of chronic stress. We're more likely to be caregivers, to juggle multiple roles, and to absorb the emotional needs of those around us. And this creates the perfect storm for inflammatory processes to take hold and persist.

The Underdiagnosis Epidemic

Perhaps one of the cruelest aspects of inflammatory conditions in women is how often they go unrecognized or misdiagnosed. For many—myself included—it can take years of pain, confusion, and frustration before finally getting answers. This is largely because the symptoms—fatigue that sleep doesn't fix, joint pain that migrates around the body, brain fog that makes simple tasks confusing, and digestive issues that doctors can't explain—are often dismissed as stress, anxiety, or simply "part of being a woman."

What many doctors fail to recognize is that autoantibodies—the early markers of an immune system beginning to attack the body—can be present in the blood years or even decades before a diagnosable condition develops. These early warning signs are rarely tested until symptoms become severe enough to cross arbitrary diagnostic thresholds—usually after patients have already spent months bouncing between doctors and specialists in search of answers.

I've spoken with countless women who described the same journey: years of being told nothing was wrong, that their symptoms were "all in their head," only to eventually receive a diagnosis when the condition had significantly progressed. By then, the inflammation had often spread to multiple systems in the body, making healing more challenging, yet not impossible. In the majority of cases, there's still hope.

What Conventional Medicine Misses

The traditional medical model excels at acute care but struggles with the complex, interconnected nature of chronic inflammatory conditions. It tends to compartmentalize the body, treating each symptom as a separate issue rather than part of a unified inflammatory process.

A woman with psoriasis receives steroid cream for her skin, but no one investigates why her immune system is attacking her skin cells in the first place. A woman with IBS gets antispasmodics for her digestive symptoms, but the connection to her anxiety, hormonal fluctuations, and traumas goes unexplored. A woman with chronic fatigue is prescribed antidepressants while the underlying autoimmune activity also continues unchecked.

In this fragmented approach, the true nature of the problem—a confused immune system mounting an inappropriate response to perceived threats—remains unaddressed. Treatments focus on managing symptoms, rather than resolving the root causes, leading many to feel like they're constantly putting out fires without ever extinguishing the flame. Over time, we don't heal—we just learn to live with the dysfunction, leading us to live in survival mode, far from a fulfilling and purpose-driven life.

Root Causes of Autoimmune Disease

Research increasingly points to a perfect storm of factors that create autoimmune and chronic inflammation conditions. These include genetic predispositions, the presence of intestinal permeability, and environmental triggers.

Genetics provides the predisposition, but it rarely tells the full story. Most women with genetic susceptibility to autoimmune conditions will never develop them unless environmental factors trigger the expression of those genes. But environmental triggers are also almost everywhere in our modern world—from processed foods and industrial seed oils to pesticides, plastics, and heavy metals. Our bodies face an unprecedented toxic burden that our ancestors never encountered.

Then, there's the digestive side of things, an area that research continues to explore. Intestinal permeability—often called "leaky gut"—can be a precursor to autoimmunity. When the gut barrier becomes compromised, partially digested food particles and bacterial components can pass into the bloodstream, triggering immune reactions that eventually become self-directed.

Major hormonal shifts (like pregnancy, postpartum, and perimenopause) can serve as inflection points that activate latent inflammatory tendencies, especially when combined with underlying stress or unresolved emotional patterns. In fact, perhaps the most overlooked aspects when it comes to autoimmunity and inflammation are the triggers related to trauma and chronic stress.

The Emotional & Cultural Load on Women

Well-renowned expert Dr. Gabor Maté claims that several traits are more common in women who develop autoimmune diseases:

1. They tend to put others' emotional needs ahead of their own.
2. They strongly identify with duties, roles, and responsibilities rather than listening to the needs of their authentic selves.
3. They suppress healthy anger and often describe themselves as "nice" people who avoid conflict at all costs.
4. They feel deeply responsible for how other people feel, taking on emotional burdens that aren't theirs to carry (Robbins, 2025).

While these traits don't cause autoimmunity directly, they create patterns of chronic stress that fuel inflammatory processes. And they reflect cultural expectations that many women internalize—to be nurturing, accommodating, and selfless, often to the point of self-abandonment. In Dr. Maté's own words, "this is not a gender issue but a cultural issue." We now have the responsibility to break free from these patterns to unlock a healthy, happy life and help others find that too.

Revisiting the Mind-Body Connection

The science is clear: There's no separating the mind from the body. Trauma and stress aren't just psychological experiences—they register in our tissues, alter our hormonal patterns, and directly impact immune function.

Research on adverse childhood experiences (ACEs) shows that early trauma significantly increases the risk of autoimmune disease later in life. Each additional ACE score raises the likelihood of developing conditions, like rheumatoid arthritis, lupus, or inflammatory bowel disease. The ACE score is calculated based on various types of childhood adversity, including physical, emotional, and sexual abuse, neglect, and household dysfunctions, such as parental mental illness, substance abuse, incarceration, or domestic violence. Each "yes" answer adds a point to the score—so the higher the score, the greater the cumulative burden of stress during critical developmental years. And this evidence indicates that emotional or traumatic experiences leave biological fingerprints, creating patterns of physiological reactivity that can eventually manifest as chronic inflammation.

The Call for Holistic, Root-Cause Healing

True healing from inflammatory conditions requires a paradigm shift—away from merely suppressing symptoms and toward addressing the complex interplay of factors that drive inflammation in the first place. This means looking at the whole person: not only the foods you eat and the toxins you're exposed to, but also the stress you carry, the emotions you haven't processed, the boundaries you struggle to set, and the purposes that give your life meaning.

For women especially, healing often involves reclaiming parts of ourselves we've been taught to ignore or suppress—our needs, our anger, our intuitions, and our rights to rest and receive care. The journey back to balance usually isn't quick or simple, but it's possible. And it begins with understanding inflammation not as an enemy to be fought but as a messenger pointing toward the areas of your life that need attention and care.

Yet, a major pillar in this road toward healing is the food we eat. What we put on our plates can either fuel inflammation or help quiet it. Over the last century, our diet has changed dramatically—moving away from whole, nutrient-dense foods and toward highly processed, pre-packaged options that are easy to grab but hard on the body. Many of today's foods are loaded with added sugars, unhealthy fats, artificial additives, and preservatives that our bodies were never designed to handle in such quantities. These ingredients can trigger an immune response, disrupt the gut lining, and lead to a chronic state of low-grade inflammation. Over time, this can contribute to the development of autoimmune conditions, hormone imbalances, and metabolic issues.

Additionally, the modern food system has stripped much of our food of its natural nutrients. Soil depletion, industrial farming, and the overuse of pesticides mean that even the "healthy" foods we eat may be less nourishing than they once were. And this is one of the reasons that supplementation is so important; many (though not all) supplements, like magnesium and other antioxidants, help bridge the nutritional gaps created by modern food processing and agricultural practices.

At the same time, every meal is an opportunity to support your body's healing process. Choosing whole, colorful foods—like vegetables, fruits, high-quality proteins, healthy fats, and fermented foods—can help reduce inflammation, restore gut health, and regulate the immune system. And this leads us right into the next chapter. In Chapter 2, we explore the basics of the anti-inflammatory diet and how it can help guide you toward relief (and real and lasting change in your health and life).

KEY TAKEAWAYS

- Inflammation is a natural immune response that can be either beneficial to help the body heal (acute) or harmful when it fails to shut off (chronic).
- Chronic inflammation often acts as a "silent killer," contributing to numerous diseases, including heart disease, cancers, autoimmune conditions, and neurodegenerative disorders.
- Common signs of chronic inflammation include fatigue, brain fog, digestive issues, mood fluctuations, joint pain, sleep problems, and frequent illnesses.
- The standard Western diet (composed heavily of processed foods, refined sugars, and industrial seed oils) is a major contributor to systemic inflammation.
- Environmental toxins, gut microbiome imbalances, and hormonal fluctuations can trigger or worsen inflammatory responses.
- Chronic stress and trauma directly impact physiological inflammation through stress hormone dysregulation and immune system disruption.
- Women are disproportionately affected by inflammatory conditions, with 80% of autoimmune diseases occurring in women.
- Inflammation is typically underdiagnosed in women, with symptoms often dismissed as stress, anxiety, or "part of being a woman."
- Conventional medicine tends to treat symptoms rather than address the root causes of inflammation.
- The mind-body connection should never go unrecognized—emotional patterns and spiritual disconnection can manifest as physical inflammation.
- True healing requires a holistic approach addressing diet, toxins, stress, unprocessed emotions, boundaries, and finding purpose.
- Research reveals that having a strong sense of purpose (ikigai) correlates with lower inflammatory markers and better health outcomes.
- Every meal provides an opportunity to either fuel or reduce inflammation in the body.

“One cannot think well, love well, sleep well, if one has not dined well.”

VIRGINIA WOOLF

CHAPTER 2:

THE ANTI-INFLAMMATORY DIET (AND WHY IT WORKS)



Many people often think of food in terms of calories, cravings, or weight. For instance, countless women have been conditioned to view eating through the lens of restriction—counting calories, avoiding certain "bad" foods, and using willpower to override hunger. As a result, food becomes a source of guilt or control rather than nourishment, pleasure, or healing. In extreme cases, this can result in an unhealthy relationship with food and even an eating disorder, like anorexia nervosa or bulimia nervosa.

While seeking help from professionals is always a great starting point (and I encourage it if you're struggling with your relationship with food or an eating disorder), educating yourself about nutrition and food can also help in leaps and bounds. Viewing food as nourishment—as opposed to mere calories or something to control—can shift your entire relationship with eating. It opens the door to reconnecting with your body's needs, understanding how food supports your energy, hormones, and mood, and ultimately approaching meals with curiosity and care, as opposed to fear or guilt.

At the end of the day, the food we eat can turn inflammation on or help turn it off. For women struggling with autoimmune conditions, hormone imbalances, or mysterious symptoms that never seem to go away, food can be one of the most powerful healing tools. In many ways, food *is* medicine. As more research emerges, it's clear that we shouldn't be merely masking symptoms with another pill, but instead, we should be closely examining what we're eating and redirecting our diets toward nourishment and well-being.

A major problem with modern, processed food is simply that it's inflammatory. Many compounds that make our food taste great, including artificial flavors and seed oils, aren't meant to enter our bodies. Some experts even go as far as to say that we are slowly poisoning ourselves through the standard Western diet. But this is where an anti-inflammatory diet can make all the difference. These foods can support your body, calm the immune system, restore balance and energy, and help you feel more like yourself again. And don't get confused; this isn't a fad diet or trend. Instead, the anti-inflammatory diet is about returning to real, whole foods and true nourishment, allowing true healing to take place. In this chapter, we explore what this diet involves and a few simple steps to help you get started right away.

WHAT'S AN ANTI-INFLAMMATORY DIET?



An anti-inflammatory diet focuses on whole, nutrient-dense foods that naturally calm inflammatory processes in the body while eliminating or reducing foods that trigger inflammation. Contrary to popular belief, it's not a set of rules you must adhere to. Instead, it's best to think of it as an eating pattern or a way to properly nourish your body and its systems.

While we'll dive into more detail regarding how to start an anti-inflammatory diet in the next chapter, common foods in this diet often include:

- **Omega-3 Fatty Acids:** Foods high in omega-3 fatty acids include wild-caught fatty fish (like salmon, sardines, and mackerel), flaxseeds, chia seeds, and walnuts, which help reduce inflammation and balance the omega-6 to omega-3 ratio (more on this below).

- **Colorful Fruits and Vegetables:** The vibrant colors in produce come from polyphenols and other phytonutrients with potent anti-inflammatory effects. The colors represent different compounds, which is why eating a rainbow supports comprehensive anti-inflammatory protection. For supporting hormone balance, women (in particular) may benefit from the hormone-balancing effects of cruciferous vegetables, like broccoli, cabbage, and Brussels sprouts.

- **Specific Herbs and Spices:** Turmeric, ginger, cinnamon, cloves, rosemary, and other culinary herbs contain some of the most concentrated sources of anti-inflammatory compounds found in nature. For instance, turmeric's active compound, curcumin, has been shown to inhibit NFkB activation, essentially turning off the genetic switches for inflammation (Jobin et al., 1999).

- **Prebiotic and Probiotic Foods:** Fermented foods (like sauerkraut, kimchi, yogurt, and kefir) provide beneficial bacteria that support gut health. Meanwhile, prebiotic foods (like garlic, onions, leeks, and artichokes) feed these beneficial bacteria, which, as we'll learn below, are invaluable for keeping inflammation levels at bay.

- **Quality Proteins:** Grass-fed meats, pasture-raised eggs, and legumes provide the amino acids necessary for tissue repair and immune function without the inflammatory compounds found in conventionally raised animal products.

HOW CERTAIN FOODS TRIGGER INFLAMMATION



Every bite you take either feeds inflammation or fights it. The foods we consume are broken down into thousands of compounds that interact with our immune system, gut microbiome, hormones, and cellular signaling pathways. Some of these compounds promote a balanced immune response. Meanwhile, others trigger unnecessary inflammatory reactions. So, what happens when our bodies interact with "inflammatory" foods? Let's take a closer look at what occurs beneath the surface and how the modern diet is contributing to increased inflammation.

NF-κB Pathway Activation

Certain foods can activate the NF-κB pathway (Baker et al., 2011). This, in turn, switches on genes that increase the production of inflammatory cytokines, contributing to chronic inflammation over time. In its inactive state, NFkB remains dormant in the cell cytoplasm, bound to inhibitory proteins. But when triggered by certain stimuli, these inhibitory proteins degrade, allowing NFkB to travel into the cell nucleus, where it binds to DNA and initiates the transcription of pro-inflammatory genes.

This activation leads to the production of inflammatory cytokines, adhesion molecules, and specific enzymes that amplify inflammatory processes throughout the body. For women with autoimmune tendencies or existing inflammatory conditions, excessive NFkB activation can trigger flares and worsen symptoms. Research also shows that women may have heightened sensitivity to these NFkB activators due to estrogen's influence on inflammatory pathways (Carlos et al., 2024).

For instance, advanced glycation end products (AGEs), which form when proteins or fats combine with sugars under high heat, can give way to these effects. These are often found in barbecued meats and fried foods. Trans fats, high fructose corn syrup, and food additives (like BHA and food colorings) may also activate NFkB-mediated inflammation. Fortunately, many compounds in anti-inflammatory foods directly inhibit the NFkB pathway, including curcumin, blueberries, grapes, fatty fish, broccoli, and Brussels sprouts (more on this below).

Omega-6 and Omega-3 Imbalances

Perhaps no nutritional shift better illustrates our departure from evolutionary eating patterns than the dramatic imbalance between omega-6 and omega-3 fatty acids in the modern diet. These essential polyunsaturated fats serve as precursors to powerful signaling molecules called eicosanoids that directly regulate inflammatory processes throughout the body.

Omega-6 fatty acids generally produce eicosanoids that promote inflammation—a necessary function for immune response and blood clotting. On the other hand, omega-3 fatty acids (especially EPA and DHA) generate eicosanoids that help resolve inflammation and protect tissues from damage. Our bodies evolved to rely on a careful balance between both types.

Research suggests our ancestors consumed these fatty acids in ratios between 1:1 and 4:1 (omega-6 to omega-3) (Simopoulos, 2011). Today's Western diet, which is dominated by industrial seed oils found in virtually every processed food, delivers ratios between 15:1 and 25:1. This dramatic shift has occurred primarily within the last century—a mere blink in evolutionary time.

For women, this imbalance carries particular consequences. Omega-3 fatty acids help regulate hormonal processes, support mood stability, and protect against inflammatory conditions. Studies show that women with higher omega-3 levels experience less severe menopausal symptoms, reduced menstrual pain, and lower rates of autoimmune activity (Mohammady et al., 2018; Mohammadi et al., 2022; Bland, 2022).

Correcting this imbalance requires reducing omega-6 sources (processed foods, vegetable oils, and conventionally raised animal products) and increasing omega-3 intake through fatty fish, flaxseeds, and walnuts.

Oxidative Stress

Oxidative stress occurs when there's an imbalance between free radicals (highly reactive oxygen-containing molecules) and the body's ability to neutralize them with antioxidants. Free radicals are unstable molecules with unpaired electrons that essentially "steal" electrons from nearby cellular structures—including cell membranes, proteins, and even DNA—causing damage and triggering inflammatory responses as the body attempts to repair this damage. While some free radical production is normal and necessary for immune function, excessive amounts overwhelm our natural defenses.

And you probably saw this coming… The modern diet significantly increases oxidative burden through multiple pathways. Industrial seed oils, especially when heated, generate lipid peroxides and other harmful oxidized compounds. Refined sugar causes rapid spikes and crashes in blood glucose, leading to a surge in free radical production. Meanwhile, highly processed foods are often laced with acrylamides, heterocyclic amines, and advanced glycation end products (AGEs)—all known to ramp up oxidative stress and promote inflammation. Inevitably, an anti-inflammatory diet and the foods it includes may have the opposite effect.

Gut Microbiome Disruption

The trillions of microorganisms inhabiting your digestive tract—collectively called the gut microbiome—form perhaps the most influential intersection between diet and inflammation. When balanced and diverse, your gut microbiome helps maintain intestinal barrier integrity, regulates immune responses, and even produces anti-inflammatory compounds (Al Bander et al., 2020).

However, the modern Western diet disrupts this delicate ecosystem. Processed foods lack the fiber that beneficial bacteria need to thrive, while they also contain emulsifiers, preservatives, and artificial sweeteners that directly harm beneficial species. Additionally, high-sugar diets promote the overgrowth of inflammatory microbes, like certain *Proteobacteria species*, while suppressing beneficial *Bifidobacteria species* (Satokari, 2020). Overall, ultra-processed foods reduce microbial diversity—a key marker of microbiome health. The resulting state of dysbiosis (microbial imbalance) triggers a cascade of inflammatory consequences.

Before talking in more detail about gut health below, it's important to understand that dysbiosis compromises the intestinal barrier, creating microscopic gaps between intestinal cells and allowing bacterial fragments, food proteins, and toxins to pass into circulation. The immune system detects these "foreign" particles and mounts inflammatory responses that can become systemic and self-perpetuating.

For women, the health of their microbiome carries additional significance due to the bidirectional relationship between gut bacteria and hormones. The "estrobolome"—the collection of microbes that metabolize estrogen—directly influences hormonal balance (Pai et al., 2023). For example, gut dysbiosis and estrobolome dysfunction are linked to diseases, like endometriosis and premenstrual dysphoric syndrome (PMS). But, again, dietary intervention might help rebalance all of this and restore your gut, having spillover effects across your entire health and wellness profile.

Blood Sugar Dysregulation

Repeated blood sugar spikes and crashes, frequently caused by high-glycemic, processed foods, can contribute to chronic low-grade inflammation. These fluctuations trigger the release of inflammatory markers, and over time, this pro-inflammatory environment may play a role in insulin resistance—a key factor in the development of type 2 diabetes.

A consistently high intake of refined carbohydrates also keeps insulin levels elevated. When this becomes the norm, cells gradually stop responding effectively to insulin's signals. In turn, this resistance disrupts blood sugar regulation but also fuels inflammation, contributing to conditions like metabolic syndrome, obesity, type 2 diabetes mellitus, cardiovascular disease, and polycystic ovarian syndrome (PCOS) (Freeman et al., 2023).

HOW TO SUCCEED WITH ANTI-INFLAMMATORY EATING



The word "diet" can sound scary. As mentioned above, it can bring back flashbacks of restrictive eating and categorizing food into "good" versus "bad" categories. But we can look at the anti-inflammatory diet in a different way—as an overall eating pattern and a lifestyle. So, before we get started, let's talk about it.

Shifting Your Mindset

Years of diet culture messaging have conditioned many women to approach food with fear, restriction, and moral judgment. Healing this relationship is essential for sustainable change. With that in mind, here are a few tips to help shift your mindset.

Tip #1: Think about "nourishment" versus "restriction."

Instead of focusing on what you're eliminating, shift your attention to what you're adding—nutrient-dense foods that actively support your healing. This subtle but powerful reframe transforms eating from a series of deprivations to an act of self-care. When you catch yourself thinking, "I can't have that," try replacing it with "I'm choosing foods that help me feel better."

In turn, this can empower you and help you take control of your healing journey.

Tip #2: Focus on how you feel, not what the scale says.

For too long, women have been taught that the primary purpose of changing how we eat is to become thinner and smaller. The anti-inflammatory approach flips this narrative completely. The goal isn't weight loss (though that may happen naturally as inflammation subsides)—instead, it's about reducing pain, increasing energy, improving mood, and restoring vitality. When we shift our mindset from aesthetic goals to functional ones, we can transform our relationship with food. And then, you end up no longer fighting against your body but working with it.

Tip #3: Tune into your body and throw away the rulebook.

Rather than following rigid rules or counting macros, the anti-inflammatory approach invites you to develop a conversation with your own body. How do certain foods make you feel? What patterns do you notice in your symptoms in relation to what you've eaten?

This body awareness becomes your most valuable guide, more personalized than any diet plan could ever be. While scientific research provides the foundation, your lived experience in your unique body provides the specifics and guides you on what works and what doesn't *for you*.

Tip #4: Use the 80/20 principle.

Perfectionism is the enemy of sustainability. For most women, aiming for about 80% adherence to anti-inflammatory principles while allowing 20% flexibility creates a sustainable approach that doesn't trigger the restriction-rebellion cycle.

This flexibility is particularly important during social situations, travel, or stressful periods when rigid adherence might create more harm (through stress) than benefit. Remember, stress itself is inflammatory, so a balanced approach acknowledges this reality.

Tip #5: Try batch cooking and weekly meal preparation to stay on track.

One of the biggest obstacles to consistent anti-inflammatory eating is the practical reality of busy lives. Investing a few hours each week in batch cooking anti-inflammatory staples—roasted vegetables, a pot of soup, a protein option or two, a batch of healthy carbs—can make the difference between success and falling back on inflammatory convenience foods. Even having pre-chopped vegetables in the fridge can make it much easier to throw together a healthy meal—especially when you're feeling particularly tired or you're in the midst of another chaotic day.

Tip #6: Use supplementation strategically.

While real food forms the foundation of anti-inflammatory eating, strategic supplementation can accelerate healing, especially for women with significant inflammatory burden or nutrient depletion.

Common supportive supplements include omega-3 fatty acids, vitamin D, magnesium, probiotics, and anti-inflammatory herbs, like turmeric and Boswellia. However, before you dive headfirst into the world of supplements, make sure you talk with your doctor to determine if they're right for you.

Hydration: Beyond Basic Water

We've all heard the advice to drink eight glasses of water a day, but this oversimplification misses important nuances. Surprisingly, real hydration isn't just about water volume—it's also about cellular absorption, which depends on electrolyte balance.

You could be drinking water all day and still be dehydrated at the cellular level—especially if you're low in key electrolytes, like sodium, potassium, and magnesium, which are essential for helping water actually enter and stay inside your cells. This explains why many women tote around giant water bottles with measurement markings, dutifully sipping all day, yet still experience symptoms of dehydration—headaches, fatigue, constipation, and yes, increased inflammation—or only find themselves having to run to use the restroom every hour.

Electrolytes: The Missing Piece

Sodium, potassium, magnesium, and calcium are essential for proper fluid balance and cellular hydration. Modern diets often create imbalances in these minerals, particularly for those who restrict salt due to misguided health advice or who lose electrolytes through stress, intense exercise, and hormonal fluctuations.

However, there are plenty of simple ways to enhance electrolyte intake, including these steps:

- Add a pinch of high-quality Celtic salt to your water—and consider making it your primary source of salt in your diet. For a little extra flavor, squeeze in some fresh lemon juice! (This is my personal favorite go-to!)
- Consume mineral-rich foods, like avocados, leafy greens, and nuts.
- Use a sugar-free electrolyte supplement.
- Drink coconut water in moderation.
- Avoid excessive caffeine and alcohol, which can deplete electrolytes.

While pure water forms the foundation of hydration, other beverages can also significantly enhance its anti-inflammatory benefits. Some creative ways to make hydration a bit more interesting may involve consuming:

- Herbal teas (like chamomile, peppermint, ginger, and nettle)
- Bone broth (also great for your gut and an amazing source of collagen!)
- Infused waters with a pinch of Celtic Salt (by adding slices of cucumber, berries, citrus, or herbs)
- Vegetable juices (prepared at home with organic ingredients to avoid additives and added sugar—check out the beverage recipe section below on page pg 243 for more beverage ideas)

The key is finding hydration approaches you genuinely enjoy, as consistency matters far more than perfection. One strategy that works well for me and many other women is starting each day with a large glass of electrolyte-enhanced water before anything else. But remember to drink it slowly and not at once—take little sips! This simple habit helps replenish the fluid lost during sleep and sets a positive tone for hydration throughout the day.

THE GUT-IMMUNE CONNECTION



No discussion of anti-inflammatory eating would be complete without addressing the gut's central role in immune function and inflammation regulation in more detail. Approximately 70-80% of your immune tissue resides in and around your digestive tract, making good gut health fundamental to reducing inflammation (Wiertsema et al., 2021).

The Intestinal Barrier: Your First Line of Defense

Your intestinal lining consists of a single layer of cells connected by tight junctions, which are protective seals that allow nutrients to pass through while keeping harmful particles contained. When these tight junctions become compromised (a condition known as increased intestinal permeability or "leaky gut"), partially

digested food proteins, bacterial components, and toxins may enter the bloodstream.

The immune system, while doing its job, reacts to these "foreign invaders" with an inflammatory response. Over time, this can lead to food sensitivities, systemic inflammation, and even (as mentioned before) autoimmune conditions, as the immune system becomes increasingly reactive and confused.

This breakdown in the gut barrier can be triggered and worsened by factors, such as chronic stress, poor diet (especially processed foods and refined sugars), alcohol, certain medications (like NSAIDs), and imbalances in gut bacteria. When the lining is under constant assault, it becomes harder for the body to distinguish between safe and harmful substances—turning routine exposures into immune triggers.

Thus, supporting the integrity of this barrier through gut-friendly foods, stress management, and targeted nutrients (like L-glutamine, zinc, and omega-3 fatty acids) is imperative for reducing inflammation and restoring immune balance.

Signs Your Gut May Be Inflamed

While bloating, gas, constipation, or diarrhea can certainly indicate gut issues, many women experience more subtle or seemingly unrelated signs:

- Fatigue that doesn't improve with sleep or rest
- Brain fog and difficulty concentrating
- Skin issues, like eczema, psoriasis, or unexplained rashes
- Food sensitivities that seem to multiply over time
- Joint pain or muscle aches
- Mood changes, anxiety, or depression
- Hormone imbalances
- Autoimmune symptoms or diagnoses

These diverse manifestations reflect the gut's far-reaching influence on whole-body health, particularly through the gut-brain axis and gut-hormone connections.

Building a Healthy Gut Through Food

The good news is that the gut lining regenerates rapidly—approximately every 3-4 days—meaning targeted dietary changes can create significant improvements in a relatively short time (Rees et al., 2020).

Beyond the generally inflammatory foods discussed earlier, specific compounds, like gluten, conventional dairy, artificial sweeteners, and alcohol, can directly damage the gut lining. The temporary elimination of these potential triggers often produces dramatic reductions in symptoms (more on this in Chapter 3).

Certain foods can also actively support gut healing, such as bone broth, fermented foods, and prebiotic-rich foods. Additionally, adequate protein provides the amino acids necessary for tissue repair, while healthy fats support the integrity of cell membranes, including those lining the gut, so it's important to make sure you're eating enough of these macronutrients.

Lastly, *how you eat* may be as vital as what you eat. Eating in a rushed, stressed state redirects blood flow away from the digestive tract and compromises digestive function. However,

simple practices, like taking deep breaths before meals, chewing thoroughly (about 10-20 times per bite), and eating without distractions, can significantly improve digestion and reduce gut inflammation.

BEYOND FOOD: THE FULL PICTURE



While this chapter (and book) focuses primarily on dietary approaches to reducing inflammation, it's important to acknowledge that food is just one piece of the puzzle. For lasting healing, anti-inflammatory eating works best as part of a comprehensive approach that also addresses:

- Sleep quality
- Stress levels
- Regular exercise
- Reducing environmental toxins
- Healing emotionally and mentally by addressing any past trauma
- Uncovering your life's purpose and passion

The anti-inflammatory approach is ultimately about creating an internal environment where your body can return to a balanced and harmonious state. Food is a powerful leverage point in this process—one that you engage with multiple times every day. By making conscious choices that support rather than hinder your body's natural healing capacity, you reclaim agency in your health journey.

My up-and-coming *The Ultimate Anti-Inflammatory Diet Journal For Women* can help guide you on these other factors, too. It will help you explore how your diet and other factors are helping or hindering your healing journey, ensuring you have the data you need to make informed decisions.

In the following chapter, we go through the anti-inflammatory diet step by step, ensuring you know exactly where to start and helping you personalize it for your specific goals.

KEY TAKEAWAYS

- Food isn't just calories or weight management—it's information that sends messages to every cell in your body, either promoting or reducing inflammation.
- An anti-inflammatory diet focuses on whole, nutrient-dense foods while eliminating or reducing foods that trigger inflammatory responses.
- The NF-κB pathway is a master inflammation regulator that can be activated by processed foods and deactivated by anti-inflammatory compounds like curcumin in turmeric.
- Modern diets contain an omega-6 to omega-3 fatty acid ratio of 15:1 or higher, compared to the evolutionary norm of 1:1 to 4:1, creating a pro-inflammatory state.
- Oxidative stress from processed foods, seed oils, and sugar damages cells and triggers inflammation, while antioxidant-rich foods help neutralize these harmful free radicals.
- The gut microbiome plays a central role in inflammation, with about 70-80% of immune tissue residing in the digestive tract.
- Blood sugar dysregulation creates a pro-inflammatory environment and contributes to insulin resistance.
- True hydration requires not only water but also proper electrolyte balance.
- Shifting from a restriction mindset to a nourishment perspective transforms how you approach anti-inflammatory eating and builds a healthier relationship with food.
- The 80/20 principle—aiming for 80% adherence to anti-inflammatory eating while allowing 20% flexibility—creates sustainable change without triggering restrictive patterns.
- Batch cooking and meal preparation can overcome the practical obstacles that often derail anti-inflammatory eating efforts amid busy lives.
- Intestinal permeability ("leaky gut") allows partially digested food and bacterial components to trigger immune reactions that can become systemic.

- Many seemingly unrelated symptoms—fatigue, brain fog, skin issues, joint pain, and mood changes—may signal gut inflammation.
- For women specifically, gut bacteria affect hormone metabolism through the "estrobolome," creating additional implications for conditions like PCOS, PMS, endometriosis, and menopausal symptoms.
- How you eat matters as much as what you eat—mindful eating practices support proper digestion and reduce stress-induced inflammation.
- Anti-inflammatory eating works best as part of a comprehensive approach that also addresses sleep, stress, movement, environmental toxins, and emotional healing.
- The gut lining regenerates approximately every 3-4 days, meaning dietary changes can create significant improvements relatively quickly.
- True and lasting healing requires listening to your own body's responses rather than following rigid rules—your unique experience becomes your most personalized guide.

“Healing is a matter of time, but it is sometimes also a matter of opportunity.”

HIPPOCRATES

CHAPTER 3:

GETTING STARTED: A STEP-BY-STEP GUIDE TO ANTI-INFLAMMATORY EATING



This is your opportunity. Not just to change the way you eat—but to change the way you feel, function, and show up in your life. Healing doesn't happen overnight, and it rarely happens by accident. It begins with intention—and a single step.

After years of helping women navigate chronic inflammation, I've seen how paralyzing the start can feel. Conflicting information, unrealistic expectations, and the pressure to do it "perfectly" often stop progress before it begins. That ends now. This chapter is your starting line. It takes everything we've talked about so far and breaks it down into doable, realistic steps. Whether you're dealing with autoimmune flare-ups, hormonal imbalances, or unexplained fatigue, this is where your healing begins—one meal, one choice, one day at a time.

And don't get this confused with other diets you've tried. The anti-inflammatory framework isn't a one-size-fits-all prescription but rather a template to discover what works specifically for your unique body. Through the elimination process, careful tracking, and mindful reintroduction, you'll develop a relationship with food that's built on awareness rather than rules. So, let's set aside the perfectionism that keeps so many women stuck in cycles of all-or-nothing thinking. Instead, we'll embrace progress over perfection, curiosity over criticism, and nourishment over restriction. Your anti-inflammatory journey doesn't begin with deprivation—it begins with opportunity. The opportunity to discover which foods truly serve your body, which habits support your healing, and how delicious this path can actually be.

By the end of this chapter, you'll acquire almost everything you need to begin, including clear guidelines for elimination and reintroduction, practical tracking tools, comprehensive food lists, and flavor-enhancing strategies. Later on, I also offer up my favorite anti-inflammatory recipes that make daily implementation ultra-simple. Consider this your practical roadmap—one that honors the science of inflammation and the reality of your busy life.

THE ELIMINATION DIET



The elimination diet is a systematic approach to discovering exactly how specific foods affect your unique body. Unlike standard food sensitivity tests, which often yield inconsistent results, the elimination diet allows you to directly observe your body's responses, connecting specific foods to your symptoms in real time.

In many ways, this approach recognizes that each woman's inflammatory triggers are as individual as her fingerprint. What causes joint pain or brain fog for one person might be perfectly tolerable for another. By temporarily removing common inflammatory foods and then strategically reintroducing them, you create a clear before-and-after contrast that reveals your body's unique responses and needs. As such, you honor your body and work with it, as opposed to following a cookie-cutter approach that isn't suitable for everyone.

It's important to keep in mind throughout this process that this isn't about labeling foods as universally "good" or "bad." It's about identifying which foods are right for your body at this stage of your healing journey (which can also change at certain points!) Some women discover they need to permanently avoid certain triggers. For me, that meant removing gluten entirely—from my diet and even from everyday items, like toothpaste and skincare products. Meanwhile, others may find they can eventually reincorporate most foods in moderation once their system has had time to heal.

Generally, when you consume foods that trigger inflammation, your immune system responds by releasing inflammatory compounds. This response may not be immediate or obvious—it can manifest hours or even days later as fatigue, joint pain, digestive issues, skin problems, or mood changes. This delay makes it difficult to connect symptoms to specific foods without a systematic approach. But by eliminating potential triggers for a sufficient period (typically 3-4 weeks), you allow inflammation to subside and give your gut lining time to regenerate. This creates a "clean slate" against which you can clearly observe reactions during the reintroduction phase. For women specifically, the elimination diet offers additional benefits. Female hormones and the menstrual cycle influence inflammation and digestion, often masking food reactions. The elimination period helps separate hormonal influences from food-related symptoms, creating clarity amid the complexity of women's health.

So, with all of the above in mind, here's our step-by-step guide for implementing the elimination diet.

Step 1: Preparation (1-2 Weeks Before Starting)

Here's where you'll begin planning your elimination diet. Consider selecting a duration when you have more control over your food choices—avoid major holidays, travel, or

unusually stressful work periods. While there's never a "perfect" time, some times are definitely better than others.

Once you have a time planned, share your plans with close friends and family. Their understanding can make social situations easier, and their encouragement will sustain you through challenging moments.

Before starting, document your current symptoms. Rate the severity of issues, like digestive discomfort, joint pain, skin conditions, energy levels, and mood, on a 1-10 scale. This creates a clear reference point to measure improvements (which is vital to know if what you're doing is working!). Alternatively, use our *The Ultimate Anti-Inflammatory Diet Journal For Women*—coming out soon—to keep track of everything all in one place. It also gives you a place to reflect throughout your healing journey, offering data-driven nudges in the right direction.

If possible, here are some other things you may want to plan for or implement before starting the elimination diet:

- **Stock your kitchen:** Remove or segregate foods you'll be eliminating, and stock up on alternatives. Prepare by finding 5-7 simple recipes (check out Part Three for recipe ideas) that comply with the elimination guidelines. Having these ready prevents the "what can I eat?" panic that can derail your efforts, especially when you're feeling hungry.
- **Plan for social situations:** Consider upcoming social events and develop strategies. This might include eating beforehand, bringing your own dishes to share, or researching restaurant menus in advance.
- **Begin tapering problematic foods:** Rather than going "cold turkey," gradually reduce caffeine, alcohol, and sugar in the week before beginning. This minimizes any withdrawal-style symptoms that might otherwise be mistaken for food reactions.

Step 2: The Elimination Phase (3-4 Weeks)

This is where you remove common inflammatory triggers completely. During this phase, you'll eliminate:

- **Gluten-containing grains:** Wheat, barley, rye, and products containing them (breads, pastas, crackers, sauces, and many processed foods)
- **Dairy products:** Milk, cheese, yogurt, butter, and foods containing dairy ingredients
- **Processed sugar:** All forms, including cane sugar, high-fructose corn syrup, and artificial sweeteners
- **Alcohol:** All types
- **Seed oils:** Soybean, canola, corn, safflower, sunflower, and other industrial vegetable oils
- **Common allergens:** Eggs, soy, peanuts, tree nuts, shellfish
- **Nightshades:** Tomatoes, peppers, eggplant, white potatoes (not sweet potatoes)
- **Processed foods:** Anything with artificial ingredients, preservatives, or additives

This list may seem restrictive at first glance, but remember it's *only temporary*. The clarity you gain during this phase provides a lifetime of insight into your body's needs.

Instead, steer your focus toward *what* you can include in your diet, such as:

- **Proteins:** Grass-fed meats, wild-caught fish, and organic poultry
- **Vegetables:** All non-nightshade vegetables, with emphasis on leafy greens and cruciferous vegetables
- **Fruits:** All varieties in moderation, with emphasis on lower-sugar options, like berries
- **Healthy fats:** Olive oil, avocado oil, coconut oil, avocados
- **Complex carbohydrates:** Sweet potatoes, winter squash, and other AIP-approved starchy vegetables
- **Herbs and spices:** All fresh herbs and most spices (except those derived from nightshades)
- **Beverages:** Filtered water, herbal teas, and bone broths

And keep in mind to…

- **Be <u>absolute</u> with elimination:** Even small amounts of trigger foods can maintain inflammation and compromise your results. Read labels carefully, as many foods contain hidden ingredients, like modified food starch (often contains gluten) or casein (a milk protein).
- **Not significantly reduce calories:** This isn't about eating less—it's about eating *differently*. Include plenty of healthy fats and proteins to stay satisfied. Hunger leads to stress, which undermines the anti-inflammatory benefits you're working toward.
- **Address withdrawal symptoms:** In the first 3-5 days, you may experience fatigue, headaches, or irritability as your body adjusts, especially if you're reducing caffeine and sugar. These typically subside quickly. Support yourself with extra rest, gentle movement, and plenty of electrolyte-enhanced water.
- **Track <u>everything</u>:** Record what you eat, any symptoms you experience, energy levels, sleep quality, and mood patterns. These notes become invaluable during reintroduction.
- **Focus on addition, not subtraction:** We've mentioned this a few times, but it's undeniably important: Instead of dwelling on what you've eliminated, explore new foods and flavors. Many women discover delicious options they never would have tried otherwise.

Step 3: Assessment (End of Week 3)

This stage is all about evaluating your progress and planning your next steps. After three weeks of consistent elimination, take time to thoroughly assess your experience.

1. **Compare symptom ratings:** Using the same 1-10 scales from your baseline measurements, rate your current symptoms. Many women notice significant improvement in multiple areas by this point.
2. **Make observations about patterns:** Review your tracking notes to identify any connections between specific circumstances (like levels of stress, sleep quality, and amount of exercise) and symptom fluctuations.
3. **Decision point:** Based on your progress, decide whether to:
    - Begin reintroductions if symptoms have significantly improved.

- Continue elimination for another 1-2 weeks if you're seeing improvement but still have significant symptoms.
- Seek professional guidance if you've seen minimal improvement (this might indicate other underlying factors).

If you've experienced substantial improvement, you're ready for the reintroduction phase. If not, be patient with yourself and your body—healing timelines vary, and some women need longer to see the full benefits. Work within your own body's timeline, not against it.

Step 4: Reintroduction (3-6 Weeks)

The reintroduction phase requires careful planning and observation. Here's how to approach it systematically:

1. **Select your first reintroduction:** Begin with foods you miss but suspect are less problematic for you. Common starting points include eggs, rice, or certain legumes. More reactive foods (like gluten, dairy, and nightshades) are best saved for later.

2. **Use the three-day method:**
   - **Day 1:** Consume a small amount of the food in its purest form (such as a small spoon of plain yogurt rather than ice cream when testing dairy).
   - **Day 2:** Increase the portion while continuing to monitor.
   - **Day 3:** No consumption—observe for delayed reactions.

3. **Document everything:** Record any symptoms that emerge, including subtle changes in energy, digestion, skin, mood, or sleep. Reactions may appear within minutes (indicating possible allergy) or emerge 24-72 hours later (suggesting sensitivity or intolerance).

4. **Interpret reactions:** Symptoms that return during reintroduction suggest sensitivity to that food. Common reactions include:
   - Digestive issues: Bloating, gas, diarrhea, constipation, or heartburn
   - Skin problems: Rashes, acne flares, itching, or redness
   - Cognitive deficits: Brain fog, difficulty concentrating, or memory issues
   - Mood fluctuations: Anxiety, irritability, mood swings, or depression
   - Energy changes: Fatigue, lethargy, or afternoon crashes
   - Inflammatory symptoms: Joint pain, muscle aches, or headaches
   - Sleep issues: Insomnia, restless sleep, or waking unrefreshed

5. **Return to baseline:** If you experience a reaction, stop consuming the test food and return to the elimination diet until symptoms resolve completely before testing the next food.

6. **Proceed systematically:** Test one food group at a time, with at least three days between each new introduction. This methodical approach prevents confusion about which foods cause which reactions.

7. **Create categories based on your results**, including:
    - Foods that cause significant reactions (avoid completely or test again after 6+ months of healing)
    - Foods that cause mild reactions (limit or consume only occasionally)
    - Foods that cause no noticeable reactions (can be incorporated regularly)

Step 5: Personalization & Long-Term Implementation

After completing reintroductions, you'll have a wealth of personal data to guide your ongoing food choices. From here, you can establish your baseline diet where you build your everyday eating around foods that clearly support your health, while being mindful of identified triggers.

Some women find they have absolute triggers (foods that always cause reactions) and relative triggers (foods they can tolerate occasionally or in small amounts). Honor and account for these distinctions in your planning. Additionally, many women discover their tolerance for certain foods varies based on stress levels, sleep quality, hormonal states, or even the presence of other foods. For example, you might tolerate small amounts of dairy when well-rested but react strongly during stressful periods. Keep this in mind as well! If you notice you've been stressed lately, it's likely not a good idea to consume foods you may tolerate in only small amounts. Instead, it's likely best to stick with foods you know your body can easily handle and digest.

With all of this information, you can also develop strategies for social events where trigger foods might be present. Having a clear plan reduces stress and helps you make intentional choices rather than impulsive ones.

And keep in mind that food sensitivities can evolve as your gut heals and overall inflammation decreases. Consider retesting problematic foods every 6 to 12 months to see if your tolerances have changed.

Common Challenges & Solutions

The elimination process, while straightforward in concept, can present practical challenges throughout your daily life. So, here are solutions to the most common obstacles to help you through them!

Challenge	Solutions
Social pressure or feeling awkward at gatherings	• Bring a dish to share that meets your needs. • Eat a small meal before attending. • Focus the conversation on non-food aspects of the gathering. • Prepare a simple explanation like "I'm exploring how different foods affect my health right now."
Cravings for eliminated foods	• Identify the specific quality you're craving (sweetness, crunch, creaminess) and find compliant alternatives. • Address the emotional component—are you seeking comfort, reward, or distraction? • Ensure you're eating enough overall, as restriction often triggers cravings. • Use herbal teas, extra sleep, or gentle movement to support yourself through temporary discomfort.
Preparation time and kitchen logistics	• Dedicate 2-3 hours weekly to batch cooking staples. • Embrace simple meals—a quality protein with vegetables and healthy fat doesn't require elaborate recipes. • Use convenience tools like slow cookers or pressure cookers. • Keep compliant emergency foods on hand (canned sardines, avocados, pre-chopped vegetables).
Eating away from home	• Research restaurant menus in advance. • Call ahead to discuss your needs with the chef (most are accommodating). • Carry emergency snacks in your bag. • Focus on simple options like grilled proteins and steamed vegetables with olive oil.

Challenge	Solutions
Family members who aren't participating	• Create a "base meal" everyone can eat, with additions for those not eliminating foods. • Designate separate preparation areas to prevent cross-contamination. • Invite interested family members to join you for specific meals rather than the entire protocol. • Use this as an opportunity to model healthy boundaries and self-care.

Special Considerations

For some women, the standard elimination approach needs modification. For severe autoimmune conditions, for instance, you may want to consider a more targeted protocol like the Autoimmune Protocol (AIP), which eliminates additional potential triggers and focuses heavily on nutrient density.

For significant digestive distress, a low-FODMAP (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) approach might be incorporated alongside elimination to address specific carbohydrate sensitivities.

Additionally, if you notice reactions to aged or fermented foods, even those on the "allowed" list, you might need to address histamine overload. If you have a disordered eating history, it may be especially helpful to work with both a nutritionist and a therapist to ensure the elimination approach supports rather than triggers problematic patterns.

The elimination diet might also not be suitable for nursing mothers (talking with your doctor is important before doing anything extreme during this time), for those with high-risk conditions, or for those on medications. Before making any drastic changes, always consult your healthcare provider first.

TRACKING PROGRESS & RESULTS



Without careful documentation, subtle patterns can easily slip through the cracks—patterns that might hold the key to understanding your unique inflammatory triggers and healing pathways. You can think of tracking as creating a personalized owner's manual for your body. While everyone receives general guidance about nutrition and health, your tracking records reveal the specific ways your body responds to different foods, stressors, sleep patterns, and other variables—and even more specifically, how it's responding to these in this current phase of your life.

This personalized data becomes invaluable not only during the elimination process but also as a reference throughout your health journey. It can show you the progress you've made, even in your darkest days, motivating you to keep going. It can highlight what changes you need to make and what changes you don't.

Many women begin the elimination process focused exclusively on physical symptoms, only to discover through tracking that their mental clarity, emotional stability, and energy patterns are equally affected by inflammatory triggers. These broader connections often remain invisible without systematic documentation. So, what should you track exactly? Below, we break this down, piece-by-piece.

What to Track

Assign severity scores (1-10) to each data point below to ensure accurate tracking. Do this each day and for each meal or snack you eat.

Food and Beverages

- What you ate and approximate quantities
- Dates and timing of meals and snacks
- How you felt physically and emotionally during and after eating
- Note any deviations from the elimination plan

Physical Symptoms

- Digestive function (bowel movements, bloating, gas, or discomfort)
- Energy levels throughout the day
- Sleep quality and duration
- Pain or discomfort (joints, muscles, or headaches)
- Skin condition (rashes, breakouts, or dryness)

Mental and Emotional States

- Cognitive function (focus, memory, and clarity)
- Mood patterns and fluctuations
- Stress levels
- Anxiety or depression symptoms

Contextual Factors

- Menstrual cycle phase
- Physical activity
- Stress events or triggers
- Environmental factors (weather changes, allergen exposure)
- Medication or supplement changes

Practical Tracking Methods

Use my journal, *The Science-Backed Anti-Inflammatory Diet Journal For Women*, as the perfect tool to track everything—from food choices and symptoms to mood shifts and flare-ups—making it easier to spot patterns and share relevant information with your healthcare provider. Throughout the journal, you'll find inspirational quotes and monthly check-in milestones. Of course, I also encourage you to stay accountable within our online community with other women going through similar journeys; making connections with others on the same path of healing can ensure you stay on track!

Alternatively, you can also create tracking systems yourself. For instance, note-taking apps make creating daily entries ultra-easy. There are also some specialized health apps that offer food and symptom tracking options. If you don't love either of those ideas, you could also consider using the classic spreadsheet.

But, at the same time, you don't have to go digital. A dedicated notebook (or the aforementioned journal) with daily sections, a bulleted journal, or a color-coding calendar may also work well. Each to their own! The key is finding a system that fits naturally into your daily routine. The most sophisticated tracking template is worthless if it feels too cumbersome to use consistently.

With the above in mind, here are a few more tips:

- Begin by tracking just 3-5 key metrics daily rath had happened. The most valuable insights often come from understanding why and when you deviated from the plan.
- Don't overcomplicate your system. Elaborate tracking can quickly become her than trying to document everything. You can always expand your tracking as the habit becomes established.
- Use rating scales for subjective experiences. For symptoms like fatigue, brain fog, or mood, use consistent numerical scales (1-10) to make patterns more visible over time.
- Capture immediate impressions. Don't wait until the end of the day to record how you felt after breakfast—by then, your memory will have faded. Jot quick notes or make voice notes immediately after meals or when symptoms arise.
- Take periodic photos. For visible symptoms, like skin conditions, weight changes, or inflammation, photos often reveal gradual changes that daily observation might miss.
- Look beyond your food. Note sleep quality, stress levels, exercise, and hormonal patterns alongside food entries—these factors significantly influence how your body responds to what you eat.
- Schedule regular review sessions. Set aside 15-20 minutes weekly to review your tracking data, looking for patterns you might have missed in day-to-day recording.
- Be honest; document what actually happened, not what you wisunsustainable. Again, start with 3-5 key metrics.
- Stay consistent. If you have substantial gaps in your tracking, it's going to be more difficult to spot patterns.

FOODS TO EAT VS. FOODS TO AVOID



At the end of the day, food can either calm or contribute to inflammation. Knowing which ingredients support healing—and which ones may work against it—can help you make choices that nourish you from the inside out.

The following lists reflect common inflammatory patterns, but your individual response may vary. Through the elimination process, as outlined above, you'll gain clearer insight into what truly works for your body. Rather than following strict rules, use these suggestions as a flexible foundation. An anti-inflammatory approach is about making thoughtful, informed decisions—not about perfection or deprivation—and still enjoying every bite along the way.

FOODS TO EMBRACE

Vegetables

Leafy Greens

- Spinach
- Kale
- Swiss chard
- Arugula
- Collard greens
- Dandelion greens

Why they work: These veggies are rich in antioxidants, particularly lutein and zeaxanthin, which neutralize free radicals. Their high vitamin K content further supports proper blood clotting and bone health, while their magnesium helps regulate muscle and nerve function. The chlorophyll in these greens has been shown to have detoxifying properties.

Cruciferous Vegetables

- Broccoli
- Cauliflower
- Brussels sprouts
- Cabbage
- Bok choy

Why they work: These foods contain sulforaphane, a compound that activates the NRF2 pathway, which regulates over 200 genes involved in anti-inflammatory and antioxidant responses. For women specifically, these vegetables may help metabolize estrogen into beneficial forms, potentially reducing the risk of hormone-related conditions.

Root Vegetables

- Sweet potatoes
- Turnips
- Parsnips
- Beets
- Carrots

Why they work: These root veggies provide antioxidants and complex carbohydrates, which support stable blood sugar. Beets also contain betalains that reduce inflammation and support detoxification, while sweet potatoes offer beta-carotene that protects skin and mucous membranes (Montserrat et al., 2021).

Allium Family

- Garlic
- Onions
- Leeks
- Shallots
- Chives

Why they work: Rich in organosulfur compounds that reduce inflammation and support immune function, Allicin, found particularly in garlic, has potent antimicrobial properties that help maintain healthy gut flora balance (Ankri & Mirelman, 1999).

Sea Vegetables

- Seaweed
- Dulse
- Nori
- Kelp

Why they work: Sea veggies provide minerals often missing from land vegetables, including iodine for thyroid health and unique polysaccharides.

Fruits

Berries

- Blueberries
- Strawberries
- Raspberries
- Blackberries

Why they work: Berries are among the highest antioxidant foods available, containing anthocyanins that reduce oxidative stress and inflammation. Their low sugar content also makes them ideal for maintaining stable blood sugar while still satisfying sweet cravings.

Citrus Fruits

- Lemons
- Limes
- Oranges
- Grapefruit

Why they work: High in vitamin C and bioflavonoids, these citrus fruits support immune function and collagen production. The d-limonene in their peels supports liver detoxification pathways, helping your body process and eliminate inflammatory compounds (Yu et al., 2017).

Stone Fruits

- Cherries
- Plums
- Peaches
- Apricots
- Dates

Why they work: They contain polyphenols that reduce inflammatory markers. Tart cherries specifically have been shown to reduce inflammatory pain and support recovery from exercise (Chai et al., 2019).

Low-Sugar Fruits

- Green apples
- Kiwi
- Pears

Why they work: These fruits provide fiber and nutrients without excessive fructose, helping maintain stable blood sugar (which, as we've learned, is important for reducing inflammation).

Proteins

Wild-Caught Fish

- Salmon
- Sardines
- Mackerel
- Anchovies
- Herring

Why they work: These fish are rich in omega-3 fatty acids, specifically EPA and DHA. Their high-quality protein also provides the amino acids needed for tissue repair.

Pastured Poultry

- Chicken
- Turkey
- Duck
- Eggs (if tolerated)

Why they work: These foods provide complete protein with all essential amino acids needed for immune function and tissue repair.

Grass-Fed Ruminants

- Beef
- Lamb
- Bison
- Venison

Why they work: These contain conjugated linoleic acid (CLA) and a balanced omega-3 ratio (when raised on pasture). Their high zinc content also supports immune function and wound healing.

Legumes (if tolerated)

- Lentils
- Chickpeas
- Black beans
- Pinto beans

Why they work: Beans provide plant-based protein and resistant starch that feeds beneficial gut bacteria.

Healthy Fats

Plant-Based Oils

- Extra virgin olive oil
- Avocado oil
- Coconut oil

Why they work: Olive oil contains oleocanthal, which has anti-inflammatory effects similar to ibuprofen without the side effects (Parkinson & Keast, 2014). Avocado oil's high smoke point makes it ideal for cooking, while its vitamin E content protects cells from oxidative damage.

Whole-Food Fats

- Avocados
- Olives
- Coconut

Why they work: These provide fats in their natural form along with fiber and micronutrients.

Nuts and Seeds (if tolerated)

- Walnuts
- Almonds
- Flaxseeds
- Chia seeds
- Hemp seeds

Why they work: They offer beneficial fatty acids and minerals (like magnesium and selenium) that support hundreds of enzymatic reactions in the body. Walnuts specifically have been shown to reduce inflammatory markers in clinical studies (Fan et al., 2023).

Herbs and Spices

The Classic Anti-Inflammatory Spices

- Turmeric
- Ginger
- Cinnamon
- Rosemary
- Thyme

Why they work: These spices contain concentrated plant compounds that directly inhibit inflammatory pathways. Turmeric's curcumin blocks NF-$\varkappa$B activation, while ginger contains gingerols that reduce pain and inflammation (Olivera et al., 2012: Ballester et al., 2022).

Fresh Culinary Herbs

- Basil
- Oregano
- Parsley
- Cilantro
- Mint

Why they work: These herbs provide concentrated phytonutrients and antioxidants that support detoxification and reduce oxidative stress. Many also have antimicrobial properties that support healthy gut flora.

Fermented Foods

- Sauerkraut
- Kimchi
- Coconut yogurt
- Kombucha
- Water kefir

Why they work: These foods provide beneficial bacteria that modulate immune function and gut barrier integrity.

Sweeteners (Use Sparingly)

Natural Options

- Raw honey
- Maple syrup
- Coconut sugar
- Monk fruit

Why they work: These provide sweetness with additional nutritional benefits, and monk fruit has a potentially lower glycemic impact than refined sugar. Raw honey further contains enzymes and compounds with antimicrobial properties.

FOODS TO AVOID



Refined Carbohydrates

Wheat-Based Products

- White bread
- Pasta
- Crackers
- Most baked goods

Why they're problematic: These foods tend to rapidly spike blood sugar and insulin levels, which drives inflammation. Most commercial wheat products also contain additives, preservatives, and gluten, which can trigger immune responses in sensitive individuals.

Processed Grains

- White rice
- Instant oatmeal
- Most breakfast cereals

Why they're problematic: Stripped of fiber and nutrients, these highly processed foods often lead to blood sugar fluctuations. Many also contain added sugars, artificial colors, and preservatives that may trigger inflammatory responses.

Flour Products

- Most flours, especially white flour

Why they're problematic: Even "whole grain" flours can spike blood sugar due to their fine particle size, which increases surface area for rapid digestion.

Added Sugars

Refined Sugars

- Table sugar
- High-fructose corn syrup
- Agave nectar

Why they're problematic: These refined sugars can feed harmful gut bacteria. Refined sugar consumption is also well-known to correlate with increasing inflammatory markers.

Artificial Sweeteners

- Aspartame
- Sucralose
- Saccharin

Why they're problematic: These often disrupt the gut microbiome composition, potentially triggering widespread inflammation.

Hidden Sugary Drinks

- Fruit juices
- Sports drinks
- Flavored yogurts
- Granola bars

Why they're problematic: Often perceived as "healthy," surprisingly, many of these contain just as much sugar as candy.

Industrial Seed Oils

Refined Vegetable Oils

- Soybean oil
- Corn oil
- Canola oil
- Safflower oil
- Sunflower oil

Why they're problematic: These contain disproportionately high levels of omega-6 fatty acids that may promote inflammation when consumed in excess.

Hydrogenated Oils

- Margarine
- Shortening
- Many processed foods

Why they're problematic: These contain trans fats that can promote inflammation and damage cell membranes.

Fried Foods

- Fast food
- Chips
- Many restaurant foods (but not all)

Why they're problematic: The high-heat cooking in industrial seed oils creates advanced glycation end products (AGEs) and oxidized compounds that trigger inflammatory responses and cell damage (Uribarri et al., 2010).

Processed Foods

Ultra-Processed Items

- Boxed meals
- Most frozen dinners
- Processed meats (bacon, sausage, deli meats, hot dogs)

Why they're problematic: These types of foods often combine multiple inflammatory ingredients (refined carbs, sugars, seed oils) with artificial additives, creating the perfect storm.

Food Additives

- Artificial colors
- Flavors
- Preservatives
- Emulsifiers

Why they're problematic: Many directly trigger immune responses or disrupt gut barrier function. Common additives, like carrageenan and polysorbate 80, have been shown to increase intestinal permeability in research studies (Bellanco et al., 2025).

Common Allergens

Gluten-Containing Grains

- Wheat
- Barley
- Rye

Why they're problematic: In many people, such as those with celiac disease, these foods trigger immune responses. Gluten may also potentially lead to the development of a leaky gut.

Conventional Dairy

- Milk
- Cheese
- Ice cream
- Processed yogurt

Why they're problematic: These processed dairy products often contain A1 casein, lactose, hormones, and antibiotics that can trigger immune responses.

Soy Products (particularly processed forms)

- Soy protein isolate
- Tofu
- Soy milk

Why they're problematic: These contain phytoestrogens that may disrupt hormone balance and enzyme inhibitors that can affect protein digestion. Many people also have immune reactions to soy proteins.

Nightshade Vegetables (for sensitive individuals)

- Tomatoes
- Peppers
- Eggplant
- White potatoes

Why they're problematic: They contain alkaloids that may trigger inflammatory responses in susceptible individuals, particularly those with autoimmune conditions, like rheumatoid arthritis or psoriasis.

Alcohol

All Types

- Beer
- Wine
- Spirits
- Mixed drinks
- And more!

Why it's problematic: Alcohol directly damages the intestinal lining, increasing permeability ("leaky gut"). This allows bacterial endotoxins to enter circulation, triggering systemic inflammation. Your liver also prioritizes alcohol metabolism over other functions, including processing hormones and toxins. This metabolic shift creates inflammatory byproducts and oxidative stress. Surprisingly, even moderate alcohol consumption alters gut bacteria composition, often reducing beneficial species while allowing inflammatory species to proliferate. Meanwhile, there are other known effects of alcohol that have negative impacts on our overall health, including blood sugar dysregulation, sleep disruption, nutrient depletion, and dehydration.

The Gray Area...

Some foods don't fit neatly into "eat" or "avoid" categories. Their impact ultimately depends on your individual sensitivities, preparation methods, and current health status. Here's a list of foods that some people may tolerate and some people may not (performing an elimination diet helps you determine if these are issues for you).

- **Certain grains:** Brown rice, quinoa, buckwheat, and millet
- **Higher-sugar fruits:** Bananas, grapes, mangoes, and dried fruits
- **Certain lentils:** Black beans, chickpeas, etc. (Proper soaking and cooking can reduce issues with these.)
- **Saturated fats:** Coconut oil, grass-fed butter, and ghee

FLAVOR BOOSTERS & CONDIMENTS



While we briefly talked about some spices and herbs above, it's worth diving deeper into how to keep meals exciting—especially during the elimination phase. With many familiar condiments and seasonings off-limits, flavor can feel like it's in short supply. But that doesn't have to be the case. From mineral-rich Celtic salt to gut-friendly herbs and spices, these additions can elevate your meals, keep them exciting, and ensure you leave the table feeling satisfied. At the end of the day, eating for your health doesn't have to mean sacrificing taste! So, let's dig in.

Elimination-Safe Seasoning Basics

With just a few simple ingredients, you can turn any elimination-friendly meal into something you actually look forward to eating. Even with certain spices off the table, there are still plenty of ways to build flavor during the elimination phase. Start with the basics, such as:

Celtic Sea Salt

This mineral-rich salt adds clean, natural flavor without the additives often found in regular table salt, such as anti-caking agents or dextrose. Plus, it supports electrolyte balance, especially helpful as your body adapts to dietary changes.

Fresh Herbs

Most fresh herbs are well-tolerated and can dramatically elevate the taste of your meals. Try these simple combinations, such as:

- Parsley, mint, and dill for a light, bright flavor
- Rosemary, thyme, and sage for earthy depth
- Basil and oregano, which can be perfect for Italian-inspired dishes

Elimination-Friendly Spices

While nightshades (like chili, paprika, and cayenne) and certain seed spices may need to be avoided, the following are generally safe and packed with anti-inflammatory benefits:

- Turmeric (paired with black pepper to boost absorption)
- Ginger (fresh or dried)
- Cinnamon
- Cloves
- Dried herbs, like oregano, thyme, and rosemary

Simple Condiment Swaps

Instead of...	Try...
Store-bought mayonnaise	Avocado "mayo"—blend ripe avocado with a pinch of Celtic salt and lemon juice
Store-bought ketchup	Nomato sauce—blend together beets and carrots with a touch of balsamic vinegar.
Soy sauce	Coconut aminos
Store-bought salad dressings	Mix together olive oil, lemon juice, herbs, and Celtic salt for an ultra-simple vinaigrette

A QUICK NOTE ON PATIENCE AND EXPERIMENTATION



Remember, the elimination phase is *temporary*, and your flavor options will expand significantly during reintroduction. Use this period to experiment with new combinations and techniques rather than focusing on what's missing. Many people discover flavor enhancers during elimination that become permanent favorites even after the process concludes. And keep in mind your taste perception may shift throughout this process; what might seem bland in the first week often becomes vibrantly flavorful by week three—an unexpected benefit worth noting in your tracking process.

Overall, the elimination diet offers a profound opportunity to develop a new relationship with your body and with food itself. This process teaches you to distinguish between external "rules" and your body's genuine needs. You discover the difference between momentary pleasure and lasting nourishment. Most importantly, you reclaim authority and control over your health and well-being.

In the next chapter, we'll take a closer look at personalizing your journey according to your goals and needs. This will include identifying what you want most from this way of eating—whether it's more energy, clearer skin, less bloating, or better hormone balance—and how to adjust your plan accordingly. You'll also learn how to build a flexible, sustainable foundation that adapts to real life while continuing to support your healing process.

KEY TAKEAWAYS

- The elimination diet is a personalized approach to discovering your unique inflammatory triggers rather than following generic dietary rules.
- Proper preparation, including kitchen stocking, meal planning (more on this in a later chapter), and social strategies, significantly increases your chances of success with the elimination process.
- The standard elimination phase lasts 3-4 weeks and removes common inflammatory triggers, like gluten, dairy, sugar, alcohol, seed oils, and processed foods.
- Systematic reintroduction using the three-day method allows you to clearly identify which foods cause reactions and which you tolerate well.
- Detailed tracking of food, symptoms, energy levels, sleep quality, and mood patterns is essential for identifying connections that might otherwise be missed. I recommend using our journal, *The Ultimate Anti-Inflammatory Diet Journal For Women*, for easy tracking and accountability.
- The elimination diet works particularly well for women because it helps separate hormonal fluctuations from food-triggered symptoms.
- Rating symptoms on a 1-10 scale before and during the elimination process provides objective evidence of improvement.
- Focus on what you can eat rather than what you've eliminated to maintain a positive mindset and discover new favorite foods.
- Social situations present challenges during elimination, but preparation and simple explanations can help navigate them successfully.
- Healing timelines vary greatly between individuals—patience and objective tracking are important when progress seems slow.
- Your food tolerances may change depending on stress levels, sleep quality, hormonal state, and environmental factors.

- Anti-inflammatory eating doesn't mean bland eating—herbs, spices, and condiment swaps can keep meals exciting and satisfying.
- The elimination diet works best when approached with curiosity rather than perfectionism.
- The ultimate goal of the elimination process is not restriction but empowerment—developing a personalized understanding of how foods affect your unique body.

CHAPTER 4:

PERSONALIZING YOUR ANTI-INFLAMMATORY PLAN



Healing is rarely a linear journey—you'll have ups and downs, but with time and persistence, it's possible to heal and feel good again. And when it comes to reducing inflammation, there's also no single roadmap that works for everyone. While the previous chapter specified the basics of elimination and reintroduction, this one is about helping you make the anti-inflammatory approach your own—customized to your health goals, daily routines, and how your body personally reacts.

What makes this approach so effective is its flexibility. Unlike rigid, one-size-fits-all diets that often fall short, the anti-inflammatory method respects the fact that everyone is different. After all, our bodies respond to foods based on a complex interplay of genetics, microbiome composition, immune sensitivity, hormonal status, stress levels, sleep quality, and environmental exposures. The woman sitting next to you at dinner may thrive on foods that trigger your symptoms, not because one of you is doing something wrong, but because your bodies are processing those foods through fundamentally different biological landscapes.

Whether your primary goal is sustainable weight management, improving energy levels, managing a chronic illness, or simply creating balanced meals without the restriction mentality of conventional diets, this chapter will help you refine the anti-inflammatory template to serve your specific needs. You'll learn how to support different health objectives while maintaining the core anti-inflammatory principles. Often, the most successful approaches are simple ones that you can maintain consistently. So, how can you ensure your diet supports you and your unique needs?

IDENTIFYING YOUR MAIN GOALS



Before customizing your anti-inflammatory plan, take time to clarify your goals and priorities. While reducing inflammation is the overarching objective, your specific priorities will shape how you implement the foundational principles.

For example: Are you actively managing symptoms of an autoimmune condition, or are you primarily focused on prevention? Is reclaiming your energy your most pressing concern, or are you seeking sustainable weight management without restrictive dieting? Perhaps hormonal balance is your priority as you navigate perimenopause or PCOS. Many women find digestive healing or mental clarity to be their most urgent needs, while others simply want practical strategies to implement healthier choices within a busy life.

Take a moment to identify your top two priorities. Having clarity helps direct your energy effectively, even as these goals shift over time. Then, honestly assess your starting point—your current inflammatory burden, available resources, emotional relationship with food, and readiness for change.

It's also important to consider your practical constraints around time, budget, and support. If you have a history of disordered eating, your approach should prioritize psychological health alongside physical healing. Be honest about where you are in the change process—are you ready for significant changes, or do you need to start with smaller steps?

This self-assessment is simply about creating a realistic starting point. After all, this journey isn't a race—it's about sustainable changes that support your body's healing capacity. With clarity about your goals and starting point, you can customize everything to serve your specific needs, honoring both the science of inflammation and your unique reality.

So, take some time to reflect on the above. Don't rush this process either; create space to truly reflect. This might mean scheduling time into your busy calendar to reflect and write down what you want and need.

SPECIAL CONSIDERATIONS FOR SPECIFIC GOALS



While there isn't enough space to cover every possible goal, the following are some of the most common priorities—beyond simply reducing inflammation. As always, the key principles in the anti-inflammatory diet remain the same. However, a few things may change depending on your focus. So, let's take a closer look at what this means.

Weight Loss & Energy Boosting

Sustainable weight loss and improved energy levels arise when we nourish our bodies properly. When inflammation is reduced, your metabolism works better, cravings lessen, and energy becomes more consistent.

While weight loss can feel like an uphill battle, it's possible. Instead of cutting calories or carbs, focus on eating to support your body's natural rhythm. Balanced meals with protein, fiber, healthy fats, and slow-digesting carbs help regulate blood sugar, manage cravings, and sustain energy.

Here are a few simple tips to get started:

- **Start your day with balance:** Try a breakfast with protein and healthy fat (such as eggs with avocado or chia pudding with nuts).
- **Stay hydrated:** Dehydration often shows up as fatigue or hunger.
- **Eat the rainbow:** A variety of colorful veggies means a wide range of anti-inflammatory nutrients.
- **Don't skip meals:** Skipping leads to energy crashes and overeating later. It can also cause extreme blood sugar fluctuations and stress, which, at the end of the day, won't get you closer to your goals.
- **Use herbs and spices:** Turmeric, ginger, and cinnamon help fight inflammation and support digestion. These also don't add calories, so they are great for weight loss!

Managing Chronic Illness Symptoms

When you're living with a chronic illness, food can become a grounding force—something within your control when much else feels unpredictable. The goal is simply to build habits that help reduce inflammation, ease symptoms, and support daily energy.

If your goal is to better manage chronic illness, consider these tips:

- Ensure you discuss any dietary changes with your doctor before implementing them.
- Keep meals consistent throughout the day to reduce stress on your body and support hormonal balance.
- Choose easy-to-digest meals (such as bone broth soups, sweet potatoes, or cooked and soft foods) on flare-up days to support easier digestion and reduce discomfort.
- Build in soothing rituals, like sipping herbal tea or enjoying a warm broth, to help your nervous system relax.

Balanced Meals Without Calorie Restrictions

For many women, traditional dieting can lead to burnout, frustration, or disconnection from the body. Instead of cutting calories, the anti-inflammatory approach encourages building nourishing, satisfying meals that support your body's needs—without deprivation or guilt.

Try these tips to create a better balance on your plate:

- Include a source of protein (like eggs, fish, beans, or grass-fed meats) in each meal to support hormone health and steady energy.
- Add slow-digesting carbs, like root vegetables, fruits, or rice (if tolerated), to fuel your brain and body without spikes or crashes.
- Don't shy away from healthy fats—avocados, olive oil, nuts, and seeds all help regulate appetite and support cellular health.
- Aim for color and variety. A diverse plate means a wider range of nutrients and better gut health.
- Focus on how food makes you feel—not just how it looks or fits a rule.

KITCHEN TOOLS FOR SUCCESS & MEAL PREP 101



Creating anti-inflammatory meals can actually be loads of fun. It doesn't have to be another "to-do" on your list. With the right tools and a few simple strategies, you can set yourself up for success—making it easier to stay consistent and nourished no matter how busy life gets. Here are a few tips to help you through this and ensure you're doing everything possible to support your goals and healing journey. I've also added Meal Prep Tools recommendations in the bonus section for those who want even more!

Tip #1: Invest in a Good Set of Glass Containers

Reusable glass containers are a must for keeping prepared food fresh, organized, and easy to reheat. Unlike plastic, they don't hold onto odors or stains from sauces. Choose a mix of sizes—small ones for dressings or snacks, and larger ones for full meals or batch-cooked items.

Tip #2: Use a Sharp Chef's Knife

Meal prep becomes a chore when your tools are dull (and, well, useless). A quality chef's knife can save time and effort, making it easier (and safer) to chop veggies, proteins, and herbs.

Tip #3: Keep a Few Core Appliances Handy

You don't need a high-tech kitchen, but a few reliable appliances can go a long way, such as:

- A blender for smoothies, sauces, and soups
- A rice cooker or Instant Pot for hands-off cooking of grains, beans, and stews
- Sheet pans and baking trays for roasting large batches of veggies and proteins

These tools also help with doing big-batch cooking. They also don't require you to hover. You can set it and forget it (for a second or two at least! Never forget to set a timer.). In fact, the above tools actually save you time, energy, and effort.

Tip #4: Choose 2-3 Base Ingredients to Prep Each Week

Simplicity wins every time. Instead of prepping full meals, focus on prepping ingredients that can mix and match. This way, you can throw together meals quickly and won't be tempted to fall off track. Some examples may include:

- Roasting a tray of sweet potatoes or carrots
- Cooking a pot of quinoa or lentils
- Grilling or baking a protein source, like chicken thighs or tempeh
- Washing and chopping leafy greens or crunchy veggies, like cucumbers and bell peppers

- Making 1-2 sauces or dressings to go with your other ingredients

Tip #5: Make Prep Time Enjoyable

Turn your prep session into a relaxing ritual. Listen to a podcast, play your favorite playlist, or light a candle while you cook. When prep time feels like self-care instead of another task, it's easier to stay consistent long-term.

Tip #6: Keep a Running Grocery List

Use a magnetic list on the fridge or a notes app on your phone to jot down items as they run low. This helps avoid last-minute shopping trips and keeps your kitchen stocked with go-to staples, like olive oil, oats, canned beans, or frozen berries.

WHEN TO ASK FOR HELP



Sometimes, making dietary changes is a great first step—but it's not always the full picture. If you're managing a health condition or something feels off that you can't quite explain, it's a good idea to loop in a professional.

Working with a registered dietitian, integrative doctor, or functional medicine practitioner can give you clarity and direction, especially if your symptoms are ongoing. Having someone experienced to help connect the dots can save you a lot of time and guesswork.

At the end of the day, you don't need to figure everything out on your own. Professionals can offer testing, insights, and support that go beyond what a book or online search can give you. And they'll help tailor your approach to fit your unique body and needs. Ultimately, this journey is about feeling better in a way that lasts—and sometimes, getting a little extra guidance is exactly what helps make that happen.

Whether you choose to work with a professional or continue on your own, the next step is the same: Bringing this knowledge into your everyday life—starting with what's on your plate. Now, it's time to put everything into action! You've learned the what, the why, and the how—now comes the food itself. Part Two is packed with 120 anti-inflammatory recipes designed to help you implement everything you've just learned. From energizing breakfasts to satisfying dinners, these recipes will make it easier (and tastier) to stay on track and nourish your body every step of the way.

KEY TAKEAWAYS

- Healing from inflammation is a personal journey that doesn't follow a straight line—and that's completely normal.
- There's no single anti-inflammatory "diet" that works for everyone; your plan should be tailored to your body, lifestyle, and health priorities.
- The flexibility of this approach is its greatest strength, allowing you to adapt based on your evolving needs and daily realities.
- Before making changes, it's helpful to clearly define your top 1-2 health goals. This can provide direction and clarity.
- Your starting point matters just as much as your goals; be honest about your current habits, stressors, and capacity for change.
- Sustainable weight loss and energy are more likely when meals include balanced macronutrients, colorful vegetables, and regular eating patterns—not extreme restrictions.
- For chronic illness management, gentle foods and consistent meals can help ease symptoms and create a more stable foundation for healing.
- Building balanced meals is about choosing nourishing foods that help your body feel satisfied and supported.
- Practical tools, like sharp knives, glass containers, and a few kitchen appliances, can make anti-inflammatory cooking easier and more enjoyable.
- Prepping a few base ingredients each week can set you up for success without overwhelm.
- Creating a relaxing routine around meal prep—like listening to music or your favorite podcast—can help turn it into a form of self-care.
- If symptoms persist or you feel unsure about what's best for your body, seeking help from a practitioner can bring clarity and peace of mind. This is especially important if you've been diagnosed with specific health conditions.

PART TWO

30-DAY MEAL PLAN & SHOPPING LIST

“A goal without a plan is just a wish.”

ANTOINE DE SAINT-EXUPÉRY

CHAPTER 5

MEAL PLANS



Putting anti-inflammatory eating into practice can be overwhelming—especially at the beginning. It's new. There can be a lot of uncertainty and fear surrounding what you should eat versus what you shouldn't. But this is why this chapter is here—to help you connect the dots between what you've learned and what you're actually cooking day-to-day. Below, you'll find four full weekly meal plans designed to take the stress and second-guessing out of your journey.

Each plan is thoughtfully laid out to offer balance, variety, and all of the anti-inflammatory benefits, without requiring you to become a nutritionist overnight. We've also incorporated smart strategies, such as utilizing leftovers in creative ways and sequencing meals to minimize food waste and save time in the kitchen. You'll even find organized shopping lists, broken down by store section, to make grocery runs quick and painless.

Feel free to follow them step-by-step, especially when you're just getting started, or mix it up as needed. Or, once you're feeling more confident, use them as inspiration to create your own rhythm. All the recipes are waiting for you in Part Three, complete with full instructions and nutritional information to keep things simple. So, what could your anti-inflammatory plan look like week-by-week? Let's take a look.

WEEK 1 MEAL PLAN



	BREAKFAST	LUNCH	DINNER
Mon	Chia Seed Pudding (pg 87)	Greek Salad Bowl with Chicken & Cauliflower Rice* (pg 122)	Orange Glazed Salmon (pg 125) Garlic Herb Cauliflower rice (pg 215)
Tue	Egg Veggie Cups* (pg 107) Fresh fruit	Tuna Nicoise Salad (pg 191)	Leftover Greek Salad Bowl with Chicken & Cauliflower Rice
We	Tomato, Zucchini, & Cheese Frittata* (pg 111)	Carrot-Ginger Soup* (pg 163)	Zucchini Noodle Bowl with Shredded Chicken & Coconut-Lime Dressing (pg 133)
Thu	Leftover Egg Veggie Cups Fresh fruit	Quinoa & Kale Salad with Lemon Tahini Dressing (pg 184) (add in protein of choice)	Turkey Burger Lettuce Wraps (pg 211) Creamy Mashed Sweet Potatoes (pg 221)
Fri	Savory Turkey Sausage Hash (pg 95)	Leftover Carrot-Ginger Soup	Sheet Pan Garlic Baked Salmon with Fingerling Potatoes* (pg 149)
Sat	Leftover Egg Veggie CupsFresh fruit	Salmon & Avocado Nori Rolls (pg 129) (using leftover salmon from sheet pan baked salmon)	Turmeric Chicken Stew* (pg 107)
Sun	Leftover Tomato, Zucchini, & Cheese Frittata	Leftover Turmeric Chicken Stew	Meatballs with Spaghetti Squash (pg 178)

**Signifies that these dishes will be used later in the meal plan as leftovers.*

GROCERY LIST

Produce

- Asparagus (3 bunches, about 18 spears)
- Avocado (2)
- Baby potatoes (½ cup)
- Bell pepper (2)
- Black olives, pitted (¼ cup)
- Butter lettuce (1 head)
- Carrots (1½ pounds)
- Celery stalks (2)
- Cucumber (2)
- Fingerling potatoes (1 pound)
- Fresh cilantro
- Fresh ginger
- Fresh parsley
- Fresh rosemary
- Fresh thyme
- Garlic cloves
- Grape tomatoes (1 cup)
- Green beans (½ cup)
- Kale (7 cups)
- Lemon (1)
- Mushrooms (1 cup)
- Orange (1)
- Red onion (2)
- Romaine lettuce (8 cups)
- Spaghetti squash, whole (1 large, about 3–4 pounds)
- Spinach (5 cups)
- Sweet potatoes (5)
- Tomato (3)
- Yellow onion (3)
- Zucchini (4)

Protein/Meat

- Chicken breast (2 pounds)
- Chicken thighs (1 pound)
- Eggs (18)
- Ground beef (1 pound)
- Ground turkey (1½ pounds)
- Salmon fillets (4 fillets, 5–6 oz each)

Grains & Legumes

- Uncooked quinoa (1 cup)

Dairy & Alternatives

- Crumbled feta cheese (½ cup)
- Full-fat coconut milk (2 cans [13.5 oz])
- Shredded cheddar cheese (½ cup)

Canned / Jarred / Packaged Goods

- Jarred/packaged tuna in oil (10 oz total)
- Cauliflower rice (2 pounds)
- Sesame seeds
- Tahini (¼ cup)
- Tomato sauce (1½ cups)

Pantry, Seasonings, & Condiments

- Apple cider vinegar
- Avocado oil
- Black pepper
- Coconut aminos
- Coconut oil
- Dijon mustard
- Dried basil
- Dried oregano
- Dried thyme
- Garlic powder
- Ground coriander
- Ground cumin
- Ground turmeric
- Italian seasoning
- Lemon juice
- Olive oil/avocado Oil
- Onion powder
- Pure maple syrup
- Red wine vinegar
- Sea salt
- Slivered almonds

WEEK 2 MEAL PLAN



	BREAKFAST	LUNCH	DINNER
Mon	Blueberry Overnight Oats* (pg 97)	Spinach Shrimp Salad with Ginger "Soy" Dressing* (pg 135)	Egg Roll in a Bowl* (pg 137)
Tue	Leftover Blueberry Overnight Oats	Leftover Spinach Shrimp Salad with Ginger "Soy" Dressing	Leftover Egg Roll in a Bowl
We	Crispy AIP Waffles* (pg 105) Fresh fruit	Poke Bowl (pg 175)	Citrus-Herb Chilean Sea Bass (pg 175) Garlic-Roasted Broccolini (pg 231) Cauliflower Mash* (pg 229)
Thu	Radiant Skin Glow Juice (pg 247) Crispy Sweet Potato Hash Browns* (pg 233)	Tunacado Sandwich (pg 169)	Chicken Bruschetta (pg 173) Leftover Cauliflower Mash
Fri	Leftover Crispy AIP Waffles Fresh fruit	Turmeric Lentil Soup* (pg 201)	Mongolian Ground Beef* (pg 167) The Best Cauliflower Fried Rice* (pg 234)
Sat	Green Revive Juice (pg 245) Leftover Crispy Sweet Potato Hash Browns	Leftover Mongolian Ground Beef Leftover The Best Cauliflower Fried Rice	Pistachio Crusted Salmon (pg 199) Garlic-Herb Cauliflower Rice* (pg 215)
Sun	Sweet Potato Avocado Toast (pg 89)	Leftover Turmeric Lentil Soup	Cod Piccata (pg 177) Leftover Garlic-Herb Cauliflower Rice

**Signifies that these dishes will be used later in the meal plan as leftovers.*

GROCERY LIST

Produce

- Alfalfa sprouts (1 handful)
- Avocado (3)
- Baby spinach (4 cups)
- Blueberries (½ cup)
- Broccolini (8 oz)
- Carrots (8 large)
- Cauliflower (1 medium head)
- Cauliflower rice (5 cups)
- Celery (6 stalks)
- Cucumber (3)
- Fresh basil
- Fresh ginger
- Fresh parsley
- Garlic cloves
- Green apples (2)
- Green cabbage (4 cups)
- Green onion (6 stalks)
- Kale (4 cups)
- Lemon (4)
- Orange (1)
- Plum tomatoes (3)
- Red apple (1)
- Red cabbage (¼ cup)
- Red onion (1)
- Shredded carrots (1½ cups)
- Sweet potato (2)
- Yellow onion (3)

Protein/Meat

- Chicken breasts (2 pounds)
- Cod fillets (4, 5–6 oz)
- Eggs (2)
- Ground beef (2 pounds)
- Salmon fillets (2 fillets, 5–6 oz each)
- Shrimp (8 oz)
- Sushi-grade ahi tuna (8 oz)

Grains & Legumes

- Dry red lentils (1 cup)
- Rolled oats (1 cup)

Dairy & Alternatives

- Almond milk (1¼ cup)
- Full-fat coconut milk (2 cans [13.5 oz])
- Part-skim mozzarella cheese (2 oz)

Canned / Jarred / Packaged Goods

- Capers
- Tuna packed in water (5 oz)

Pantry, Seasonings, & Condiments

- Apple cider vinegar
- Arrowroot starch
- Avocado oil
- Baking soda
- Balsamic glaze
- Beef broth
- Black pepper
- Chicken stock
- Coconut aminos
- Coconut flour
- Coconut oil
- Dijon mustard
- Garlic powder
- Grapeseed oil
- Honey
- Italian seasoning
- Lime juice
- Olive oil/Avocado Oil
- Paprika
- Pure maple syrup
- Red pepper flakes
- Rice vinegar
- Sea salt
- Shelled pistachios (⅓ cup)
- Toasted sesame seeds
- Unrefined sesame oil
- Vanilla extract
- Vegetable broth
- Veganaise

WEEK 3 MEAL PLAN



	BREAKFAST	LUNCH	DINNER
Mon	Green Power Smoothie (pg 279)	Butternut Squash Soup* (pg 165)	Grilled Chicken with Mango Avocado Salsa (pg 181)
Tue	Sweet Potato Hash with Bacon & Kale (pg 91)	Arugula Strawberry Salad with Raspberry Vinaigrette (pg 154) *(add protein of choice)*	Shrimp Tacos (pg 188)
We	Green Power Smoothie (pg 279)	Leftover Butternut Squash Soup	Chickpea Pasta with Pesto & Pistachios (pg 203)
Thu	Green Revive Juice (pg 245) Turkey Maple Breakfast Sausages* (pg 93)	Vegan Stuffed Sweet Potato Burritos* (pg 208)	Taco Bowl* (pg 150)
Fri	Turmeric Poached Eggs (pg 85) Leftover Turkey Maple Breakfast Sausages	Leftover Vegan Stuffed Sweet Potato Burritos	Leftover Taco Bowl
Sat	Green Revive Juice (pg 245) Leftover Turkey Maple Breakfast Sausages	California Chicken Sandwich with Garlic Aioli (pg 197) Fresh fruit	Pan Seared Scallops with Zucchini Noodles (pg 186)
Sun	Sweet Potato Waffles* (pg 117) Fresh fruit	Arugula Strawberry Salad with Raspberry Vinaigrette (pg 154) *(add protein of choice)*	Red Curry with Shrimp & Veggies (pg 143)

**Signifies that these dishes will be used later in the meal plan as leftovers.*

GROCERY LIST

Produce

- Apple (3)
- Arugula (6 oz)
- Avocados (4)
- Banana (2)
- Butternut squash (1 medium, 2.5–3 lbs)
- Celery (4 stalks)
- Cherry tomatoes (2½ cups)
- Cucumber (1)
- Fresh cilantro
- Fresh ginger
- Fresh parsley
- Fresh spinach (2 ¾ cups)
- Garlic cloves
- Green onions (2 stalks)
- Japanese sweet potatoes (2)
- Kale (4½ cups)
- Lemon (2)
- Lime (3)
- Mango (1)
- Microgreens (½ cup)
- Mushrooms (1½ cups)
- Red cabbage (1 cup)
- Red onion (1)
- Shredded cabbage/coleslaw mix (3 cups)
- Shredded carrots (¼ cup)
- Strawberries (1 cup)
- Sweet potatoes (3)
- Tomato (1)
- Yellow onion (1)
- Zucchini (3)

Protein/Meat

- Chicken breasts (2 pounds)
- Eggs (3)
- Ground beef (1 pound)
- Ground turkey (2 pounds)
- Naturally cured bacon (4 slices)
- Sea scallops (8 large)
- Shrimp (2½ pounds)

Grains & Legumes

- Brown rice noodles (4 oz)
- Cooked quinoa (2 cups; 1 cup uncooked)
- Chickpea pasta (8 oz)
- Dried black beans (¾ cup)
- Rolled oats (1 cup)
- Sprouted or gluten-free bread (4 slices)

Dairy & Alternatives

- Almond milk (3 cups)
- Crumbled goat cheese (¼ cup)
- Full-fat coconut milk (2 cans [13.5 oz])
- Plain Greek yogurt (½ cup)

Jarred / Packaged Goods

- Bamboo shoots (¼ cup)
- Chicken broth, low-sodium (⅓ cup)
- Pesto (½ cup)
- Plant-based protein powder or collagen peptides
- Red curry paste (2 Tbsp)
- Tortillas (8 small, corn or grain-free)
- Vegetable broth (3 cups)
- Water chestnuts (¼ cup)

Pantry, Seasonings, & Condiments

- Avocado oil mayonnaise
- Baking powder
- Bay leaf
- Black pepper
- Brown sugar
- Cayenne
- Chia or flax seeds
- Chili powder
- Coconut oil
- Crushed peanuts
- Cumin
- Dried oregano
- Dried sage
- Garlic powder
- Ground cinnamon
- Ground turmeric
- Lemon juice
- Olive oil/ Avocado Oil
- Onion powder
- Paprika
- Pine nuts
- Pure maple syrup
- Sea salt
- Taco seasoning
- Vanilla extract
- White wine vinegar

WEEK 4 MEAL PLAN



	BREAKFAST	LUNCH	DINNER
Mon	Leftover Sweet Potato Waffles Matcha Ginger Clean Energy Tea (pg 259)	Chicken & Vegetable Soup* (pg 194)	Pistachio Crusted Salmon (pg 199) Cauliflower Mash (pg 229)
Tue	Very Berry Protein Smoothie (pg 277)	Leftover Chicken & Vegetable Soup	Crispy Falafel Bowl (pg 160)
We	Tofu Scramble (pg 113)	Broccoli Avocado Tuna Bowl* (pg 131)	White Bean Chicken Chili* (pg 158)
Thu	Very Berry Protein Smoothie (pg 277)	Leftover Broccoli Avocado Tuna Bowl	Leftover White Bean Chicken Chili
Fri	Sunrise Power Bowl (pg 83)	Chickpea & Quinoa Salad (pg 156)	Tofu Stir-Fry (pg 204)
Sat	Healthy-Heart Oatmeal Smoothie (pg 115)	Arugula & Beet Salad with Goat Cheese & Walnuts (pg 193) *(add protein of choice)*	Air Fryer Lemon Pepper Chicken Wings* (pg 153) Watermelon & Feta Salad (pg 227)
Sun	Buckwheat Pancakes (pg 119)	Quinoa & Kale Salad with Lemon-Tahini Dressing (pg 184) *(add shredded up chicken from leftover lemon pepper wings*	Slow Cooker Sticky Chicken with Coconut Rice (pg 206)

**Signifies that these dishes will be used later in the meal plan as leftovers.*

GROCERY LIST

Produce

- Avocado (3)
- Baby arugula (8 cups)
- Bananas (4)
- Broccoli florets (5 cups)
- Carrots (3 medium)
- Cauliflower (1 medium head)
- Celery (3 stalks)
- Cucumber (3)
- Fresh ginger
- Fresh mint
- Fresh parsley
- Garlic cloves
- Grape or cherry tomatoes (1 cup)
- Green beans (1 cup)
- Green onion (4 stalks)
- Kale (4 cups)
- Leek (1 medium)
- Lime (4)
- Mixed berries (2 cups)
- Parsnips (3)
- Red bell pepper (3)
- Red onion (1)
- Shredded carrots (¾ cup)
- Snap peas or snow peas (1 cup)
- Spinach (1 cup)
- Swiss chard (1 bunch)
- Tomatoes (2)
- Watermelon (4 cups)
- Yellow onion (2)

Protein/Meat

- Chicken breasts (1 pound)
- Chicken wings (1½ pounds)
- Chicken thighs (3 pounds, bone-in, skin-on; ~8–10 pieces)
- Egg (1)
- Firm or extra-firm tofu (2 blocks, 14 oz each, crumbled or cubed)
- Ground chicken (2 pounds)
- Salmon fillets (2 fillets, 5–6 oz each)
- Grains & Legumes
- Basmati rice (2 cups uncooked)
- Buckwheat flour (1 cup)
- Dry cannellini beans (1½ cups)
- Dry chickpeas (¾ cup)
- Quinoa (2 cups uncooked)
- Rolled oats (¼ cup)

Dairy & Alternatives

- Almond milk (4 cups)
- Feta cheese (½ cup, crumbled)
- Full-fat coconut milk (3 cans [13.5 oz])
- Goat cheese (¼ cup, crumbled)
- Parmesan (½ cup grated or shaved)

Jarred / Packaged Goods

- Green chillies (7 oz)
- Hummus (¼ cup)
- Kalamata olives, pitted (½ cup)
- Plant-based protein powder or collagen peptides
- Roasted beets (1 cup, vacuum-sealed)
- Tahini (¼ cup)
- Tuna packed in water (20 oz total)

Pantry, Seasonings, & Condiments

- Almond butter
- Apple cider vinegar
- Arrowroot starch
- Avocado oil
- Baking powder
- Baking soda

Pantry, Seasonings, & Condiments (cont.)

- Balsamic glaze
- Balsamic vinegar
- Black pepper
- Chili powder
- Coconut aminos or tamari
- Coconut oil
- Dijon mustard
- Dried oregano
- Fennel seeds
- Flaxseeds
- Garlic powder
- Ground cinnamon
- Ground coriander
- Ground cumin
- Ground turmeric
- Lemon juice
- Maple syrup or honey
- Matcha powder
- Nutritional yeast
- Olive oil/Avocado oil
- Onion powder
- Pumpkin seeds
- Sea salt
- Shelled pistachios
- Sriracha
- Sunflower seeds

“You may have to fight a battle more than once to win it.”

MARGARET THATCHER

PART THREE

120 ANTI-INFLAMMATORY RECIPES

Every recipe in this book is approved by a nutritionist and physician, includes a real photo (no stock or AI images!), and comes with a full nutrition label.

Most recipes are AIP-friendly—or include easy notes about how to make them AIP-friendly. Ultimately, this entire book was created with thoughtfulness and care by women—for women—who want to feel their best, eat delicious food, and live a vibrant, fulfilling life.

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”

ANN WIGMORE

CHAPTER 6

BREAKFAST & BRUNCH

Breakfast is more than just a meal—it's a foundation for how your body will respond to the day ahead. In an anti-inflammatory lifestyle, how you break your overnight fast can either set you up for balanced energy and reduced inflammation or trigger inflammatory cascades that last for hours.

The recipes in this chapter are designed to provide steady fuel without spiking blood sugar, combining quality proteins with fiber-rich ingredients and healthy fats. From nourishing egg dishes to dairy-free options and plant-powered bowls, these breakfast choices will help regulate your hormones, support gut health, and keep inflammation at bay.

Gone are the days of sugary cereals and pastries that leave you crashing an hour later! Instead, embrace these nutrient-dense morning meals that will keep you satisfied, focused, and inflammation-free until lunchtime. Whether you have five or 30 minutes to spare in the morning, you'll find amazing options that fit seamlessly into your life while supporting your healing journey.



SUNRISE POWER BOWL



Servings: 2 **Tags:** GF, DF, NF, Vegetarian **Prep Time:** 10 minutes
Cook Time: 10 minutes **Total Time:** 20 minutes

Ingredients:

- 1 ½ cups quinoa, cooked
- 1 cup cooked black beans*
- 4 large eggs
- ½ avocado
- ½ cup cherry tomatoes
- 2 Tablespoons cilantro, chopped
- 1 teaspoon olive oil
- Dash of sea salt and pepper

Instructions:

1. Heat a pan over medium heat and coat with 1 teaspoon of olive oil. Crack the eggs and cook them sunny side up until the whites are firm but the yolks remain runny. Set aside.
2. If beans have been refrigerated, warm them gently in a small saucepan or in the microwave, covered with a paper towel.
3. Slice the avocado and halve the cherry tomatoes.
4. Divide the cooked quinoa, black beans, avocado, and tomatoes evenly between two bowls (each bowl gets about ¾ cup quinoa, ½ cup beans, ¼ avocado, and ¼ cup tomatoes).
5. Top each bowl with 2 cooked eggs and garnish with chopped cilantro, sea salt, and pepper. Serve warm and enjoy!

**Recipe Note:*

- You want to choose dry beans over canned when possible. Soaking and cooking beans properly can significantly reduce lectins and phytates. Soak black beans for 8–12 hours in water with a splash of apple cider vinegar or lemon juice. Rinse well, then cook thoroughly in a pressure cooker or stovetop simmer until soft (about 1–2 hours, depending on the method). This reduces lectins and helps with digestion.

- If you do need to use canned beans, choose BPA-free, organic, and low-sodium brands. Always rinse thoroughly under running water to reduce over 40% of the sodium and help remove some preservatives and additives.

NUTRITION FACTS: *per serving*	
Calories:	**459**
Total Fat:	**19g**
Saturated Fat:	**5g**
Cholesterol:	**411mg**
Sodium:	**141mg**
Carbohydrates:	**48g**
Fiber:	**13g**
Protein:	**26g**



TURMERIC POACHED EGGS

Servings: 2 **Tags:** GF, DF, NF, Vegetarian **Prep Time:** 5 minutes
Cook Time: 15 minutes **Total Time:** 20 minutes

Ingredients:

- 2 large eggs
- 1 ¾ cup fresh spinach
- ½ cup cherry tomatoes, halved
- 1 Tablespoon olive oil
- 1 Tablespoon white wine vinegar
- 1 teaspoon ground turmeric
- Sea salt and pepper, to taste

Instructions:

1. Heat olive oil in a pan and stir-fry the spinach and cherry tomatoes for about 2 minutes or until the spinach is wilted. Season lightly with salt and pepper.
2. In a small pot, bring water to a gentle boil. Add white wine vinegar and ground turmeric.
3. Reduce heat so the water is hot but not bubbling. Carefully crack in one egg and poach for minutes. Repeat with the second egg.
4. Divide sautéed spinach and tomatoes between two bowls. Top each with a poached egg.
5. Season with additional salt and pepper if desired. Break open the egg just before serving.

NUTRITION FACTS:
per serving

Calories:	**145**
Total Fat:	**12g**
Saturated Fat:	**3g**
Cholesterol:	**206mg**
Sodium:	**230mg**
Carbohydrates:	**3g**
Fiber:	**1g**
Protein:	**7g**


GREAT
FOR MEAL
PREP!

CHIA SEED PUDDING



Servings: 1 **Tags:** GF, DF, EF, VG, Vegetarian **Prep Time:** 5 minutes
Chilling Time: 8 hours (or overnight) **Total Time:** ~8 hours

Ingredients:

- ½ cup unsweetened almond milk
- 2 Tablespoons chia seeds
- ¼ teaspoon ground cinnamon
- ½ teaspoon maple syrup

Optional Toppings:

- Fresh berries
- Chopped almonds
- Coconut flakes

Instructions:

1. In a jar or bowl, mix the chia seeds, almond milk, cinnamon, and maple syrup.
2. Stir well to combine. Let sit for 5-10 minutes, then stir again to prevent clumping.
3. Cover and refrigerate for at least 8 hours or overnight until the consistency is thick and pudding-like.
4. Before serving, stir once more and then top with toppings of choice. Enjoy chilled. It can be stored in the fridge for up to 5 days.

NUTRITION FACTS:

per serving

Calories:	**131**
Total Fat:	**8g**
Saturated Fat:	**1g**
Cholesterol:	**0mg**
Sodium:	**77mg**
Carbohydrates:	**12g**
Fiber:	**8g**
Protein:	**4g**



SWEET POTATO AVOCADO TOAST



Servings: 2 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 10 minutes
Cook Time: 25 minutes **Total Time:** 35 minutes

Ingredients:

- 1 large sweet potato (long and wide shape ideal)
- 1 ripe avocado
- 1 clove garlic, minced
- 1 Tablespoon parsley, chopped
- 1 teaspoon olive oil (or coconut oil)
- 1 teaspoon lemon juice
- Pinch of sea salt

Optional Toppings:

- Sliced cucumber
- Shredded carrot
- Microgreens

Instructions:

1. Preheat the oven to 400°F.
2. Slice the sweet potato lengthwise into ¼-inch thick slices.
3. Place slices on a baking sheet and brush with olive oil. Roast for 20-25 minutes, flipping halfway through, until golden and tender.
4. While the sweet potato is roasting, mash the avocado in a bowl with minced garlic, lemon juice, and sea salt.
5. Once the sweet potato slices are done, let them cool slightly. Spread the mashed avocado mixture evenly over each slice. Sprinkle the chopped parsley on top.
6. Top with optional cucumber slices, shredded carrot, or microgreens. Serve warm or at room temperature.

NUTRITION FACTS: *per serving*	
Calories:	**301**
Total Fat:	**14g**
Saturated Fat:	**2g**
Cholesterol:	**0mg**
Sodium:	**271mg**
Carbohydrates:	**30g**
Fiber:	**8g**
Protein:	**5g**



SWEET POTATO HASH WITH BACON AND KALE

Servings: 4-5 **Tags:** GF, DF, EF, NF, AIP **Prep Time:** 10 minutes **Cook Time:** 30 minutes **Total Time:** 40 minutes

Ingredients:

- 2 medium Japanese sweet potatoes, diced into small, even cubes
- 4 slices naturally cured bacon (ensure no preservatives, additives, nitrates, and pepper)
- 1 cup mushrooms, sliced (button or cremini)
- 2 cups kale, chopped (or substitute with spinach or chard)
- 2 Tablespoons fresh parsley, chopped
- 2 Tablespoons green onions, chopped
- 2 Tablespoons cilantro, chopped
- Sea salt, to taste

Instructions:

1. In a large skillet over medium heat, cook the bacon until crispy. Remove and set aside, leaving the rendered fat in the skillet.
2. In the same skillet, add diced sweet potatoes. Cook, stirring occasionally, until they begin to soften and brown, about 10-12 minutes.
3. Add chopped mushrooms to the skillet and continue cooking for another 5 minutes until softened.
4. Stir in chopped kale and cook until wilted, approximately 3-4 minutes.
5. Crumble the cooked bacon back into the skillet and mix to combine. Sprinkle in the parsley, green onions, and cilantro.
6. Season the hash with salt, if needed. Serve warm.

NUTRITION FACTS: *per serving*	
Calories:	**186**
Total Fat:	**10g**
Saturated Fat:	**4g**
Cholesterol:	**15mg**
Sodium:	**209mg**
Carbohydrates:	**19g**
Fiber:	**4g**
Protein:	**5g**


GREAT
FOR MEAL
PREP!

TURKEY MAPLE BREAKFAST SAUSAGES

Servings: 6 (makes about 12 mini patties) **Tags:** GF, DF, EF, NF, AIP
Prep Time: 10 minutes **Cook Time:** 15 minutes **Total Time:** 25 minutes

Ingredients:

- 1 pound ground turkey
- 2 cloves garlic, minced
- 2 Tablespoons pure maple syrup
- 1-2 Tablespoons coconut oil or olive oil (for frying)
- 2 teaspoons fresh thyme, chopped
- 1 teaspoon fresh rosemary, chopped
- 1 teaspoon dried sage
- ½ teaspoon onion powder
- ¼ teaspoon sea salt

Instructions:

1. In a medium bowl, combine the ground turkey, garlic, maple syrup, thyme, rosemary, sage, onion powder, and sea salt. Mix well using your hands or a wooden spoon.
2. Form into 12 small, even-sized patties (about 2-inches wide).
3. Heat oil in a skillet over medium heat. Add the patties in batches and cook for 3-4 minutes per side or until brown and internal temperature reaches at least 165°F.
4. Serve hot, or let cool and store in the fridge for up to 4 days.

Pairing Tips:

- Sauteed Greens (kale, spinach, or chard) in olive oil with garlic
- Sweet Potato Hash with kale and coconut aminos
- Cassava Toast
- Simple Mixed Greens with olive oil, lemon, and sea salt
- Apple Slices

Storage Tip:

- **Fridge:** Store cooked sausages in an airtight container in the refrigerator for up to 3 days. Reheat in a skillet or microwave.
- **Freezer:** Let sausages cool completely, then wrap tightly in freezer-safe bags or plastic wrap. To reheat, cook straight from frozen in a covered skillet over low heat until heated through.

NUTRITION FACTS: *per serving*	
Calories:	**166**
Total Fat:	**9g**
Saturated Fat:	**3g**
Cholesterol:	**53mg**
Sodium:	**142mg**
Carbohydrates:	**6g**
Fiber:	**0g**
Protein:	**16g**



SAVORY TURKEY SAUSAGE HASH



Servings: 3-4 **Tags:** GF, DF, EF, NF, AIP **Prep Time:** 10 minutes
Cook Time: 20 minutes **Total Time:** 30 minutes

Ingredients:

- ½ pound ground turkey
- 1 Tablespoon coconut aminos
- 1 teaspoon dried thyme
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 2 Tablespoons coconut oil, divided
- 1 medium sweet potato, peeled and diced small
- ½ zucchini, chopped
- ½ small red onion, finely diced *(omit if sensitive during elimination)*
- 1 cup chopped kale or spinach
- Sea salt to taste
- Optional garnish: chopped parsley or green onion

Instructions:

1. Heat 1 tablespoon coconut oil in a skillet over medium heat. Add sweet potatoes and cook for 10–12 minutes, stirring occasionally, until golden and tender. Remove and set aside.
2. In the same skillet, heat the remaining 1 tablespoon coconut oil. Add red onion (if using) and sauté for 2 minutes.
3. Add ground turkey, coconut aminos, thyme, garlic powder, and onion powder. Cook until the turkey is browned and fully cooked, breaking it up with a spatula.
4. Stir in zucchini and sauté for 2–3 minutes until softened.
5. Return sweet potatoes to the skillet and add kale. Stir everything together and cook for another 2–3 minutes until the kale is wilted.
6. Season with sea salt to taste. Garnish with chopped parsley or green onion if desired.

NUTRITION FACTS:
per serving

Calories:	**189**
Total Fat:	**9g**
Saturated Fat:	**5g**
Cholesterol:	**42mg**
Sodium:	**303mg**
Carbohydrates:	**13g**
Fiber:	**2g**
Protein:	**14g**



BLUEBERRY OVERNIGHT OATS



Serves: 2 **Tags:** GF, DF, EF, VG, Vegetarian **Prep Time:** 5 minutes
Chilling Time: 4 hours (or overnight) **Total Time:** ~4 hours

AIP Adaptation: Replace oats and chia seeds with 2 tbsp tigernut flour and ¼ cup finely shredded coconut. Replace almond milk with 1 ripe banana and ¾ cup full-fat coconut milk. Omit vanilla extract or use ¼ tsp pure vanilla powder. Mix with blueberries and chill overnight for a creamy, grain-free, AIP-friendly alternative.

Ingredients:

- 1 cup rolled oats
- 1 ¼ cup unsweetened almond milk
- ½ cup blueberries (fresh or frozen)
- 1 Tablespoon chia seeds
- 1 Tablespoon pure maple syrup (optional)
- ¼ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- Pinch of sea salt

Optional Toppings:

- Sliced banana
- Hemp seeds or shredded coconut
- Gluten-free granola

Instructions:

1. In a jar or bowl, combine oats, chia seeds, almond milk, maple syrup, vanilla, and sea salt.
2. Fold in blueberries, then cover and refrigerate for at least 4 hours or overnight.
3. In the morning, stir again and divide into two bowls.
4. Top with toppings of choice! Enjoy chilled or at room temperature.

Storage Tip:

- Overnight oats can be stored in an airtight container in the fridge for up to 4 days.

NUTRITION FACTS: *per serving*	
Calories:	**161**
Total Fat:	**5g**
Saturated Fat:	**0g**
Cholesterol:	**0mg**
Sodium:	**168mg**
Carbohydrates:	**27g**
Fiber:	**4g**
Protein:	**4g**



SMOKED SALMON TOAST



Servings: 2 **Tags:** GF, DF, EF, NF **Prep Time:** 10 minutes
Cook Time: 0 minutes **Total Time:** 10 minutes

AIP Adaptation: Use AIP flatbread or roasted sweet potato slices in place of bread, omit capers and cream cheese, and use mashed avocado as base.

Ingredients:

- 2 slices sprouted grain bread (or gluten-free sprouted bread)
- 4 ounces smoked salmon (wild-caught, nitrate free)
- 2 Tablespoons cream cheese (or dairy-free cream cheese alternative)
- 1 Tablespoon red onion, very thinly sliced
- 1 teaspoon capers
- 1 teaspoon fresh dill, chopped
- Lemon wedge, for serving
- Optional: arugula or microgreens for garnish

Instructions:

1. Toast the bread slices to your desired level of crispness.
2. Spread each slice with cream cheese (or a dairy-free alternative).
3. Layer with smoked salmon, red onion, and capers.
4. Sprinkle with fresh dill and a squeeze of lemon.
5. Garnish with arugula or microgreens and serve immediately.

NUTRITION FACTS: *per serving*	
Calories:	**200**
Total Fat:	**8g**
Saturated Fat:	**4g**
Cholesterol:	**28mg**
Sodium:	**657mg**
Carbohydrates:	**16g**
Fiber:	**3g**
Protein:	**17g**



BERRY COLLAGEN ACAI BOWL

Servings: 1 **Tags:** GF, DF, EF, NF, AIP **Prep Time:** 5 minutes
Cook Time: 0 minutes **Total Time:** 5 minutes

Ingredients:

For the base:

- 1 pack frozen unsweetened açaí puree (make sure it's soy-free)
- ⅓ cup coconut milk
- ½ frozen banana
- ½ cup frozen blueberries or mango chunks
- 1 Tablespoon coconut oil
- 1 scoop plain, unflavored collagen peptide powder

Optional Toppings:

- ½ ripe banana, sliced
- Fresh blueberries or mango
- Unsweetened shredded coconut flakes
- Almond butter *(if not following AIP or NF)*
- Slivered almonds *(if not following AIP or NF)*

Instructions:

1. Allow the açaí packet to soften slightly at room temperature for about 10 minutes or give it a few seconds in the microwave until just pliable.
2. Add the açaí, coconut milk, frozen banana, frozen berries or mango, coconut oil, and collagen to a high-speed blender.
3. Blend until smooth and thick—like soft-serve ice cream. Add a splash of coconut milk if needed to blend.
4. Spoon into a bowl and top with sliced fruit, shredded coconut, or other toppings of choice.
5. Enjoy immediately with a spoon!

NUTRITION FACTS:
per serving

Calories:	**344**
Total Fat:	**20g**
Saturated Fat:	**14g**
Cholesterol:	**0mg**
Sodium:	**41mg**
Carbohydrates:	**25g**
Fiber:	**6g**
Protein:	**15g**



SPINACH SHAKSHUKA

Servings: 4 **Tags:** GF, DF, NF, Vegetarian **Prep Time:** 10 minutes
Cook Time: 15 minutes **Total Time:** 25 minutes

Ingredients:

- 4 slices sprouted grain bread (or gluten-free bread)
- 6 large eggs
- 1 large onion, chopped
- 4 garlic cloves, crushed
- 4 cups mushrooms, sliced
- 4 cups fresh spinach
- 2 Tablespoons olive oil
- Handful fresh parsley
- Sea salt and black pepper, to taste

Instructions:

1. Heat olive oil in a large skillet over medium heat. Add onion and garlic and cook for 2–3 minutes until softened.
2. Add mushrooms and sauté for another 3–4 minutes until tender. Season with salt and pepper.
3. Gradually add spinach in batches, covering with a lid to help it wilt. Stir until all spinach is added and fully wilted. Adjust seasoning as needed.
4. Use a spoon to create six small wells in the spinach mixture. Crack one egg into each well.
5. Cover the pan and cook for 5–6 minutes, or until egg whites are just set and yolks remain runny.
6. Meanwhile, toast the bread until golden and crisp.
7. To serve, divide shakshuka among plates, sprinkle with fresh parsley, and serve with a slice of toast on the side.

NUTRITION FACTS: *per serving*	
Calories:	**279**
Total Fat:	**14g**
Saturated Fat:	**3g**
Cholesterol:	**308mg**
Sodium:	**316mg**
Carbohydrates:	**22g**
Fiber:	**5g**
Protein:	**18g**


GREAT
FOR MEAL
PREP!

CRISPY AIP WAFFLES

Yields: 2–3 waffles **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 10 minutes **Cook Time:** 15 minutes **Total Time:** 25 minutes

Ingredients:

- ⅔ cup tapioca starch
- ⅔ cup coconut milk
- ¼ cup coconut oil or avocado oil
- 3 Tablespoons coconut flour
- 3 Tablespoons maple syrup
- 1 Tablespoon coconut oil or avocado oil (for greasing waffle iron)
- ¼ teaspoon baking soda
- ¼ teaspoon ground cinnamon

Instructions:

1. Preheat your waffle iron to medium-high heat.
2. In a large mixing bowl, whisk all of the ingredients together. Stir until the batter is smooth and free of clumps.
3. Once the waffle iron is hot, brush or spray it with coconut or avocado oil to prevent sticking.
4. Spoon batter into the center of the waffle iron and gently spread to fill. Close the lid and cook for 5–7 minutes, or until the waffles are golden and crisp. You can carefully lift the lid to check doneness—just close and continue cooking if needed.
5. Remove from the waffle maker and serve warm with your favorite toppings!

Storage Tip:

- These waffles are best enjoyed fresh, but they can be frozen for up to 3 months. Allow them to cool completely, then store in a sealed container or freezer bag. When ready to enjoy, reheat in the microwave for 30-60 seconds or in the toaster for a crisper texture.

NUTRITION FACTS: *per serving*	
Calories:	**123**
Total Fat:	**2g**
Saturated Fat:	**2g**
Cholesterol:	**0mg**
Sodium:	**132mg**
Carbohydrates:	**27g**
Fiber:	**4g**
Protein:	**1g**


GREAT
FOR MEAL
PREP!

EGG VEGGIE CUPS

Yields: 12 muffins (6 servings) **Tags:** GF, DF, NF, Vegetarian
Prep Time: 10 minutes **Cook Time:** 25 minutes **Total Time:** 35 minutes

Ingredients:

- 12 large eggs
- 2 cups spinach, chopped
- 1 cup mushrooms, chopped
- 1 bell pepper, diced
- 1 small yellow onion, diced
- ¼ teaspoon sea salt
- ¼ teaspoon garlic powder
- Dash of black pepper
- 12-cup muffin pan

Instructions:

1. Preheat the oven to 350°F.
2. In a large bowl, whisk together the eggs, salt, garlic powder, and black pepper. Set aside.
3. Lightly coat a 12-cup muffin pan with nonstick spray or olive oil.
4. Divide the spinach, mushrooms, bell pepper, and onion evenly among the muffin cups.
5. Pour the egg mixture into each cup, filling about ¾ full.
6. Bake for 20–25 minutes, or until the tops are set and lightly golden.
7. Let cool slightly before removing from the pan. Serve warm, or store in the refrigerator for up to 5 days.

Storage Tip:

- These egg cups are freezer-friendly. Freeze in a single layer, then transfer to a bag or container. Reheat in the microwave for 30–60 seconds.

Quick Tip:

- Add chopped bacon, turkey, or turkey sausage for extra protein.

NUTRITION FACTS: *per serving*	
Calories:	**81**
Total Fat:	**5g**
Saturated Fat:	**2g**
Cholesterol:	**185mg**
Sodium:	**120mg**
Carbohydrates:	**2g**
Fiber:	**1g**
Protein:	**7g**


GREAT
FOR MEAL
PREP!

TROPICAL MANGO OVERNIGHT OATS



Servings: 2 **Tags:** GF, DF, EF, VG, Vegetarian **Prep Time:** 5 minutes
Chill Time: 4 hours (or overnight) **Total Time:** ~4 hours

Ingredients:

- 1 ½ cups chopped mango, fresh or frozen
- 1 cup old-fashioned rolled oats
- 1 cup unsweetened coconut milk
- 2 Tablespoons chia seeds
- 2 Tablespoons almond butter
- 1 teaspoon vanilla extract

Optional Toppings:

- Diced mango
- Extra almond butter
- Unsweetened shredded coconut flakes

Instructions:

1. In a mason jar or airtight container, combine oats, mango, coconut milk, chia seeds, almond butter, and vanilla extract. Stir well.
2. Cover and refrigerate overnight, or for at least 4 hours.
3. When ready to serve, stir again and divide between two bowls or jars. Add your favorite toppings and enjoy chilled.

Storage Tip:

- These overnight oats can be stored in the fridge for up to 4 days—perfect for grab-and-go breakfasts during the week.

NUTRITION FACTS: *per serving*	
Calories:	**264**
Total Fat:	**16g**
Saturated Fat:	**4g**
Cholesterol:	**0mg**
Sodium:	**58mg**
Carbohydrates:	**22g**
Fiber:	**8g**
Protein:	**8g**


GREAT
FOR MEAL
PREP!

TOMATO, ZUCCHINI, AND CHEESE FRITTATA



Servings: 2 **Tags:** GF, NF, Vegetarian **Prep Time:** 10 minutes
Cook Time: 20 minutes **Total Time:** 30 minutes

Ingredients:

- Nonstick cooking spray or a drizzle of olive oil
- 4 large eggs
- 1 zucchini, shredded (using large holes of a box grater)
- 1 medium tomato, diced
- ½ cup shredded cheddar cheese, divided
- 1 Tablespoon fresh chives or scallions, finely chopped
- ½ teaspoon sea salt
- ¼ teaspoon garlic powder

Instructions:

1. Preheat the oven to 375°F. Lightly grease a small baking dish or oven-safe skillet with cooking spray or oil.
2. In a mixing bowl, whisk the eggs with sea salt and garlic powder.
3. Stir in the shredded zucchini, diced tomato, chopped chives or scallions, and half of the cheddar cheese.
4. Pour the mixture into the prepared dish. Sprinkle the remaining cheddar cheese on top.
5. Bake for 18–22 minutes, or until the frittata is set in the center and the top is lightly golden.
6. Let cool slightly, then slice into wedges and serve.

Storage Tip:

- This frittata stores well in the fridge for up to 4 days. Simply reheat in the microwave or enjoy cold on busy mornings.

NUTRITION FACTS: *per serving*	
Calories:	**218**
Total Fat:	**14g**
Saturated Fat:	**6g**
Cholesterol:	**423mg**
Sodium:	**217mg**
Carbohydrates:	**7g**
Fiber:	**2g**
Protein:	**17g**



TOFU SCRAMBLE

Servings: 2 **Tags:** GF, DF, EF, NF, VG, Vegetarian **Prep Time:** 10 minutes
Cook Time: 10 minutes **Total Time:** 20 minutes

AIP Adaptation: Tofu and nutritional yeast are not AIP-compliant and should be avoided during the elimination phase. For an AIP-friendly alternative, consider making a veggie breakfast hash using diced sweet potatoes, zucchini, spinach, and ground turkey or chicken, seasoned with garlic, turmeric, and sea salt. Top with avocado slices and fresh herbs.

Ingredients:

- 1 (14 oz) block firm tofu, pressed and crumbled
- 2 Tablespoons olive oil
- 2 Tablespoons nutritional yeast
- 1 red bell pepper, diced
- 1 cup spinach, chopped
- ½ cup yellow onion, diced
- ½ teaspoon garlic powder
- ¼ teaspoon turmeric powder
- ¼ teaspoon sea salt
- Black pepper, to taste
- Fresh parsley, for garnish

Optional for serving:

- Hot sauce
- Salsa
- Avocado slices

Instructions:

1. Drain and press the tofu to remove excess liquid. Crumble the tofu into small, bite-sized pieces and set aside.
2. In a large non-stick skillet, heat olive oil over medium-high heat.
3. Add the onion and sauté until translucent, about 2–3 minutes.
4. Stir in the diced bell pepper and cook for another 2–3 minutes until softened.
5. Add the crumbled tofu and stir to combine.
6. Sprinkle in the nutritional yeast, garlic powder, turmeric, salt, and pepper. Mix well until the tofu is evenly coated and takes on a yellow, scrambled egg-like color.
7. Stir in the chopped spinach and cook until wilted.
8. Serve warm, garnished with parsley and toppings of choice.

NUTRITION FACTS:
per serving

Calories:	**346**
Total Fat:	**18g**
Saturated Fat:	**3g**
Cholesterol:	**1mg**
Sodium:	**124mg**
Carbohydrates:	**21g**
Fiber:	**4g**
Protein:	**25g**



HEALTHY-HEART OATMEAL SMOOTHIE



Servings: 1 **Tags:** GF, DF, EF, VG, Vegetarian
Prep Time: 5 minutes **Total Time:** 5 minutes

Ingredients:

- ¼ cup old-fashioned gluten free rolled oats
- 1 small banana
- 1 cup unsweetened almond milk
- 1 scoop vanilla plant-based protein powder
- 1 Tablespoon almond butter *(or any nut/seed butter)*
- 1 teaspoon ground flaxseed
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- Ice, as needed (about ½–¾ cup for a thick smoothie)

Instructions:

1. Add all ingredients to a high-speed blender or Nutribullet.
2. Blend until smooth and creamy, adding more almond milk if needed to reach your desired consistency.
3. Pour into a glass and enjoy immediately.

NUTRITION FACTS:
per serving

Calories:	**419**
Total Fat:	**16g**
Saturated Fat:	**4g**
Cholesterol:	**0mg**
Sodium:	**366mg**
Carbohydrates:	**41g**
Fiber:	**12g**
Protein:	**30g**


GREAT
FOR MEAL
PREP!

SWEET POTATO WAFFLES



Servings: 3–4 waffles **Tags:** GF, DF, NF, Vegetarian **Prep Time:** 10 minutes
Cook Time: 15 minutes **Total Time:** 25 minutes

Ingredients:

- 1 medium sweet potato
- 1 cup rolled oats
- 1 large egg
- ¾ cup almond milk (or other milk of choice; nut-free milk if needed)
- 1 Tablespoon olive oil or coconut oil
- 1 Tablespoon baking powder
- 1 Tablespoon vanilla extract
- 1 teaspoon cinnamon
- 1 teaspoon pure maple syrup or honey

Instructions:

1. **Cook the Sweet Potato:** Roast the sweet potato at 400°F for about 45 minutes until fork-tender, or microwave by piercing it several times with a knife, wrapping it in a damp paper towel, and heating for 6–8 minutes. Let cool slightly, then scoop out the flesh and discard the skin.
2. **Prepare Dry Ingredients:** In a food processor or blender, pulse the rolled oats, baking powder, and cinnamon until finely ground into a flour-like consistency. Pour the mixture into a large mixing bowl.
3. **Blend the Wet Ingredients:** In the same processor or a separate bowl, combine the cooked sweet potato flesh, egg, almond milk, oil, vanilla extract, and maple syrup. Blend or whisk until smooth.
4. **Combine:** Pour the wet mixture into the bowl with the oat flour and stir until well combined. Let the batter sit for 5 minutes to thicken.
5. **Cook the Waffles:** Preheat your waffle iron and lightly grease it with coconut oil or cooking spray. Pour in the batter (about ¼ cup at a time) and cook according to your waffle iron's instructions (usually 4–5 minutes) until golden brown and crisp on the outside.
6. Enjoy warm with toppings like fresh fruit, nut butter, a drizzle of maple syrup, or yogurt.

Storage Tip:

- These waffles can be refrigerated for up to 3 days or frozen for up to 2 months. Reheat in the toaster or oven until warm and crisp.

NUTRITION FACTS: *per serving*	
Calories:	**163**
Total Fat:	**4g**
Saturated Fat:	**1g**
Cholesterol:	**51mg**
Sodium:	**141mg**
Carbohydrates:	**26g**
Fiber:	**4g**
Protein:	**5g**


GREAT
FOR MEAL
PREP!

BUCKWHEAT PANCAKES

Servings: 4 **Tags:** GF, DF, NF, EF/VG-mod, Vegetarian **Prep Time:** 10 minutes
Cook Time: 15 minutes **Total Time:** 25 minutes

Ingredients:

- 1 cup buckwheat flour
- 1 cup almond milk (or other milk of choice; nut-free milk if needed)
- 1 large egg *(or flax/chia egg for vegan)*
- 2 Tablespoons maple syrup
- 1 Tablespoon apple cider vinegar or lemon juice
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon sea salt
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 Tablespoon avocado oil or melted coconut oil, plus more for the pan

Instructions:

1. **Make buttermilk:** In a small bowl, stir together almond milk and apple cider vinegar. Let sit for 5 minutes to create a dairy-free "buttermilk."
2. **Mix dry ingredients:** In a large mixing bowl, whisk together buckwheat flour, baking powder, baking soda, cinnamon, and salt.
3. **Add wet ingredients:** Add the egg, maple syrup, vanilla, oil, and "buttermilk" mixture to the dry ingredients. Stir until just combined — do not overmix. Let the batter rest for 5–10 minutes to thicken slightly.
4. **Cook the pancakes:** Heat a nonstick skillet or griddle over medium heat and grease lightly with oil. Pour ¼ cup batter per pancake into the skillet. Cook for 2–3 minutes, or until bubbles form and the edges start to dry. Flip and cook for another 1–2 minutes, until golden and cooked through.
5. Serve warm with maple syrup, sliced bananas, fresh berries, nut butter, or coconut yogurt.

Storage Tip:

- Leftover pancakes can be refrigerated for up to 3 days or frozen for up to 2 months. Reheat in the toaster, microwave, or skillet.

NUTRITION FACTS: *per serving*	
Calories:	**187**
Total Fat:	**6g**
Saturated Fat:	**1g**
Cholesterol:	**51mg**
Sodium:	**403mg**
Carbohydrates:	**29g**
Fiber:	**4g**
Protein:	**6g**

“Cooking is like painting or writing a song. Just as there are only so many notes or colors, there are only so many flavors—it’s how you combine them that sets you apart.”

WOLFGANG PUCK

CHAPTER 7

LUNCHES & DINNERS

The meals that make up your main dishes are where anti-inflammatory eating truly shines. In this chapter, you'll discover a colorful array of lunches and dinners built around inflammation-fighting powerhouse ingredients. Each recipe balances lean proteins, fiber-rich vegetables, and healthy fats to create satisfying meals that work with your body rather than against it. When it comes down to it, these recipes are all about abundance, flavor, and the joy of eating foods that love you back.

From quick weeknight bowls to more elaborate weekend feasts, these recipes are designed to be flexible for your lifestyle while consistently delivering anti-inflammatory benefits. Many can be batch-cooked for easy meal prep (refer back to Chapter 4 for tips on meal prepping) or adapted to feed a family without making separate meals. Make these recipes the centerpiece of your anti-inflammatory lifestyle, and watch as consistent, delicious nutrition transforms how you feel!

GREEK SALAD BOWL WITH CHICKEN & CAULIFLOWER RICE



Servings: 4 **Tags:** GF, DF, EF, NF **Prep Time:** 15 minutes
Cook Time: 15 minutes **Total Time:** 30 minutes

AIP Adaptation: Omit feta cheese and peppers; use AIP-compliant red wine vinegar dressing; confirm olives and dressing are additive-free.

Ingredients:

- 1 pound chicken breast, cooked and thinly sliced
- 1 pound cauliflower rice, fresh or frozen
- 4 cups romaine lettuce, chopped
- 2 tomatoes, cut into small wedges
- 1 cup cucumber, sliced
- ½ red onion, thinly sliced
- ½ cup kalamata olives, pitted
- ½ cup crumbled feta cheese (omit for dairy-free)
- ½ cup green bell pepper, sliced
- ¼ cup red wine vinegar dressing
- Fresh dill, for garnish
- AIP Tzaziki sauce, for serving (pg 293)

Instructions:

To Cook the Chicken (if needed):

1. Preheat the oven to 400°F.
2. Halve 2 large chicken breasts horizontally to create thin cutlets.
3. Lightly brush olive oil over both sides of the chicken. Sprinkle with sea salt, garlic powder, and onion powder.
4. Place on a baking sheet and bake for 13-15 minutes, or until the internal temperature of the chicken reaches at least 165°F. Flip the chicken halfway through the cooking time. Let rest for 5 minutes before slicing.

Make the Greek Salad:

1. In a bowl, combine sliced red onion, cucumber, green pepper, and tomato wedges.
2. Add the red wine vinegar dressing, chopped dill, and feta crumbles. Toss well and set aside.

Cook the Cauliflower Rice:

3. Heat a drizzle of olive oil in a skillet over medium heat.
4. Add cauliflower rice and sauté for 5-7 minutes until tender. Season with salt and pepper.

Assemble the Bowls:

5. Arrange 4 bowls or meal prep containers. In each bowl or meal prep container, layer 1 cup of chopped lettuce.
6. Add a scoop of Greek salad, a portion of cauliflower rice, and sliced chicken breast on top.
7. Garnish with fresh dill and serve with a spoonful of tzatziki if desired. Can be stored in the fridge for up to 4 days.

NUTRITION FACTS: *per serving*	
Calories:	**260**
Total Fat:	**9g**
Saturated Fat:	**4g**
Cholesterol:	**99mg**
Sodium:	**635mg**
Carbohydrates:	**13g**
Fiber:	**4g**
Protein:	**32g**



GREAT FOR MEAL PREP!



ORANGE GLAZED SALMON



Servings: 4 **Tags:** GF, DF, EF, NF **Prep Time:** 10 minutes
Cook Time: 10-12 minutes **Total Time:** 22 minutes

AIP Adaptation: Use coconut aminos instead of tamari, omit black pepper, and omit the honey if not tolerated.

Ingredients:

- 4 (5–6oz) wild-caught salmon fillets
- 2 cloves garlic, minced
- 1 orange, juiced
- 2 Tablespoons avocado oil
- 2 Tablespoons honey
- 2 Tablespoons tamari or coconut aminos
- 1 teaspoon fresh thyme, finely chopped
- ½ teaspoon arrowroot flour + 1 teaspoon water
- Sea salt and black pepper, to taste

Instructions:

1. Pat salmon filets dry with a paper towel and season both sides with salt and pepper.
2. Heat avocado oil in a large skillet over medium-high heat. Add salmon filets and sear for 4–5 minutes per side, until golden and cooked through.
3. While the salmon is cooking, make an arrowroot slurry by taking a small bowl and mixing together the arrowroot powder and water. Set aside.
4. Once the salmon is cooked, transfer to a plate and set aside.
5. In the same pan that you used to cook the salmon, turn the heat down to medium-low and sauté the minced garlic in the pan for one minute. Add the orange juice, honey, tamari (or coconut aminos), thyme, and arrowroot mixture. Whisk continuously for 1-2 minutes, until the glaze thickens slightly.
6. Return salmon to the pan and spoon glaze over each filet. Warm for 1 minute, then serve.

Pairing Tips:

Roasted Turmeric-Glazed Carrots (pg 217)
Garlic Herb Cauliflower Rice (pg 215)

NUTRITION FACTS: *per serving*	
Calories:	**408**
Total Fat:	**27g**
Saturated Fat:	**1g**
Cholesterol:	**93mg**
Sodium:	**551mg**
Carbohydrates:	**11g**
Fiber:	**0g**
Protein:	**31g**

CRISPY CHICKEN WITH WHITE BEANS & PESTO



Servings: 2 **Tags:** GF, DF, EF, NF **Prep Time:** 10 minutes
Cook Time: 20 minutes **Total Time:** 30 minutes

Ingredients:

- 2 skin-on, boneless chicken thighs
- 1 medium shallot, thinly sliced
- 1 cup cooked cannellini beans*
- 4 cups kale, chopped
- 2-3 Tablespoons dairy-free basil pesto (pg 295)
- 2 Tablespoons olive oil, divided
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder

Instructions:

1. Heat 1 tablespoon of olive oil over high heat.
2. Season the chicken thighs with salt, pepper, and garlic powder. Place in the skillet, skin-side down. Sear for 2-3 minutes, then reduce heat to medium-high and continue cooking skin-side down for another 7-8 minutes until the skin is golden and crisp.
3. Flip the chicken and cook for an additional 5 minutes, or until the chicken reaches a minimum internal temperature of 165°F. Remove the chicken from the skillet and set aside.
4. In the same skillet, add the remaining tablespoon of olive oil. Add the shallots and sauté for 2-3 minutes until softened.
5. Add chopped kale and cook for 2 minutes or until wilted. Then, stir in the cooked cannellini beans and cook for another 3 minutes, stirring until the beans are heated through and the kale is tender.
6. Stir in the pesto until everything is evenly coated.
7. Plate the bean and kale mixture, then top with crispy chicken thighs. Serve warm.

**Recipe Note:*

- You want to choose dry beans over canned when possible. Soaking and cooking beans properly can significantly reduce lectins and phytates. Soak ½ cup dry cannellini beans in water with a splash of apple cider vinegar for 8–12 hours. Drain, rinse well, and cook in a pot of fresh water until soft (about 60–90 minutes) or use a pressure cooker for 30–40 minutes. Yields ~1½ cups cooked beans (you'll use 1 cup for this recipe).
- If you do need to use canned beans, choose BPA-free, organic, and low-sodium brands. Always rinse thoroughly under running water to reduce over 40% of the sodium and help remove some preservatives and additives.

NUTRITION FACTS: *per serving*	
Calories:	**527**
Total Fat:	**27g**
Saturated Fat:	**6g**
Cholesterol:	**93mg**
Sodium:	**796mg**
Carbohydrates:	**34g**
Fiber:	**18g**
Protein:	**37g**





SALMON & AVOCADO NORI ROLLS

Servings: 4 (Yields 4 rolls) **Tags:** GF, DF, EF, NF, AIP
Prep Time: 15 minutes **Cook Time:** 0 minutes (if using pre-cooked salmon)
Total Time: 15 minutes

Ingredients:

- 4 nori seaweed sheets
- 2 cups cooked salmon, flaked (about 2 medium salmon fillets)*
- 1 avocado, sliced
- 1 small cucumber, cut into thin strips
- ½ cup shredded carrots
- 2 Tablespoons sesame seeds (omit for AIP)
- Tamari or coconut aminos for AIP (for dipping)

Instructions:

1. Lay a nori sheet on a clean surface with the shiny side facing down.
2. Spread a thin layer of flaked salmon evenly along the bottom third of the nori sheet, leaving about 1 inch of space at the bottom.
3. Add avocado slices, cucumber strips, and shredded carrots on top of the salmon.
4. Sprinkle sesame seeds over the fillings.
5. To roll the nori sheet:
   - Start from the bottom edge closest to you, lift the edge of the nori with both hands and begin to roll it over the fillings, using your fingers to tuck the fillings in tightly.
   - Continue rolling until you reach the top edge. Moisten the top edge with a little water to seal the roll.
   - Repeat with the remaining nori sheets and fillings.
6. Using a sharp knife, slice each roll into bite-sized pieces, about 1 inch thick.
7. Serve the salmon and avocado nori rolls with tamari or coconut aminos for dipping.

*Quick Tip: This recipe is a perfect way to use up leftover salmon—just flake it and roll it right in!

NUTRITION FACTS: *per serving*	
Calories:	**398**
Total Fat:	**22g**
Saturated Fat:	**4g**
Cholesterol:	**80mg**
Sodium:	**590mg**
Carbohydrates:	**14g**
Fiber:	**5g**
Protein:	**36g**



BROCCOLI AVOCADO TUNA BOWL

Servings: 4 **Tags:** GF, DF, EF, NF **Prep Time:** 10 minutes
Cook Time: 10 minutes **Total Time:** 20 minutes

AIP Adaptation: Use coconut aminos only (no tamari), omit sunflower seeds and sriracha, and ensure tuna is wild-caught and additive-free.

Ingredients:

- 1 cup red onion, chopped
- 4 (5 oz) cans wild-caught tuna, drained
- 4 cups broccoli florets (fresh or frozen)
- 1 avocado
- 1 Tablespoon coconut oil
- 2 Tablespoons roasted sunflower seeds
- 2 ½ Tablespoons coconut aminos or tamari
- Sambal oelek or sriracha for topping (optional, if tolerated)

Instructions:

1. Heat oil in a medium skillet over medium heat. Add onion and cook until fragrant, about 3-4 minutes.
2. Add broccoli florets and cook until their color has brightened and they're warm throughout. Add tuna, avocado, and coconut aminos to the skillet. Toss to combine and mash the avocado into the mixture a bit.
3. Cook over medium-low heat until everything is warm. Divide upon four bowls.
4. Serve immediately, either on its own or over brown rice or cauliflower rice. Top with sunflower seeds and sambal oelek or sriracha.

NUTRITION FACTS: *per serving*	
Calories:	**305**
Total Fat:	**11g**
Saturated Fat:	**4g**
Cholesterol:	**56mg**
Sodium:	**276mg**
Carbohydrates:	**13g**
Fiber:	**5g**
Protein:	**37g**



ZUCCHINI NOODLE BOWL WITH SHREDDED CHICKEN & COCONUT-LIME DRESSING

Servings: 2 **Tags:** GF, DF, EF, NF, AIP **Prep Time:** 10 minutes **Cook Time:** 10 minutes (if using pre-cooked chicken) **Total Time:** 20 minutes

Ingredients:

- 2 medium zucchinis, spiralized (or about 3 cups pre-spiralized zucchini noodles)
- 1 ½ cups cooked shredded chicken*
- ¼ cup full-fat coconut milk
- 1 Tablespoon coconut oil
- 1 Tablespoon fresh lime juice
- 1 Tablespoon coconut aminos
- 1 Tablespoon chopped fresh cilantro
- 1 teaspoon grated fresh ginger
- Sea salt, to taste

Instructions:

1. Heat coconut oil in a skillet over medium heat. Lightly sauté zucchini noodles for 1-2 minutes, just until slightly tender. Divide between two bowls.
2. In the same pan, warm the shredded chicken with coconut aminos and a pinch of sea salt for 2–3 minutes.
3. In a small bowl, whisk together coconut milk, lime, juice, ginger, and sea salt to create a creamy dressing.
4. Top the zucchini noodles with the warmed chicken and drizzle with coconut-lime dressing.
5. Garnish with chopped cilantro. Serve warm or chilled.

*Quick Tip: This recipe is perfect for using leftover chicken or a store-bought rotisserie chicken (just make sure it's AIP-compliant if needed—no added seasonings or sugar). Batch-cooked shredded chicken keeps in the fridge for up to 3 days for easy lunches!

NUTRITION FACTS: *per serving*	
Calories:	**250**
Total Fat:	**12g**
Saturated Fat:	**8g**
Cholesterol:	**0mg**
Sodium:	**319mg**
Carbohydrates:	**14g**
Fiber:	**2g**
Protein:	**22g**


GREAT
FOR MEAL
PREP!

SPINACH SHRIMP SALAD WITH GINGER "SOY" DRESSING



Servings: 2 **Tags:** GF, DF, EF, NF, AIP **Prep Time:** 10 minutes
Cook Time: 5 minutes (if using pre-cooked shrimp) **Total Time:** 15 minutes

Ingredients:

- 8 ounces cooked shrimp (peeled and deveined)
- 4 cups baby spinach
- ½ avocado, sliced
- ½ cup cucumber, diced
- ¼ cup shredded carrots
- 2 Tablespoons green onion, chopped
- 1 Tablespoon toasted sesame seeds (omit for AIP)
- Ginger "Soy" Dressing:
- 2 Tablespoons coconut aminos (or tamari if not AIP)
- 1 Tablespoon olive or avocado oil
- 1 Tablespoon fresh lime juice or rice vinegar
- 1 Teaspoon grated fresh ginger
- ½ teaspoon garlic powder
- Pinch of sea salt

Instructions:

1. In a small bowl or jar, whisk together all dressing ingredients until well combined. Set aside.
2. If shrimp isn't pre-cooked, quickly sauté in a pan with a splash of coconut oil and sea salt until pink and cooked through (about 5–7 minutes).
3. In a large bowl, combine spinach, cucumber, carrots, avocado, and green onion.
4. Add cooked shrimp on top and drizzle with dressing.
5. Toss gently to coat. Garnish with sesame seeds (if using) and serve immediately.

Quick Tip:

- This salad is perfect for lunch on the go—just keep the dressing separate until ready to eat. You can also swap shrimp for shredded chicken or canned wild salmon.

NUTRITION FACTS: *per serving*	
Calories:	**302**
Total Fat:	**15g**
Saturated Fat:	**2g**
Cholesterol:	**143mg**
Sodium:	**1257mg**
Carbohydrates:	**21g**
Fiber:	**5g**
Protein:	**19g**



EGG ROLL IN A BOWL

Servings: 4 **Tags:** GF, DF, EF, NF **Prep Time:** 10 minutes **Cook Time:** 15 minutes **Total Time:** 25 minutes

AIP Adaptation: Use coconut aminos instead of tamari and omit sesame oil.

Ingredients:

- 1 pound ground beef, chicken, or turkey
- 1 small onion, finely chopped
- 4 cups green cabbage, shredded
- 1 cup shredded carrots
- ¼ cup beef broth (or chicken broth if preferred)
- 1 Tablespoon fresh ginger, grated
- 2 Tablespoons tamari or coconut aminos for AIP
- 1 Tablespoon rice vinegar (omit for strict AIP or sub with apple cider vinegar)
- 1 Tablespoon coconut oil
- 1 ½ teaspoons unrefined sesame oil (optional but recommended for best flavor — use more coconut oil if omitting)
- 3 garlic cloves, minced
- 2 green onions, thinly sliced
- Sea salt, to taste

Instructions:

1. Heat coconut oil in a large skillet over medium heat.
2. Add chopped onion and sauté for 2–3 minutes until softened.
3. Add ground meat, breaking it up with a spatula, and cook until browned and fully cooked.
4. Stir in garlic and ginger, cooking for 1 minute until fragrant.
5. Add cabbage and carrots to the skillet. Sauté for 5–6 minutes, until just tender.
6. Stir in coconut aminos, vinegar, and ¼ cup beef broth. Simmer for 2–3 more minutes until the liquid is mostly absorbed and everything is well combined.
7. Turn off heat and stir in sesame oil (if using).
8. Taste and adjust salt as needed. Garnish with green onions.
9. Serve warm, optionally over cauliflower rice or in lettuce cups.

NUTRITION FACTS:
per serving

Calories:	**280**
Total Fat:	**17g**
Saturated Fat:	**8g**
Cholesterol:	**71mg**
Sodium:	**336mg**
Carbohydrates:	**9g**
Fiber:	**3g**
Protein:	**25g**

CRISPY TOSTONES WITH ZESTY CHICKEN & MANGO SALSA



Servings: 4 **Tags:** GF, DF, EF, NF, AIP **Prep Time:** 10 minutes
Cook Time: 15 minutes **Total Time:** 25 minutes

Ingredients:

For the Mojo Chicken:

- 1 pound shredded cooked chicken (rotisserie or pre-cooked)
- ¼ cup olive oil
- 2 Tablespoons fresh lime juice
- 2 Tablespoon fresh orange juice
- 4 cloves garlic, minced
- ¼ teaspoon ground cumin (omit for AIP)
- ¼ teaspoon dried oregano
- ¼ teaspoon sea salt

For the Salsa:

- 1 mango, diced
- 1 avocado, diced
- ¼ cup white onion, finely diced
- ½ medium jalapeño, seeded and finely diced (omit for AIP)
- 2 Tablespoons fresh cilantro, chopped
- 1 Tablespoon fresh lime juice
- Sea salt, to taste

For the Tostones:

- 2 green plantains
- Coconut oil, for frying
- 1 teaspoon garlic powder
- ¼ teaspoon onion powder
- Sea salt, to taste

Instructions:

1. In a skillet over medium-low heat, warm the olive oil. Add minced garlic, stirring constantly to prevent burning, and cook for about 30 seconds until fragrant.
2. Stir in cumin, oregano, and sea salt. Reduce heat to low and continue stirring until the garlic becomes toasted and golden.
3. Remove from heat and mix in lime and orange juices. Pour this sauce over the shredded chicken, ensuring it's well-coated. Set aside
4. To prepare the salsa, place all ingredients in a medium bowl and gently toss to combine. Set aside.
5. For the tostones, peel the green plantains and slice them into 1-inch thick rounds. In a large skillet, heat about ¼ cup coconut oil over medium-high heat. Once hot, add the plantain slices in batches, frying each side for approximately 3 minutes until they turn golden.
6. Remove the plantains and place them on a paper towel-lined plate to drain excess oil.
7. Using the back of a wooden spatula, flatten each fried plantain slice to about ¼ inch thickness.
8. Prepare a bowl with 1 cup of hot water mixed with garlic powder and onion powder. Dip each flattened plantain into this mixture, then drain on a paper towel.
9. Return the plantains to the skillet and fry again for about 2 minutes per side until they achieve a crispy texture. Add more oil as needed. Once

done, place them on a paper-towel lined plate and sprinkle them with sea salt while still warm.

10. 1To serve, arrange the tostones on serving plates. Top each with a portion of the chicken and spoon the salsa over the chicken. Serve immediately and enjoy!

Quick Tip:

- To save time, prepare the mojo sauce and mango-avocado salsa in advance. Using pre-cooked or rotisserie chicken can further simplify the cooking process, making this dish a quick and flavorful meal option.

NUTRITION FACTS:
per serving

Calories:	**284**
Total Fat:	**20g**
Saturated Fat:	**3g**
Cholesterol:	**82mg**
Sodium:	**201mg**
Carbohydrates:	**24g**
Fiber:	**5g**
Protein:	**2g**





TURKEY BOLOGNESE WITH ZUCCHINI NOODLES



Servings: 3 **Tags:** GF, DF, EF, NF **Prep Time:** 10 minutes
Cook Time: 20 minutes **Total Time:** 30 minutes

AIP Adaptation: Omit marinara sauce and use nightshade free "Nomato" sauce (pg 301)

Ingredients:

- 1 pound ground turkey
- 1 jar (about 24 oz) marinara sauce (no added sugar or dairy)
- 6 cups pre-spiralized zucchini noodles
- 5 garlic cloves, minced
- ½ yellow onion, finely diced
- 2 Tablespoons olive oil, divided
- 4 fresh basil leaves, sliced or torn
- Sea salt and black pepper, to taste

Instructions:

1. In a large skillet, heat 1 tablespoon of olive oil over medium heat. Add ground turkey, onion, and garlic, and sauté until the turkey is browned and fully cooked, about 7–8 minutes.
2. Pour marinara sauce over the turkey mixture. Stir to combine and bring to a gentle boil.
3. Reduce heat and let the sauce simmer for 10–15 minutes, stirring occasionally to develop flavor.
4. While the sauce simmers, heat the remaining tablespoon of olive oil in a separate large skillet over medium heat.
5. Add zucchini noodles with a pinch of salt and pepper. Sauté for 7–8 minutes, stirring occasionally, until just tender (not mushy).
6. Drain any excess moisture from the zucchini noodles, then divide onto plates.
7. Spoon the turkey bolognese over the noodles and top with fresh basil.

Quick Tip:

- To reduce moisture, salt zucchini noodles lightly and let sit for 10 minutes before cooking. Pat dry with a paper towel to remove excess water.

NUTRITION FACTS: *per serving*	
Calories:	**373**
Total Fat:	**13g**
Saturated Fat:	**2g**
Cholesterol:	**105mg**
Sodium:	**623mg**
Carbohydrates:	**26g**
Fiber:	**7g**
Protein:	**38g**


GREAT
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RED CURRY WITH SHRIMP & VEGGIES



Servings: 4 **Tags:** GF, DF, EF, NF, VG-mod (with tofu) **Prep Time:** 10 minutes
Cook Time: 20 minutes **Total Time:** 30 minutes

Ingredients:

- 1 ¼ pounds shrimp, peeled and tails removed (or sub with chicken breast or tofu*)
- 4 oz brown rice noodles, uncooked
- 1 (13.5 oz) can coconut milk
- 2 Tablespoons red curry paste
- 1 Tablespoon brown sugar (optional)
- 1 zucchini, sliced into half-moons
- ½ cup mushrooms, sliced
- ¼ cup bamboo shoots
- ¼ cup water chestnuts
- ¼ cup shredded carrots
- 1 Tablespoon olive oil
- 2 Tablespoons crushed peanuts (optional, omit for Nut-free)

Instructions:

1. In a medium skillet, heat olive oil over medium heat. Add shrimp and cook for 2–3 minutes per side until pink and fully cooked. Remove from the pan and set aside.
2. In a large wok or sauté pan, combine coconut milk, red curry paste, and brown sugar. Stir well and let simmer for 2–3 minutes to allow the flavors to meld.
3. Meanwhile, bring a small pot of water to a boil. Add rice noodles, remove from heat, and let sit for 6 minutes. Drain and set aside.
4. Return shrimp to the wok and stir to coat in curry sauce.
5. Add zucchini, mushrooms, bamboo shoots, water chestnuts, and shredded carrots. Stir to combine and let simmer for 10 minutes until vegetables are tender.
6. Add drained noodles and toss everything together until well-mixed and heated through.
7. Divide among bowls and top with crushed peanuts if desired. Serve hot.

**Recipe Note:*

- If using tofu, lightly pan-fry it before adding to the curry.

NUTRITION FACTS: *per serving*	
Calories:	**342**
Total Fat:	**10g**
Saturated Fat:	**3g**
Cholesterol:	**290mg**
Sodium:	**1261mg**
Carbohydrates:	**21g**
Fiber:	**4g**
Protein:	**42g**



POKE BOWL



Servings: 2 **Tags:** GF, DF, EF, NF, AIP **Prep Time:** 15 minutes (plus marinating time) **Cook Time:** 5 minutes **Total Time:** ~20 minutes

Ingredients:

For the Bowl:

- 8 oz sushi-grade ahi tuna, diced into ½-inch cubes (or swap for sushi-grade salmon)
- 1 cup cooked cauliflower rice for AIP or sub regular brown rice and cook according to package instructions
- ½ avocado, diced
- ½ cup cucumber, diced
- ¼ cup shredded carrots
- ¼ cup red cabbage, cut into thin slices
- 2 Tablespoons green onion, sliced
- Optional: microgreens, pickled ginger, radishes, seaweed salad

For the Marinade:

- 2 Tablespoons coconut aminos
- 2 teaspoons avocado oil
- 1 teaspoon lime juice
- ½ teaspoon grated ginger

Toppings:

- Toasted sesame seeds (omit for AIP)
- Extra green onions
- Drizzle of AIP Ginger Dressing (pg 297)

Instructions:

1. In a small bowl, whisk together the coconut aminos, avocado oil, lime juice, and ginger to make the marinade.
2. Add diced tuna or salmon to the marinade, toss gently, and refrigerate for 10–15 minutes to allow flavors to absorb.
3. Meanwhile, prepare your bowl ingredients. If using cauliflower rice, sauté over medium heat with a splash of avocado oil and a pinch of sea salt for 3–4 minutes, just until softened. Alternatively, enjoy it raw for a crunchy texture.
4. Arrange the rice in two bowls and top with marinated fish, avocado, cucumber, carrots, cabbage, green onion, and any additional toppings.
5. Sprinkle with sesame seeds and green onion, and drizzle with optional ginger cream sauce. Serve immediately.

NUTRITION FACTS: *per serving*	
Calories:	**323**
Total Fat:	**10g**
Saturated Fat:	**6g**
Cholesterol:	**50mg**
Sodium:	**623mg**
Carbohydrates:	**26g**
Fiber:	**7g**
Protein:	**33g**

GRILLED CHICKEN & VEGGIE SKEWERS WITH GARLIC HERB MARINADE



Servings: 4 (makes ~8 skewers) **Tags:** GF, DF, EF, NF, AIP **Prep Time:** 20 minutes (plus 30 min marinating) **Cook Time:** 15 minutes **Total Time:** ~1 hour

Ingredients:

- 1 ½ pounds boneless skinless chicken breast or thighs, cut into 1-inch cubes
- 1 medium zucchini, sliced into thick rounds
- 1 yellow squash, sliced into thick rounds
- 1 cup baby bella or white mushrooms, whole or halved
- 1 medium red onion, cut into chunks
- 8 Skewers (metal or soaked wooden)
- For the Marinade:
- 3 Tablespoons olive or avocado oil
- 2 Tablespoons lemon juice
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- ¼ teaspoon onion powder
- ¾ teaspoon sea salt
- ¼ teaspoon black pepper (omit for AIP)

Instructions:

1. Make the marinade: In a large bowl, whisk together oil, lemon juice, garlic, herbs, and spices.
2. Add the chicken pieces and toss to coat. Cover and refrigerate for at least 30 minutes.
3. While the chicken marinates, prep vegetables and set aside.
4. Thread skewers, alternating chicken with zucchini, squash, mushrooms, and red onion until full.
5. Preheat the grill or grill pan over medium-high heat. Lightly oil the grates if needed.
6. Grill skewers for 12-15 minutes, turning every few minutes, until chicken is cooked through (reaching a minimum internal temperature of 165°F) and veggies are tender with charred edges.
7. Remove from the grill and rest for 2 minutes before serving.

Recipe Note:

- Alternatively, you can cook the skewers in the oven. Bake at 425°F on a parchment-lined sheet for 20-25 minutes, flipping halfway.

Pairing Tips:

- Garlic Herb Cauliflower Rice (pg 215)
- Creamy Mashed Sweet Potatoes (pg 221)

NUTRITION FACTS: *per serving*	
Calories:	**333**
Total Fat:	**9g**
Saturated Fat:	**1g**
Cholesterol:	**128mg**
Sodium:	**585mg**
Carbohydrates:	**16g**
Fiber:	**6g**
Protein:	**47g**





SHEET PAN GARLIC BAKED SALMON WITH FINGERLING POTATOES



Servings: 4 **Tags:** GF, DF, EF, NF **Prep Time:** 10 minutes
Cook Time: 30 minutes **Total Time:** 40 minutes

AIP Adaptation: Replace fingerling potatoes with regular or Japanese sweet potatoes.

Ingredients:

- 1 pound fingerling potatoes, halved (or Yukon golds, or red/white baby potatoes)
- 4 (5–6 oz) salmon fillets
- 3 bunches asparagus (about 18 spears, woody ends trimmed)
- ¼ cup + 2 Tablespoons olive oil
- ¼ cup fresh lemon juice
- ¼ cup low-sodium chicken broth
- 2 ½ Tablespoons minced garlic, divided
- 2 Tablespoons fresh parsley, chopped
- 1 teaspoon fresh rosemary
- ¼ teaspoon garlic powder
- ¼ teaspoon dried thyme
- 1 lemon, thinly sliced (for garnish)

Instructions:

1. Preheat the oven to 400°F.
2. On a large-rimmed baking sheet, toss halved potatoes with 2 tablespoons olive oil, ½ tablespoon minced garlic, and all of the spices and herbs. Spread into an even layer and roast for 15 minutes, until just starting to brown and soften.
3. Push the potatoes to one side of the pan. Place the salmon fillets down the center and rub each with the remaining garlic. Add asparagus spears to the opposite side of the baking sheet.
4. In a small bowl, whisk together ¼ cup olive oil, lemon juice, and broth. Drizzle the mixture evenly over the salmon and asparagus.
5. Return the pan to the oven and bake for another 12–15 minutes, until the salmon is opaque and flakes easily with a fork, and the potatoes are golden and fork-tender.
6. Optional: broil for the final 1–2 minutes for a crisp, golden finish.
7. Garnish with fresh lemon slices and serve warm.

NUTRITION FACTS: *per serving*	
Calories:	**521**
Total Fat:	**20g**
Saturated Fat:	**1g**
Cholesterol:	**81mg**
Sodium:	**85mg**
Carbohydrates:	**44g**
Fiber:	**6g**
Protein:	**43g**

TACO BOWL



Servings: 4 **Tags:** GF, DF, EF, NF **Prep Time:** 15 minutes
Cook Time: 15 minutes **Total Time:** 30 minutes

AIP Adaptation: Season meat with AIP-compliant seasonings (e.g., garlic powder, onion powder, turmeric, oregano, sea salt). Omit quinoa, black beans, and tomatoes. Use cauliflower rice as the base and replace tomatoes/beans with shredded carrots or roasted sweet potato. Skip dairy and nightshade toppings; add smashed avocado, fresh herbs, or a drizzle of olive oil.

Ingredients:

For the Meat:

- 1 pound ground beef or turkey
- 1 Tablespoon olive oil
- 1 Tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- ¼ teaspoon salt
- ¼ cup water

For the Bowl:

- 2 cups cooked quinoa or cauliflower rice
- 1 avocado, diced
- 1 cup cherry tomatoes, halved
- Fermented pickled red onions, storebought or homemade (pg 311)
- ½ cup cooked black beans
- ¼ cup chopped cilantro
- 1 lime, cut into wedges

Optional Toppings:

- Salsa or pico de gallo
- Dairy-free sour cream or yogurt
- Shredded lettuce or cabbage
- Hot sauce
- Shredded dairy-free or regular cheese

Instructions:

1. In a large skillet, heat olive oil over medium heat. Add ground meat and cook until browned, breaking it up as it cooks.
2. Stir in chili powder, cumin, garlic powder, paprika, salt, and water. Simmer for 5–7 minutes until the liquid is absorbed and the meat is well coated.
3. To assemble the bowls, divide the quinoa or cauliflower rice into serving bowls. Top with cooked meat, avocado, cherry tomatoes, pickled onions, black beans, and cilantro. Add lime wedges and any additional toppings as desired.

Recipe Note:

- You can skip the bowl base and spoon the taco mixture into butter or romaine lettuce leaves for a handheld lettuce wrap version.

Meal Prep Tip:

- Store the meat, base, and toppings in separate containers and assemble bowls when ready to eat.



NUTRITION FACTS: *per serving*	
Calories:	**399**
Total Fat:	**19g**
Saturated Fat:	**6g**
Cholesterol:	**70mg**
Sodium:	**399mg**
Carbohydrates:	**29g**
Fiber:	**8g**
Protein:	**30g**



AIR FRYER LEMON PEPPER CHICKEN WINGS

Servings: 4 **Tags:** GF, DF, EF, NF **Prep Time:** 5 minutes
Cook Time: 22 minutes **Total Time:** 27 minutes

AIP Adaptation: Replace lemon pepper seasoning with a homemade AIP mix: lemon zest, garlic powder, and onion powder. Ensure baking powder is corn- and grain-free.

Ingredients:

- 1 ½ pounds chicken wings
- 1 Tablespoon olive oil
- 2 teaspoons lemon pepper seasoning
- 1 teaspoon baking powder
- ¼ teaspoon salt

Instructions:

1. Preheat the air fryer to 380°F.
2. Pat chicken wings dry with paper towels to ensure crispiness.
3. In a large bowl, toss wings with olive oil, lemon pepper seasoning, salt, and baking powder until evenly coated.
4. Place wings in a single layer in the air fryer basket. Cook for 20–22 minutes, flipping halfway through, until golden brown and the internal temperature reaches at least 165°F.
5. Serve hot with optional lemon wedges or your favorite dipping sauce.

Pairing Tips:

- Roasted Brussels Sprouts with Pesto & Parm (pg 223)
- Balsamic Roasted Mushrooms (pg 239)
- Zesty Quinoa with Lemon, Tomato & Artichoke (pg 219)

NUTRITION FACTS: *per serving*	
Calories:	**268**
Total Fat:	**20g**
Saturated Fat:	**5g**
Cholesterol:	**80mg**
Sodium:	**670mg**
Carbohydrates:	**2g**
Fiber:	**0g**
Protein:	**20g**

ARUGULA STRAWBERRY SALAD WITH RASPBERRY VINAIGRETTE



Servings: 4 **Tags:** GF, DF, EF, NF, Vegetarian
Prep Time: 15 minutes **Total Time:** 15 minutes

AIP Adaptation: Omit goat cheese. Replace pistachios with toasted coconut flakes or use hemp hearts only if they've been reintroduced and tolerated. Omit dijon mustard from the vinaigrette.

Ingredients:

For the Salad:

- 5 oz baby arugula
- 1 cup strawberries, thinly sliced
- ¼ cup pistachios, shelled and roughly chopped (or sub with ¼ cup hemp hearts for nut-free)
- ¼ cup crumbled goat cheese (omit for dairy-free)
- ¼ small red onion, thinly sliced
- Optional: ½ avocado, sliced
- Optional: ¼ cup cucumber, diced

For the Raspberry Vinaigrette:

- ¼ cup fresh or frozen raspberries*
- 2 Tablespoons olive oil
- 1 Tablespoon red wine vinegar or apple cider vinegar
- 1 teaspoon honey
- ½ teaspoon Dijon mustard
- Pinch of sea salt

Instructions:

1. Make the dressing: In a small blender or food processor, combine all ingredients and blend until smooth. Taste and adjust sweetness or acidity as needed.
2. Assemble the salad: In a large bowl or serving platter, layer arugula, strawberries, red onion, and cucumber (if using). Top with goat cheese and pistachios (or hemp hearts).
3. Drizzle with raspberry vinaigrette just before serving. Add avocado slices if desired.

**Recipe Note:*

- If using frozen raspberries, let them thaw slightly before blending. The vinaigrette can be stored in the fridge for up to 1 week.

Quick Tip:

- For a heartier meal, top the salad with grilled chicken, shrimp, salmon, or chickpeas for added protein. This salad pairs especially well with lemon-herb or balsamic-marinated proteins.

NUTRITION FACTS: *per serving*	
Calories:	**151**
Total Fat:	**12g**
Saturated Fat:	**3g**
Cholesterol:	**7mg**
Sodium:	**69mg**
Carbohydrates:	**9g**
Fiber:	**3g**
Protein:	**4g**



CHICKPEA & QUINOA SALAD

Servings: 4 **Tags:** GF, EF, NF, DF/VG-mod, Vegetarian
Prep Time: 15 minutes **Cook Time:** 15 minutes **Total Time:** 30 minutes

Ingredients:

- 1 cup quinoa, uncooked
- 1 ½ cups cooked chickpeas*
- 1 cucumber, diced
- 1 red bell pepper, diced
- ¼ cup red onion, finely chopped
- ¼ cup fresh parsley, chopped
- ¼ cup fresh mint, chopped
- ¼ cup crumbled feta cheese (omit for dairy-free or vegan)
- ¼ cup Kalamata olives, pitted and chopped
- For the Dressing:
- 3 Tablespoons olive oil
- 2 Tablespoons lemon juice
- 1 garlic clove, minced
- Salt and pepper, to taste

Instructions:

1. Cook the quinoa: Rinse quinoa under cold water using a fine-mesh sieve. In a medium saucepan, bring 2 cups of water to a boil. Add quinoa, reduce heat to low, cover, and simmer for about 15 minutes, or until all water is absorbed. Remove from heat and let stand for 5 minutes, then fluff with a fork.
2. Make the dressing: In a small bowl, whisk together olive oil, lemon juice, minced garlic, salt, and pepper. Adjust seasonings to taste.
3. In a large bowl, mix cooked quinoa, chickpeas, cucumber, red bell pepper, red onion, parsley, mint, feta, and olives.
4. Pour the dressing over the salad and toss until evenly coated.
5. Enjoy immediately or chill in the fridge for at least 1 hour to allow flavors to meld. Store in an airtight container in the fridge for up to 3–4 days.

**Recipe Note:*

- For best quality and reduced additives, use dried chickpeas. Soak ¾ cup dry chickpeas in water with a splash of lemon juice or apple cider vinegar for 8–12 hours. Rinse, then simmer in fresh water for 1–1½ hours until tender (or use a pressure cooker for faster results). This yields ~1½ cups cooked chickpeas.
- If you do need to use canned chickpeas, choose BPA-free, organic, and low-sodium brands. Always rinse thoroughly under running water to reduce over 40% of the sodium and help remove some preservatives and additives.

NUTRITION FACTS: *per serving*	
Calories:	**379**
Total Fat:	**15g**
Saturated Fat:	**3g**
Cholesterol:	**8mg**
Sodium:	**510mg**
Carbohydrates:	**46g**
Fiber:	**11g**
Protein:	**15g**



WHITE BEAN CHICKEN CHILI

Servings: 6 **Tags:** GF, DF, EF, NF **Prep Time:** 15 minutes
Cook Time: 55 minutes **Total Time:** 1 hour 10 minutes

Ingredients:

- 2 pounds ground chicken
- 3 cups cooked cannellini beans*
- 1 cup fresh or frozen corn
- 1 (7 oz) can diced green chillies
- 4 cups low-sodium chicken broth
- 1 large yellow onion, diced
- 1 bunch Swiss chard, chopped
- 4 garlic cloves, minced
- 2 Tablespoons olive oil
- 2 Tablespoons ground cumin
- 1 Tablespoon fennel seeds
- 1 Tablespoon dried oregano
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- 1 teaspoon sea salt

Optional Toppings:

- Fresh parsley or cilantro
- Sliced avocado
- Gluten-free tortilla strips

Instructions:

1. In a large saucepan or Dutch oven, heat olive oil over medium-high heat. Add diced onion and sauté for 3–4 minutes until translucent. Stir in garlic and cook for 30 seconds.
2. Add ground chicken to the pot along with salt, cumin, garlic powder, fennel seeds, oregano, and chili powder. Cook for about 10 minutes, breaking up the meat, until fully cooked through.
3. Stir in the cannellini beans, corn, green chilies, Swiss chard, and chicken stock. Bring to a low boil, then reduce heat to a gentle simmer.
4. Simmer uncovered for 45–55 minutes, stirring occasionally, until flavors are well developed and the chili has thickened slightly.
5. Serve hot with toppings of your choice.

Slow Cooker Method:

1. In a skillet over medium heat, sauté the onion in olive oil until softened (about 3–4 minutes). Add garlic and cook for another 30 seconds.
2. Add ground chicken and cook until no longer pink. Transfer the cooked mixture to the slow cooker.
3. Add all remaining ingredients to the slow cooker (beans, corn, green chilies, Swiss chard, chicken stock, and spices). Stir to combine.
4. Cook on low for 6 hours or high for 4 hours.
5. Stir before serving and top as desired.

**Recipe Note:*

- For best quality and reduced additives, use dried cannellini beans. Soak 1½ cups dry beans in water with a splash of lemon juice or apple cider vinegar for 8–12 hours. Rinse, then simmer in fresh water for 1–1½ hours until tender (or use a pressure cooker for faster results). This yields ~3 cups of cooked beans.

- If you do need to use canned beans, choose BPA-free, organic, and low-sodium brands. Always rinse thoroughly under running water to reduce over 40% of the sodium and help remove some preservatives and additives.

Storage Note:

- Store leftovers in an airtight container in the fridge for up to 4 days. This chili also freezes well for up to 2 months.

NUTRITION FACTS: *per serving*	
Calories:	**489**
Total Fat:	**20g**
Saturated Fat:	**5g**
Cholesterol:	**113mg**
Sodium:	**600mg**
Carbohydrates:	**38g**
Fiber:	**12g**
Protein:	**39g**



CRISPY FALAFEL BOWL

Servings: 4 **Tags:** GF, DF, EF, NF, VG, Vegetarian **Prep Time:** 25 minutes (plus overnight soak) **Cook Time:** 25 minutes **Total Time:** ~50 minutes

Ingredients:

For the Falafel (Makes ~12 small patties):

- ¾ cup dried chickpeas (soaked overnight, then drained)*
- ¼ cup red onion, chopped
- 3 garlic cloves
- ½ cup fresh parsley
- 1 Tablespoon lemon juice
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon sea salt
- ¼ teaspoon baking soda
- 2–3 Tablespoons chickpea flour (as needed to bind)
- Olive oil spray or a few tablespoons olive oil (for baking, air-frying, or pan-frying)

Bowl Base (Choose One or Both):

- 4 cups baby arugula
- 2 cups cooked quinoa

Toppings:

- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- ½ red onion, thinly sliced
- ¼ cup kalamata olives, halved
- 1 avocado, sliced
- ¼ cup hummus or AIP Tzaziki (pg 293)
- Lemon wedges and chopped fresh herbs, for garnish
- Optional: Drizzle with Lemon-Tahini dressing (pg 299)

Instructions:

1. Soak the Chickpeas: Place dried chickpeas in a bowl and cover with water. Soak for 12–24 hours. Drain and rinse well before using.
2. Make the Falafel Mixture: In a food processor, combine soaked chickpeas, onion, garlic, herbs, lemon juice, cumin, coriander, salt, and baking soda. Pulse until the mixture resembles a coarse meal that holds together when pressed. Scrape down the sides as needed. Add chickpea flour 1 tablespoon at a time until the mixture holds its shape easily.
3. Shape and Cook the Falafel: Form the mixture into 12 small patties.
   - Bake: Preheat the oven to 400°F. Place patties on a parchment-lined sheet, spray lightly with olive oil, and bake for 20–25 minutes, flipping halfway.
   - Air-Fry: Air fry at 375°F for 12–15 minutes, flipping halfway.
   - Pan-Fry: Heat olive oil in a skillet over medium heat. Cook patties 3–4 minutes per side until golden brown.
4. Assemble the Bowls: Add arugula or quinoa to each bowl. Top with 3 falafel, tomatoes, cucumber, onion, olives, and avocado. Add hummus or tzatziki, if using.
5. Drizzle with lemon-tahini dressing if using, garnish with herbs and lemon wedges, and enjoy!

**Recipe Note:*

- Avoid canned chickpeas—soaked dried chickpeas give falafel the best texture and help them hold together without becoming mushy.
- To make this recipe quicker, you can buy pre-made frozen falafel patties and prepare them according to package instructions.
- Storage Note:
- Store falafel, veggies, and dressing separately in the fridge for up to 4 days.
- Reheat falafel in the oven or air fryer for the best texture.

NUTRITION FACTS: *per serving*	
Calories:	**287**
Total Fat:	**11g**
Saturated Fat:	**1g**
Cholesterol:	**0mg**
Sodium:	**340mg**
Carbohydrates:	**37g**
Fiber:	**10g**
Protein:	**10g**





CARROT-GINGER SOUP



Servings: 4 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian
Prep Time: 10 minutes **Cook Time:** 30 minutes **Total Time:** 40 minutes

Ingredients:

- 1 pound carrots, peeled and roughly chopped
- 3 cups vegetable broth
- ½ cup full-fat coconut milk
- 1 medium yellow onion, chopped
- 3 garlic cloves, minced
- 1 Tablespoon fresh ginger, grated
- 1 Tablespoon olive oil
- 1 Tablespoon apple cider vinegar
- ½ teaspoon sea salt
- Black pepper, to taste (omit for AIP)
- Chopped fresh parsley, for garnish

Instructions:

1. Heat olive oil in a large pot over medium heat. Add chopped onion and ½ teaspoon salt, and cook for about 5 minutes, until the onion softens and becomes translucent.
2. Add the garlic and cook for 30 seconds, then stir in the chopped carrots. Cook for another 5 minutes, stirring occasionally.
3. Add the grated ginger and deglaze the pot with apple cider vinegar, scraping up any bits stuck to the bottom.
4. Pour in the vegetable broth and bring to a boil. Reduce the heat to low and simmer uncovered for about 25–30 minutes, or until the carrots are tender.
5. Stir in the coconut milk and use an immersion blender to puree the soup directly in the pot until smooth. Alternatively, transfer to a countertop blender in batches and blend until creamy.
6. Season with black pepper and adjust salt to taste.
7. Ladle the soup into bowls and garnish with a swirl of coconut milk, plus fresh herbs if desired. Serve warm.

Storage Note:

- Keep in the refrigerator for up to 4 days or freezer for up to 2 months.

NUTRITION FACTS: *per serving*	
Calories:	**288**
Total Fat:	**16g**
Saturated Fat:	**1g**
Cholesterol:	**0mg**
Sodium:	**621mg**
Carbohydrates:	**33g**
Fiber:	**4g**
Protein:	**3g**


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BUTTERNUT SQUASH SOUP



Servings: 4 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 10 minutes **Cook Time:** 40 minutes **Total Time:** 50 minutes

Ingredients:

- 1 medium butternut squash (about 2.5–3 pounds), peeled, seeded, and cubed
- 1 apple (such as Honeycrisp or Fuji), peeled, cored, and chopped
- 1 small yellow onion, chopped
- 3 cups vegetable broth
- ½ cup full-fat coconut milk
- 3 garlic cloves, peeled
- 1 Tablespoon olive oil
- 1 teaspoon fresh ginger, finely minced
- ½ teaspoon sea salt
- ¼ teaspoon ground cinnamon
- Black pepper, to taste (omit for AIP)

Instructions:

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Spread squash, apple, onion, and garlic on the sheet. Drizzle with oil and toss to coat. Roast for 30–35 minutes, until tender and caramelized.
3. Transfer roasted vegetables to a large pot. Add broth, salt, cinnamon, and ginger. Bring to a simmer over medium heat.
4. Stir in coconut milk and simmer for 5 minutes.
5. Use an immersion blender to puree until smooth, or carefully transfer to a blender in batches.
6. Adjust seasoning with salt and pepper to taste.
7. Serve warm, garnished with fresh herbs, a swirl of coconut milk, or toasted pumpkin seeds if desired.

Storage Note:

- Keep in the refrigerator for up to 4 days or freezer for up to 2 months.

NUTRITION FACTS: *per serving*	
Calories:	**340**
Total Fat:	**12g**
Saturated Fat:	**8g**
Cholesterol:	**0mg**
Sodium:	**840mg**
Carbohydrates:	**53g**
Fiber:	**10g**
Protein:	**5g**



MONGOLIAN GROUND BEEF

Servings: 4 **Tags:** GF, DF, EF, NF, AIP **Prep Time:** 10 minutes **Cook Time:** 15 minutes **Total Time:** 25 minutes

Ingredients:

- 1 pound ground beef
- ⅓ cup coconut aminos
- ¼ cup low-sodium beef broth
- 3 garlic cloves, minced
- 4 green onions, sliced into 1-inch pieces
- 1-inch piece ginger, peeled and grated
- 1 Tablespoon + 1 teaspoon arrowroot starch
- 2 teaspoons coconut sugar
- 1 teaspoon sea salt
- 1 teaspoon apple cider vinegar
- ¼ teaspoon onion powder
- ¼ teaspoon black pepper (omit for AIP)

Instructions:

1. In a large skillet over medium heat, brown the ground beef with salt, pepper, and onion powder. Once fully cooked, remove the beef from the pan, leaving about 2 tablespoons of fat behind.
2. In a separate bowl, whisk together the coconut aminos, broth, apple cider vinegar, coconut sugar, and arrowroot starch. Set aside.
3. Lower the heat slightly and add the garlic and ginger to the same skillet. Sauté for 2–3 minutes, until fragrant.
4. Pour in the sauce and stir. Allow it to simmer and thicken for 1–2 minutes.
5. Return the ground beef to the pan and mix well to coat it in the sauce. Add the green onions and cook for another 2–3 minutes, until slightly softened.
6. Serve warm and enjoy.

Pairing Tip:

- Serve over a bowl of brown rice or cauliflower rice. Pair it with steamed or sautéed boy choy for a complete and balanced meal.

NUTRITION FACTS: *per serving*	
Calories:	**301**
Total Fat:	**13g**
Saturated Fat:	**5g**
Cholesterol:	**78mg**
Sodium:	**813mg**
Carbohydrates:	**20g**
Fiber:	**0g**
Protein:	**26g**



TUNACADO SANDWICH

Servings: 2 **Tags:** GF, DF, EF **Prep Time:** 10 minutes
Cook Time: 15 minutes **Total Time:** 25 minutes

Ingredients:

For the Tuna Mixture:

- 5 oz of tuna packed in water, drained
- ¼ cup veganaise
- 1 Tablespoon capers, drained
- 1 Tablespoon lemon juice
- 1 Tablespoon fresh dill
- 1 teaspoon Dijon mustard
- Salt and pepper, to taste

For the Pesto Spread:

- 2 Tablespoons dairy-free pesto, store-bought or handmade (pg 295)
- ¾ teaspoon honey
- ¼ teaspoon red pepper flakes
- ¼ teaspoon sriracha sauce

For the Sandwich:

- 4 slices sprouted grain bread
- ½ avocado, sliced
- Red onion, thinly sliced
- Tomato, thinly sliced
- 1 handful of alfalfa sprouts

Instructions:

1. First, you'll need to make the tuna salad mixture. In the bowl of a food processor, or a blender, combine the tuna, veganaise, dijon, capers, lemon juice, dill, salt, and pepper. Pulse on high until smooth and the tuna becomes a whipped-like consistency. Place in the refrigerator and allow to chill for about 10-15 minutes.
2. Next, make the pesto spread. In a small bowl, combine the pesto, red pepper flakes, sriracha, and honey and set aside.
3. Toast the slices of bread to your desired level of crispness.
4. Assemble the sandwiches. Spread the pesto on one side of the bread slices. On the other piece of bread, add the chilled tuna mixture, and then place the sliced avocado, sliced tomato, sliced onion, and sprouts. Put the slice of bread with the pesto on top to complete the sandwich. Serve immediately and enjoy.

Quick Tip:

- This sandwich is best enjoyed fresh but the tuna mixture can be made in advance and stored in the fridge for up to 3 days.

NUTRITION FACTS: *per serving*	
Calories:	**502**
Total Fat:	**30g**
Saturated Fat:	**2g**
Cholesterol:	**48mg**
Sodium:	**802mg**
Carbohydrates:	**28g**
Fiber:	**7g**
Protein:	**30g**

TURMERIC CHICKEN STEW



Servings: 6 **Tags:** GF, DF, EF, NF, AIP **Prep Time:** 15 minutes
Cook Time: 35 minutes **Total Time:** 50 minutes

Ingredients:

- 1 pound boneless, skinless chicken breasts, or thighs, cut into bite-sized pieces
- 2 Tablespoons avocado oil or olive oil, divided
- 1 medium onion, diced
- 1 medium carrot, diced
- 2 celery stalks, sliced
- 2 sweet potatoes, peeled and diced into 1-inch cubes
- 2 cups fresh spinach or kale, chopped
- 4 cloves garlic, minced
- 1 Tablespoon ginger, grated
- 2 teaspoons ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon sea salt
- ½ teaspoon ground coriander
- ½ teaspoon black pepper (omit for AIP)
- 2 cups chicken bone broth
- 1 (13.5 oz) can full-fat coconut milk
- 1 Tablespoon apple cider vinegar
- 2 Tablespoons arrowroot starch mixed with 2 Tablespoons water (for thickening)
- Fresh cilantro or parsley, chopped (for garnish)

Instructions:

1. In a large Dutch oven or heavy-bottomed pot, heat 1 tablespoon of oil over medium heat. Add the chicken pieces, season with a pinch of salt and pepper, and cook until browned on all sides, about 4–5 minutes. Remove the chicken and set aside.
2. In the same pot, drizzle in 1 tablespoon of oil and add the diced onion, potatoes, carrots, and celery. Sauté for 5–7 minutes until the vegetables soften. Add the minced garlic and grated ginger, cooking for an additional 1–2 minutes until fragrant.
3. Stir in the turmeric, cumin, coriander, black pepper, and sea salt. Cook for 1 minute to toast the spices, enhancing their flavors.
4. Return the browned chicken to the pot. Pour the coconut milk and ¾ cup of the chicken broth.
5. Make a slurry with the arrowroot starch by mixing it with the remaining chicken broth until there are no lumps. Pour the arrowroot slurry into the pot. Stir to combine.
6. Bring the mixture to a boil, then reduce the heat to low, covering the pot and allowing it to simmer for 30 minutes, stirring occasionally.
7. Once the stew is finished cooking, turn off the heat and stir in the chopped spinach or kale and the apple cider vinegar. Stir gently until the greens wilt, about 3-5 minutes. Adjust seasoning to taste.
8. Ladle the stew into bowls and garnish with fresh cilantro or parsley.

Storage Tip:

- Store leftovers in an airtight container in the refrigerator for up to 4 days. This stew also freezes well for up to 3 months. Reheat gently before serving.

NUTRITION FACTS: *per serving*	
Calories:	**366**
Total Fat:	**20g**
Saturated Fat:	**12g**
Cholesterol:	**74mg**
Sodium:	**840mg**
Carbohydrates:	**21g**
Fiber:	**4g**
Protein:	**26g**





CHICKEN BRUSCHETTA



Servings: 4 **Tags:** GF, DF, EF, NF **Prep Time:** 15 minutes
Cook Time: 20 minutes **Total Time:** 35 minutes

Ingredients:

For the Chicken:

- 4 thin-sliced chicken breasts (about 1.5 to 2 lbs total)
- 2 Tablespoons olive oil
- 4 teaspoons Italian seasoning
- 2 garlic cloves, finely minced
- Sea salt and pepper, to taste
- 2 oz part-skim mozzarella cheese, optional (omit for dairy-free)

For the Bruschetta Topping:

- 3 plum tomatoes, finely diced
- ¼ red onion, finely diced
- 1 garlic clove, finely minced
- 2 Tablespoons extra virgin olive oil
- 1 Tablespoons fresh basil, shredded
- Pinch of sea salt

Optional for Serving:

- Balsamic glaze drizzle

Instructions:

1. Make the Bruschetta: In a medium bowl, combine the diced tomatoes, onion, garlic, olive oil, basil, and salt. Stir well and set aside.
2. Prepare the Chicken: Preheat the oven to 400°F. Season chicken breasts with Italian seasoning, minced garlic, salt, and pepper on both sides. Heat olive oil in a large skillet over medium heat. Sear chicken breasts for about 5–7 minutes per side, or until golden brown and cooked through.
3. Melt the Cheese (Optional): If you're including cheese, transfer cooked chicken to a baking sheet. Top each breast with mozzarella. Bake in the preheated oven for about 5 minutes, or until the cheese is melted and slightly browned.
4. Assemble & Serve: Remove chicken from the oven and top with prepared bruschetta mixture. Drizzle with balsamic glaze before serving.

Pairing Tip:

- Pair with sautéed greens, cauliflower rice, or a side salad for a light and balanced meal.

NUTRITION FACTS: *per serving*	
Calories:	**406**
Total Fat:	**22g**
Saturated Fat:	**4g**
Cholesterol:	**107mg**
Sodium:	**220mg**
Carbohydrates:	**8g**
Fiber:	**3g**
Protein:	**44g**



CITRUS-HERB CHILEAN SEA BASS

Servings: 2 **Tags:** GF, DF, EF, NF, AIP **Prep Time:** 10 minutes
Cook Time: 15 minutes **Total Time:** 25 minutes

Ingredients:

- 2 (5–6 oz) Chilean sea bass fillets
- 1 Tablespoon olive oil
- 1 Tablespoon lemon juice
- 1 teaspoon lemon zest
- 1 Tablespoon fresh parsley, finely chopped
- 1 Tablespoon fresh basil, chopped
- 1 clove garlic, minced
- ½ teaspoon sea salt
- ¼ teaspoon black pepper (omit for AIP)
- Lemon wedges, for serving

Instructions:

1. Preheat the oven to 400°F.
2. Pat the sea bass fillets dry and season with salt, pepper, and lemon zest.
3. In a small bowl, mix olive oil, lemon juice, garlic, and chopped herbs.
4. Heat a non-stick or cast iron skillet over medium-high heat. Add a drizzle of olive oil.
5. Sear the fillets, skin-side down, for about 3–4 minutes, until golden and crisp.
6. Flip fillets and spoon the citrus-herb mixture over the top.
7. Transfer the skillet to the oven and roast for an additional 6–8 minutes, or until the fish flakes easily with a fork.
8. Serve hot with extra lemon wedges.

Pairing Tip:

- Serve alongside garlic-roasted broccolini (pg 231) and cauliflower mash (pg 229)

NUTRITION FACTS: *per serving*	
Calories:	**273**
Total Fat:	**11g**
Saturated Fat:	**9g**
Cholesterol:	**2mg**
Sodium:	**583mg**
Carbohydrates:	**1g**
Fiber:	**0g**
Protein:	**41g**



COD PICCATA



Servings: 4 **Tags:** GF, DF, EF **Prep Time:** 10 minutes
Cook Time: 15 minutes **Total Time:** 25 minutes

AIP Adaptation: Replace almond flour with a 50/50 mix of cassava flour and coconut flour for dredging. Ensure chicken stock and capers are AIP-compliant (no additives or preservatives).

Ingredients:

- 4 (5–6 oz) cod fillets
- ¾ cup chicken stock
- ⅓ cup almond flour
- ¼ cup capers, drained
- 2 Tablespoons olive oil
- 3 Tablespoons lemon juice
- 2 Tablespoons grapeseed oil, divided
- 2 Tablespoons fresh parsley, chopped
- ½ teaspoon sea salt

Instructions:

1. Prepare the coating by combining almond flour and sea salt in a shallow bowl.
2. Rinse the cod fillets and pat them dry with a paper towel. Dredge each fillet in the almond flour mixture, ensuring an even coat.
3. Heat enough olive oil to coat the bottom of a large skillet over medium-high heat, along with 1 tablespoon of grapeseed oil. Working in batches if necessary, add the cod fillets and cook for 2–3 minutes per side until browned. Remove the fillets from the skillet and set aside.
4. In the same skillet, add chicken stock, lemon juice, and capers. Scrape up any browned bits from the bottom of the pan and simmer the sauce until it reduces by about half. Remove from heat and stir in the remaining tablespoon of grapeseed oil.
5. Place the cod fillets on plates, drizzle with the lemon-caper sauce, and sprinkle with chopped parsley. Serve immediately.

Pairing Tip:

- Pair this dish with steamed asparagus or atop a bed of sauteed spinach.

NUTRITION FACTS: *per serving*	
Calories:	**275**
Total Fat:	**19g**
Saturated Fat:	**2g**
Cholesterol:	**76mg**
Sodium:	**885mg**
Carbohydrates:	**5g**
Fiber:	**1g**
Protein:	**21g**

MEATBALLS WITH SPAGHETTI SQUASH



Servings: 4 **Tags:** GF, DF, EF, NF **Prep Time:** 15 minutes
Cook Time: 45 minutes **Total Time:** 1 hour

AIP Adaptation: Omit black pepper and replace tomato sauce with a nightshade-free alternative, such as "Nomato" Sauce (pg 301).

Ingredients:

For the Meatballs:

- 1 pound ground beef or turkey
- 1 clove garlic, minced
- ¼ cup yellow onion, finely chopped
- 2 Tablespoons chopped fresh parsley
- 1 Tablespoon dried oregano or Italian seasoning
- 1 Tablespoon olive oil
- ½ teaspoon sea salt
- ¼ teaspoon black pepper (omit for AIP)

For the Spaghetti Squash:

- 1 large spaghetti squash (about 3–4 pounds)
- 1 Tablespoon olive oil
- Sea salt, to taste

For the Sauce:

- 1 ½ cups tomato sauce
- 1 clove garlic, minced
- 1 Tablespoon olive oil
- 1 teaspoon dried basil
- Sea salt and pepper, to taste

Instructions:

1. Roast the Spaghetti Squash: Preheat the oven to 400°F. Slice the squash in half lengthwise and remove seeds. Brush the inside with olive oil and sprinkle with sea salt. Place cut-side down on a baking sheet and roast for 35–40 minutes or until tender. Let cool slightly, then shred into strands with a fork.
2. Prepare the Meatballs: In a mixing bowl, combine ground meat, garlic, onion, parsley, oregano, salt, pepper (if using), and olive oil. Mix well and form into 12 meatballs.Place meatballs on a lined baking sheet and bake at 400°F for 18–20 minutes, or until cooked through.
3. Make the Sauce: In a saucepan over medium heat, warm olive oil and sauté garlic until fragrant. Add tomato sauce, basil, salt, and pepper. Simmer for 10 minutes.
4. Divide the spaghetti squash among plates. Top with meatballs and spoon sauce over the top. Garnish with fresh basil or parsley if desired.

Quick Tip:

- Spaghetti squash can be tough to cut raw! To make it easier, microwave the whole squash for 3–5 minutes to soften the skin slightly. Let it cool for a minute, then carefully slice it in half lengthwise with a sharp knife. Be sure to use a steady cutting board and grip the squash firmly for control.

NUTRITION FACTS: *per serving*	
Calories:	**325**
Total Fat:	**17g**
Saturated Fat:	**6g**
Cholesterol:	**77mg**
Sodium:	**688mg**
Carbohydrates:	**18g**
Fiber:	**4g**
Protein:	**25g**




GREAT
FOR MEAL
PREP!

GRILLED CHICKEN WITH MANGO AVOCADO SALSA



Servings: 4 **Tags:** GF, DF, EF, NF, AIP **Prep Time:** 15 minutes
Cook Time: 15 minutes **Total Time:** 30 minutes

Ingredients:

For the Chicken:

- 4 boneless, skinless chicken breasts (about 1½ pounds)
- 2 Tablespoons olive oil
- Juice of 1 lime
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ½ teaspoon turmeric
- Pinch of sea salt

For the Mango Avocado Salsa:

- 1 ripe mango, peeled and diced
- 1 ripe avocado, diced
- ¼ cup red onion, finely chopped
- Juice of 1 lime
- 2 Tablespoons fresh cilantro, chopped
- Pinch of sea salt

Instructions:

1. First, marinate the chicken. In a shallow dish or ziploc bag, combine the olive oil, lime juice, sea salt, garlic powder, oregano, and turmeric. Add the chicken and coat well. Let marinate for at least 15 minutes, or up to 4 hours in the fridge.
2. Preheat a grill or grill pan over medium heat. Grill chicken for 6–7 minutes per side, or until fully cooked (internal temp of 165°F). Remove from heat and let rest for 5 minutes.
3. While the chicken is cooking, you can prep the salsa. In a medium bowl, gently toss together the diced mango, avocado, red onion, lime juice, cilantro, and salt.
4. Place grilled chicken on a plate and top generously with the mango avocado salsa. Garnish with extra cilantro or lime wedges, if desired.

Pairing Tip:

- Pair this dish with cauliflower rice (pg 215), grilled sweet potato rounds, or sautéed greens.

NUTRITION FACTS: *per serving*	
Calories:	**347**
Total Fat:	**15g**
Saturated Fat:	**3g**
Cholesterol:	**124mg**
Sodium:	**117mg**
Carbohydrates:	**13g**
Fiber:	**4g**
Protein:	**40g**


GREAT
FOR MEAL
PREP!

INSTANT POT POT ROAST



Servings: 8 **Tags:** GF, DF, EF, NF, AIP **Prep Time:** 15 minutes
Cook Time: 60 minutes **Total Time:** 1 hour 15 minutes

Ingredients:

- 3–4 pounds beef chuck roast
- 4 cups beef broth
- 4 large carrots, chopped into large chunks
- 2 white-fleshed sweet potatoes (e.g., Japanese Murasaki or Hannah), peeled and chopped into large chunks
- 1 large yellow onion, chopped
- 3 cloves garlic, minced
- 2 Tablespoons coconut aminos
- 1 Tablespoon olive oil
- 1 teaspoon sea salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon black pepper (omit for AIP)
- 2 Tablespoons tapioca or arrowroot starch
- ¼ cup water

Instructions:

1. Set the Instant Pot to "Sauté" mode and add the olive oil.
2. Season the beef chuck roast with sea salt, onion powder, garlic powder, and black pepper (if using).
3. Once the oil is hot, sear the roast for 2–3 minutes per side until browned. Remove and set aside.
4. Add chopped onion and garlic to the pot and sauté for 2–3 minutes, scraping up any browned bits.
5. Press "Cancel" to stop sautéing. Add the coconut aminos and beef broth, stirring to combine.
6. Return the roast to the pot. Arrange carrots and sweet potatoes around the meat. Secure the lid and set the Instant Pot to "Manual" or "Pressure Cook" on high for 60 minutes.
7. Once cooking time is complete, allow the pressure to release naturally for 10–15 minutes before manually releasing any remaining pressure.
8. Carefully remove the meat and vegetables and set aside. Press "Sauté" again.
9. In a small bowl, whisk together tapioca starch and water to make a slurry. Slowly stir the slurry into the remaining liquid in the pot.
10. Simmer for 2–3 minutes, stirring frequently, until the gravy thickens.
11. Slice or shred the roast and serve with vegetables and a generous spoonful of the gravy.

Storage Tip:

- Store leftovers in an airtight container in the refrigerator for up to 4 days. For longer storage, place cooled pot roast in freezer-safe containers or bags. It will last up to 3 months in the freezer.
- Reheat gently on the stovetop or in the microwave until heated through. If it looks dry, add a splash of beef broth or water while reheating to loosen the gravy.

NUTRITION FACTS: *per serving*	
Calories:	**376**
Total Fat:	**12g**
Saturated Fat:	**9g**
Cholesterol:	**83mg**
Sodium:	**713mg**
Carbohydrates:	**28g**
Fiber:	**5g**
Protein:	**39g**

QUINOA & KALE SALAD WITH LEMON-TAHINI DRESSING

Servings: 4 **Tags:** GF, DF, EF, NF, VG, Vegetarian
Prep Time: 15 minutes **Cook Time:** 15 minutes **Total Time:** 30 minutes

Ingredients:

For the Salad:

- 4 cups kale, finely chopped
- 1 cup uncooked quinoa
- ½ cup dried cranberries
- ½ cup grape tomatoes, halved
- ½ cup grated or shaved Parmesan (omit for dairy-free or vegan)
- ¼ cup slivered almonds (omit for nut-free)

For the Dressing:

- ¼ cup tahini
- 2 Tablespoons lemon juice
- 2 Tablespoons water (or more as needed to thin)
- 1 Tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon maple syrup
- 1 clove garlic, minced
- Sea salt and black pepper, to taste

Instructions:

1. Cook the quinoa: In a medium saucepan, bring 2 cups of water to a boil. Add quinoa, reduce heat to low, cover, and simmer for 12–15 minutes, or until water is absorbed and quinoa is fluffy. Set aside to cool.
2. While the quinoa cooks, prepare the dressing. In a small bowl or jar, whisk together tahini, lemon juice, water, apple cider vinegar, Dijon mustard, maple syrup, and minced garlic. Season with salt and pepper to taste. Add more water 1 teaspoon at a time until the dressing reaches your desired consistency.
3. Massage the chopped kale with a small drizzle of olive oil or lemon juice for 1–2 minutes until softened.
4. In a large bowl, combine the cooled quinoa, kale, cranberries, grape tomatoes, Parmesan (if using), and almonds.
5. Pour the dressing over the salad and toss well to coat. Taste and adjust seasoning as needed.
6. Serve immediately or chill for later.

Storage Tip:

- Store in an airtight container in the fridge for up to 3 days. The kale holds up well, making it a great option for make-ahead lunches.

Quick Tip:

- Add your favorite protein to make this salad even more satisfying — try grilled chicken, chickpeas, crispy tofu, or salmon.

NUTRITION FACTS: *per serving*	
Calories:	**412**
Total Fat:	**16g**
Saturated Fat:	**3g**
Cholesterol:	**11mg**
Sodium:	**258mg**
Carbohydrates:	**53g**
Fiber:	**7g**
Protein:	**14g**



GREAT FOR MEAL PREP!

PAN SEARED SCALLOPS WITH ZUCCHINI NOODLES

Servings: 2 **Tags:** GF, DF, EF **Prep Time:** 10 minutes
Cook Time: 10 minutes **Total Time:** 20 minutes

AIP Adaptation: Omit black pepper and pine nuts. Use AIP-compliant chicken broth (or homemade). You may add a spoonful of coconut cream to enrich the sauce or top with AIP-friendly pesto (pg 295) for extra flavor.

Ingredients:

- 8 large sea scallops, patted dry
- 2 medium zucchinis, spiralized into noodles (about 3 cups if buying pre-spiralized)
- 3 cloves garlic, minced
- ⅓ cup low-sodium chicken broth
- ¼ cup pine nuts
- 2 Tablespoons olive oil
- 2 Tablespoons lemon juice
- 1 Tablespoon fresh parsley, chopped (for garnish)
- Sea salt and black pepper, to taste

Instructions:

1. Place the spiralized zucchini noodles in a colander, sprinkle lightly with salt, and let them sit for about 10 minutes to release excess moisture. Pat dry with a paper towel before cooking.
2. Season the dried scallops with sea salt and black pepper on both sides. Heat 2 tablespoons of olive oil in a large skillet over medium-high heat until shimmering.
3. Carefully add the scallops to the skillet, ensuring they are not touching. Drizzle them with the lemon juice. Sear for about 2–3 minutes on the first side without moving them, until a golden crust forms. Flip the scallops and cook for another 2–3 minutes on the other side until just opaque in the center. Be cautious not to overcook.
4. Remove the scallops from heat and set aside on a plate.
5. In the same pan, reduce heat to medium and add pine nuts and garlic. Cook for 1 minute, stirring constantly, until pine nuts are golden and garlic is fragrant.
6. Pour in the chicken broth and scrape the bottom of the pan to deglaze, loosening all the browned bits.
7. Add zucchini noodles and toss in the pan for 2–3 minutes, just until slightly tender and heated through. Be careful not to overcook, as the zucchini will become soggy and lose its crunch.
8. Quickly remove the zucchini noodles from the pan to avoid excess moisture. Divide between two plates and top with scallops. Garnish with fresh parsley and serve immediately.

NUTRITION FACTS: *per serving*	
Calories:	**395**
Total Fat:	**27g**
Saturated Fat:	**3g**
Cholesterol:	**35mg**
Sodium:	**201mg**
Carbohydrates:	**15g**
Fiber:	**3g**
Protein:	**23g**



GREAT FOR MEAL PREP!

SHRIMP TACOS



Servings: 4 **Tags:** GF, EF, NF **Prep Time:** 10 minutes
Cook Time: 10 minutes **Total Time:** 20 minutes

Ingredients:

For the Shrimp:

- 1 pound shrimp, peeled, deveined, and tails removed
- 1 Tablespoon avocado oil or olive oil
- 1 Tablespoon taco seasoning
- 1 teaspoon garlic powder
- ¼ teaspoon onion powder

For the Creamy Slaw:

- 3 cups shredded cabbage of coleslaw mix
- ½ bunch fresh cilantro, finely chopped
- ½ cup plain Greek yogurt
- Juice of 1 lime (about 2 tbsp)
- ½ teaspoon taco seasoning
- ¼ teaspoon sea salt
- Pinch of cayenne

For Assembly:

- 8 small tortillas of choice, about 5–6 inches (corn, cassava, grain-free, high-fiber, flour)
- Optional toppings: sliced avocado, additional cilantro, lime wedges

Instructions:

1. Prepare the Shrimp: In a medium bowl, combine the shrimp, 1 tablespoon taco seasoning, garlic powder, onion powder, and a dash of black pepper. Toss to coat the shrimp evenly.
2. Make the Creamy Slaw: In a large bowl, whisk together the Greek yogurt, lime juice, ½ teaspoon taco seasoning, sea salt, and cayenne pepper. Add the shredded cabbage and chopped cilantro to the bowl. Toss until the cabbage is well coated with the dressing. Set aside.
3. Cook the Shrimp: Heat the avocado oil in a large non-stick skillet over medium-high heat. Add the seasoned shrimp to the skillet in a single layer. Cook for about 2–3 minutes on one side, then flip and cook for another 2–3 minutes, or until the shrimp are pink and opaque. Remove from heat.
4. Warm the Tortillas: In a dry skillet over medium heat, warm each tortilla for about 30 seconds per side until pliable and slightly charred. Alternatively, wrap the tortillas in a damp paper towel and microwave for 30 seconds.
5. Assemble the Tacos: Place a generous amount of the creamy slaw onto each warm tortilla. Top with 3–4 shrimp. Add optional toppings like sliced avocado and additional cilantro. Serve with lime wedges on the side.

NUTRITION FACTS: *per serving*	
Calories:	**311**
Total Fat:	**9g**
Saturated Fat:	**1g**
Cholesterol:	**145mg**
Sodium:	**838mg**
Carbohydrates:	**35g**
Fiber:	**4g**
Protein:	**24g**





TUNA NICOISE SALAD



Servings: 2 **Tags:** GF, DF, NF **Prep Time:** 15 minutes
Cook Time: 15 minutes **Total Time:** 30 minutes

Ingredients:

For the Salad:

- 2 (5 oz) canned chunk tuna in oil
- 4 cups mixed greens or romaine lettuce
- 2 hard-boiled eggs, halved
- ½ cup green beans, trimmed
- ½ cup baby potatoes, halved
- ¼ cup grape tomatoes, halved
- ¼ cup cucumber, sliced
- ¼ cup black olives, pitted
- Sea salt and pepper, to taste

For the Dressing:

- 3 Tablespoons olive oil
- 2 Tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice
- ½ teaspoon garlic powder
- Sea salt and black pepper, to taste

Instructions:

1. Cook the Potatoes & Green Beans: Bring a pot of salted water to a boil. Add baby potatoes and cook for 10–12 minutes, until fork-tender. Remove potatoes and set aside. Add green beans to the same water and cook for 2–3 minutes, until bright green and crisp-tender. Drain and rinse under cold water.
2. Make the Dressing: In a small bowl or jar, whisk together olive oil, vinegar, lemon juice, Dijon mustard, garlic powder, salt, and pepper until emulsified.
3. Assemble the Salad: On a large platter or individual plates, layer mixed greens, cooked potatoes, green beans, tomatoes, cucumbers, and olives. Add the hard-boiled eggs and flaked tuna on top. Drizzle with vinaigrette just before serving. Season with additional salt and pepper if desired.

Quick Tip:

- To save time, use pre-cooked or store-bought hard-boiled eggs.

Storage Tip:

- Store components separately in the fridge for up to 3 days. Assemble fresh before serving to keep greens crisp.

NUTRITION FACTS: *per serving*	
Calories:	**348**
Total Fat:	**15g**
Saturated Fat:	**3g**
Cholesterol:	**246mg**
Sodium:	**740mg**
Carbohydrates:	**17g**
Fiber:	**4g**
Protein:	**34g**


GREAT
FOR MEAL
PREP!

ARUGULA & BEET SALAD WITH GOAT CHEESE & WALNUTS



Servings: 2 **Tags:** GF, EF, Vegetarian
Prep Time: 10 minutes **Total Time:** 0 minutes

Ingredients:

For the Salad:

- 4 cups baby arugula
- 1 cup roasted beets, sliced or diced (vacuum-sealed—no added sugar)
- ¼ cup goat cheese, crumbled
- ¼ cup walnuts, chopped

For the Balsamic Dressing:

- 2 Tablespoons olive oil
- 1 Tablespoon balsamic vinegar
- ½ teaspoon Dijon mustard
- ½ teaspoon maple syrup
- Pinch of sea salt and black pepper

Instructions:

1. Make the Dressing: In a small bowl or jar, whisk together the olive oil, balsamic vinegar, Dijon mustard, maple syrup, sea salt, and black pepper until emulsified.
2. Assemble the Salad: In a large bowl, combine arugula, pre-cooked beets, goat cheese, and walnuts. Drizzle with the dressing and toss gently until well coated.
3. Plate and enjoy immediately, or chill for up to 30 minutes before serving for a cooler salad.

Pairing Tip:

- This salad pairs beautifully with grilled chicken or shrimp.

NUTRITION FACTS: *per serving*	
Calories:	**326**
Total Fat:	**26g**
Saturated Fat:	**6g**
Cholesterol:	**14mg**
Sodium:	**162mg**
Carbohydrates:	**14g**
Fiber:	**4g**
Protein:	**9g**

CHICKEN & VEGETABLE SOUP



Servings: 4–6 **Tags:** GF, DF, EF, NF **Prep Time:** 15 minutes
Cook Time: 30 minutes **Total Time:** 45 minutes

Ingredients:

- 2 boneless, skinless chicken breasts (about 1 pound)
- 5 cups low-sodium chicken broth
- 1 cup green beans, trimmed and cut into 1-inch pieces
- 3 medium carrots, peeled and sliced
- 3 ribs celery, sliced
- 1 medium onion, diced
- 1 medium leek, halved lengthwise, sliced, and rinsed
- 3 parsnips, peeled and sliced
- 4 cloves garlic, minced
- 2 sprigs fresh thyme
- 1 bay leaf
- ¼ cup fresh parsley, chopped
- 2 Tablespoons olive oil
- 1 teaspoon sea salt
- ½ teaspoon black pepper

Instructions:

1. In a large pot or Dutch oven, heat the olive oil over medium heat. Add the diced onion, sliced leek, carrots, celery, and parsnip. Sauté for 4–5 minutes until the vegetables begin to soften. Add the minced garlic, salt, and pepper, and cook for an additional minute until fragrant.
2. Add the fresh thyme sprigs, bay leaf, chicken breasts, and chicken broth to the pot. Bring the mixture to a boil, then reduce the heat to low, cover, and let it simmer for about 15 minutes, or until the chicken is fully cooked and reaches an internal temperature of 165°F.
3. Carefully remove the chicken breasts from the pot and place them on a cutting board. Using two forks, shred the chicken into bite-sized pieces. Return the shredded chicken to the pot.
4. Stir in the green beans. Continue to simmer the soup for another 5–7 minutes, or until the green beans are tender.
5. Remove the thyme sprigs and bay leaf from the pot. Stir in the chopped parsley. Taste and adjust seasoning with additional salt and pepper if needed.
6. Ladle the soup into bowls and serve warm.

Storage Tip:

- Allow the soup to cool completely before transferring it to airtight containers. It can be refrigerated for up to 4 days or frozen for up to 3 months. When reheating, warm the soup over medium heat until heated through.

NUTRITION FACTS: *per serving*	
Calories:	**203**
Total Fat:	**8g**
Saturated Fat:	**2g**
Cholesterol:	**55mg**
Sodium:	**522mg**
Carbohydrates:	**11g**
Fiber:	**3g**
Protein:	**22g**





CALIFORNIA CHICKEN SANDWICH WITH GARLIC AIOLI

Servings: 2 **Tags:** GF, DF, NF **Prep Time:** 15 minutes **Cook Time:** 0 minutes (if using pre-cooked chicken) **Total Time:** 15 minutes

Ingredients:

- 4 slices sprouted grain bread or gluten-free bread
- 6–8 oz cooked chicken breast, sliced (grilled or roasted)*
- ½ avocado, sliced
- 2 slices red onion
- 2 slices tomato
- ½ cup microgreens

For the Garlic Aioli:

- ¼ cup avocado oil mayonnaise
- 1 garlic clove, finely grated or minced
- 1 teaspoon lemon juice
- ½ teaspoon dried parsley
- Sea salt, to taste

Instructions:

1. Make the Garlic Aioli: In a small bowl, mix together the mayo, garlic, lemon juice, parsley, and a pinch of sea salt.
2. Assemble the Sandwiches:
   - Toast the bread slices, if desired.
   - Spread garlic aioli on one side of each slice.
   - Layer the sandwich with sliced chicken, avocado, tomato, onion, and microgreens.
   - Season with salt and pepper. Close the sandwich and slice in half.

**Quick Tip:*

- Use leftover grilled or roasted chicken breast for easy meal prep. Pre-cooked rotisserie chicken (with clean ingredients) also works in a pinch.

NUTRITION FACTS: *per serving*	
Calories:	**403**
Total Fat:	**17g**
Saturated Fat:	**2g**
Cholesterol:	**65mg**
Sodium:	**640mg**
Carbohydrates:	**34g**
Fiber:	**8g**
Protein:	**30g**



PISTACHIO CRUSTED SALMON

Servings: 2 **Tags:** GF, DF, EF **Prep Time:** 10 minutes
Cook Time: 15 minutes **Total Time:** 25 minutes

Ingredients:

- 2 (5–6 oz) salmon fillets
- ⅓ cup shelled pistachios, roughly chopped
- 1 clove garlic, minced
- 1 Tablespoon fresh parsley, chopped
- 1 Tablespoon lemon juice
- 1 Tablespoon honey
- ½ Tablespoon Dijon mustard
- 2 teaspoons olive oil
- Pinch of sea salt
- Dash of black pepper
- Lemon wedges, for serving

Instructions:

1. Preheat oven to 400°F and line a small baking sheet with parchment paper.
2. Make the crust: Finely chop the pistachios by hand or in a food processor until crumbly (not powdered). Mix in parsley, sea salt, and black pepper. Set aside.
3. Make the glaze: In a small bowl, whisk together Dijon mustard, minced garlic, lemon juice, honey, and olive oil.
4. Prepare the salmon: Pat salmon fillets dry. Brush the tops generously with the glaze, then press the pistachio mixture firmly onto each fillet to form a crust.
5. Bake: Transfer the salmon to the prepared baking sheet and bake for 15 minutes, or until the pistachios are golden and the salmon flakes easily with a fork.
6. Plate with lemon wedges and serve warm with your favorite vegetable or grain side.

Pairing Tips:

- Garlic Herb Cauliflower Rice (pg 215)
- Cauliflower Mash (pg 229)

NUTRITION FACTS: *per serving*	
Calories:	**459**
Total Fat:	**26g**
Saturated Fat:	**2g**
Cholesterol:	**78mg**
Sodium:	**197mg**
Carbohydrates:	**17g**
Fiber:	**3g**
Protein:	**40g**



TURMERIC LENTIL SOUP



Servings: 4 **Tags:** GF, DF, EF, NF, VG, Vegetarian **Prep Time:** 10 minutes
Cook Time: 40 minutes **Total Time:** 50 minutes

Ingredients:

- 1 Tablesooon olive oil or avocado oil
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- ½ teaspoon ground ginger (or 1 teaspoon fresh grated ginger)
- ½ teaspoon smoked paprika (optional)
- 1 cup dry red lentils, rinsed*
- ¾ cup diced carrots
- ¾ cup diced celery
- 4 cups low-sodium vegetable broth (or water)
- 1 (13.5 oz) can full-fat coconut milk
- Juice of ½ lemon (about 1 tbsp)
- Sea salt and black pepper, to taste
- Fresh cilantro or parsley, for garnish (optional)

Instructions:

1. Heat the oil in a large pot over medium heat. Add onion and sauté for 3–4 minutes, until soft and translucent.
2. Stir in garlic, turmeric, cumin, ginger, and paprika (if using), and cook for 1 minute until fragrant.
3. Add carrots and celery and cook for 2–3 minutes to soften slightly.
4. Stir in the rinsed lentils, vegetable broth, and a generous pinch of salt. Bring to a boil, then reduce heat to low, cover, and simmer for 25–30 minutes, or until lentils are tender.
5. Stir in coconut milk and lemon juice. Simmer uncovered for another 5 minutes to let flavors meld. Adjust seasoning with salt and pepper.
6. Serve hot, garnished with fresh herbs and an extra drizzle of coconut milk or olive oil if desired.

**Recipe Note:*

- Dry red lentils are preferred for this recipe due to their creamy texture, but you can use canned lentils if needed for convenience. To substitute with canned lentils:
  - Use about 2 cups of cooked lentils (from 1½ cans, drained and rinsed).
  - Add the lentils after the carrots and celery have cooked and simmer the soup for about 10–15 minutes, since the lentils are already soft. The texture of the soup will be less creamy.

Storage Tip:

- Store leftovers in an airtight container in the fridge for up to 5 days or freeze for up to 2 months.

NUTRITION FACTS: *per serving*	
Calories:	**345**
Total Fat:	**13g**
Saturated Fat:	**8g**
Cholesterol:	**0mg**
Sodium:	**193mg**
Carbohydrates:	**44g**
Fiber:	**7g**
Protein:	**13g**


GREAT
FOR MEAL
PREP!

CHICKPEA PASTA WITH PESTO & PISTACHIOS

Servings: 4 **Tags:** GF, DF, EF, VG, Vegetarian **Prep Time:** 10 minutes
Cook Time: 10 minutes **Total Time:** 20 minutes

Ingredients:

- 8 oz chickpea pasta (penne or fusilli work well)
- ½ cup pesto (homemade dairy-free pesto pg 295, or store-bought)
- ¼ cup shelled pistachios, roughly chopped
- 1 cup cherry tomatoes, halved
- 1 cup arugula or baby spinach
- 1 Tablespoon olive oil
- Sea salt and black pepper, to taste

Instructions:

1. Bring a large pot of salted water to a boil. Add the chickpea pasta and cook according to package instructions until al dente. Drain and rinse under cool water to prevent sticking.
2. While the pasta cooks, lightly toast the chopped pistachios in a dry skillet over medium heat for 2–3 minutes, until fragrant. Set aside.
3. In a large bowl, toss the cooked pasta with pesto, olive oil, arugula, tomatoes, and a pinch of salt and pepper. Stir until evenly coated.
4. Top with toasted pistachios. Serve warm or chilled.

Storage Tip:

- Keeps well in the fridge for 3–4 days. Add a splash of olive oil before serving leftovers to refresh the texture.

Pairing Tip:

- Delicious as a main dish or paired with grilled chicken, salmon, or tofu for extra protein.

NUTRITION FACTS: *per serving*	
Calories:	**382**
Total Fat:	**18g**
Saturated Fat:	**1g**
Cholesterol:	**7mg**
Sodium:	**175mg**
Carbohydrates:	**39g**
Fiber:	**7g**
Protein:	**16g**

TOFU STIR-FRY

Servings: 4 **Tags:** GF, DF, EF, NF, VG, Vegetarian **Prep Time:** 15 minutes
Cook Time: 15 minutes **Total Time:** 30 minutes

Ingredients:

- 1 block (14 oz) firm or extra-firm tofu, pressed and cubed
- 1 Tablespoon arrowroot starch
- 1 Tablespoon olive oil or avocado oil
- 1 cup broccoli florets
- 1 cup bell pepper, sliced
- 1 cup snap peas or snow peas
- ½ cup shredded carrots
- 2 scallions, chopped

For the Sauce:

- 3 Tablespoons tamari or coconut aminos
- 1 Tablespoon rice vinegar or apple cider vinegar
- 1 Tablespoon maple syrup or honey
- 1 teaspoon toasted sesame oil (optional, but adds great flavor)
- 2 cloves garlic, minced
- 1 teaspoon fresh grated ginger
- ½ Tablespoon arrowroot starch mixed with 1 Tablespoon water

Instructions:

1. Prepare the tofu and drain the excess liquid. Lay a clean dish towel on a cutting board or countertop. Place the tofu on top. Cover with a second clean dish towel and place a baking sheet on top. Place something heavy like a cast-iron pan on top and let stand for 15 minutes to press out the excess water. Pat tofu dry and cut into bite-sized cubes. Toss with the arrowroot starch to coat.
2. Crisp the tofu: Heat oil in a large nonstick skillet or wok over medium-high heat. Add tofu and cook for 6–8 minutes, turning occasionally, until golden and crisp on all sides. Remove and set aside.
3. Sauté the veggies: In the same pan, add a splash more oil if needed. Add broccoli, bell pepper, carrots, and snap peas. Stir-fry for 4–5 minutes, or until just tender.
4. Make the sauce: In a small bowl, whisk together all sauce ingredients except for the arrowroot slurry. Once mixed, stir in the slurry.
5. Combine and finish: Add the tofu back to the pan, pour in the sauce, and stir everything to coat. Cook for 2–3 minutes until the sauce thickens and everything is heated through.
6. Serve over brown rice, quinoa, or cauliflower rice. Garnish with scallions and sesame seeds if desired.

Storage Tip:

- Store leftovers in the fridge for up to 4 days. Reheat in a skillet or microwave.

NUTRITION FACTS: *per serving*	
Calories:	**233**
Total Fat:	**13g**
Saturated Fat:	**3g**
Cholesterol:	**0mg**
Sodium:	**379mg**
Carbohydrates:	**18g**
Fiber:	**3g**
Protein:	**11g**



SLOW COOKER STICKY CHICKEN WITH COCONUT RICE



Servings: 4–5 **Tags:** GF, DF, EF, NF **Prep Time:** 10 minutes **Cook Time:** 6–8 hours (or 3–4 on high) **Total Time:** Up to 8 hours 15 minutes

AIP Adaptation: Omit sriracha and black pepper, use coconut aminos instead of tamari, and replace rice with cauliflower rice sauteed in coconut milk and sea salt.

Ingredients:

For the Chicken:

- 3 pounds bone-in, skin-on chicken thighs (8–10 chicken thighs)
- 4 garlic cloves, minced
- ¼ cup balsamic vinegar
- 2 Tablespoons tamari or coconut aminos
- 2 Tablespoons arrowroot starch
- 2 Tablespoons honey
- 1 teaspoon sriracha (optional)
- 1 teaspoon onion powder
- ½ teaspoon black pepper
- 2 green onions, finely sliced, for garnish

For the Coconut Rice:

- 2 cups basmati rice, rinsed
- 1 (13.5 oz) can full-fat coconut milk
- 1 ½ cups water
- ½ teaspoon salt

Instructions:

1. Prepare the chicken: Place the chicken thighs in the slow cooker. In a small bowl, whisk together all ingredients (besides the green onions). Pour the sauce evenly over the chicken.
2. Slow cook: Cover and cook on Low for 6–8 hours or High for 3–4 hours. For boneless thighs, cook on Low for 3–4 hours.
3. Cook the coconut rice: While the chicken is cooking, combine rice, coconut milk, water, and salt in a medium saucepan. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes. Turn off the heat and let sit for 5 minutes before fluffing with a fork.
4. Plate the sticky chicken over the coconut rice and spoon extra sauce on top. Garnish with sliced green onion.

Storage Tip:

- Store leftovers in an airtight container in the fridge for up to 4 days. Reheat gently on the stovetop or microwave. Add a splash of water to rehydrate the rice if needed.

NUTRITION FACTS: *per serving*	
Calories:	**425**
Total Fat:	**22g**
Saturated Fat:	**12g**
Cholesterol:	**89mg**
Sodium:	**870mg**
Carbohydrates:	**33g**
Fiber:	**1g**
Protein:	**22g**



VEGAN STUFFED SWEET POTATO BURRITOS



Servings: 4 **Tags:** GF, DF, EF, NF, VG, Vegetarian **Prep Time:** 15 minutes
Cook Time: 45 minutes **Total Time:** 1 hour

Ingredients:

For the Sweet Potatoes:

- 4 medium sweet potatoes, rinsed and scrubbed
- 1 Tablespoon olive oil
- Sea salt, to taste
- For the Black Beans:
- ¾ cup dried black beans (yields about 1½ cups cooked)*
- Water for soaking and cooking
- Optional: 1 bay leaf or 1 teaspoon cumin for flavor

For the Cabbage Slaw:

- 1 cup red cabbage, finely sliced
- ¼ cup red onion, finely diced
- Juice of ½ lime
- 1 Tablespoon olive oil

For Toppings:

- 1 cup guacamole (handmade pg 237, or store bought)
- ¼ cup toasted pumpkin seeds
- ¼ cup chopped cilantro
- Lime wedges

Instructions:

1. Soak & cook the beans: Soak black beans in water with a splash of apple cider vinegar or lemon juice for 8–12 hours. Drain and rinse well. Add to a pot with fresh water and optional bay leaf or cumin. Simmer for 1–1½ hours, or until tender. Drain and set aside.
2. Roast the sweet potatoes: Preheat the oven to 400°F. Pierce sweet potatoes with a fork, rub with olive oil and sprinkle with sea salt. Roast on a baking sheet for 40–45 minutes, or until fork-tender. Let cool slightly.
3. Make the slaw: In a small bowl, toss red cabbage and red onion with lime juice, olive oil, salt, and pepper. Let sit to soften.
4. Assemble: Slice each sweet potato open and gently mash the flesh with a fork. Fill with black beans, slaw, guacamole, and sprinkle with toasted pumpkin seeds.
5. Top with fresh cilantro and lime wedges. Serve warm.

**Recipe Note:*

- You want to choose dry beans over canned when possible. Soaking and cooking beans properly can significantly reduce lectins and phytates.
- If you do need to use canned beans, choose BPA-free, organic, and low-sodium brands. Always rinse thoroughly under running water to reduce over 40% of the sodium and help remove some preservatives and additives.

NUTRITION FACTS: *per serving*	
Calories:	**431**
Total Fat:	**19g**
Saturated Fat:	**2g**
Cholesterol:	**0mg**
Sodium:	**378mg**
Carbohydrates:	**53g**
Fiber:	**14g**
Protein:	**12g**





TURKEY BURGER LETTUCE WRAPS

Servings: 4 **Tags:** GF, DF, EF, NF, AIP **Prep Time:** 15 minutes
Cook Time: 15–20 minutes **Total Time:** 35 minutes

Ingredients:

For the Burgers:

- 1 pound ground turkey
- 1 garlic clove, minced
- 1 Tablespoon finely chopped red onion
- ½ teaspoon dried oregano or thyme
- ½ teaspoon sea salt
- ¼ teaspoon black pepper (omit for AIP)
- 1 Tablespoon olive oil (for cooking)

For the wraps & toppings:

- 1 head of butter lettuce or romaine, leaves separated
- 1 avocado, sliced
- ½ red onion, thinly sliced
- 1 tomato, sliced (optional)
- Optional: Drizzle with Green Goddess Dressing (pg 303)

Instructions:

1. In a large bowl, combine ground turkey, minced garlic, red onion, salt, pepper, and herbs. Mix until just combined and form into 4 equal patties.
2. Heat olive oil in a skillet over medium heat. Add turkey patties and cook for 7–10 minutes per side, or until fully cooked through (internal temp should be 165°F). Set aside to rest.
3. Lay 2–3 overlapping lettuce leaves per serving to form a "wrap." Place a turkey patty on each, top with avocado slices, red onion, and tomato if using.
4. Drizzle with green goddess dressing and serve immediately!

Pairing Tip:

- Creamy Mashed Sweet Potatoes (pg 221)
- Crispy Sweet Potato Hash Browns (pg 233)

NUTRITION FACTS: *per serving*	
Calories:	**254**
Total Fat:	**11g**
Saturated Fat:	**2g**
Cholesterol:	**75mg**
Sodium:	**392mg**
Carbohydrates:	**10g**
Fiber:	**6g**
Protein:	**28g**

“Life is too short
for bland food.”

UNKNOWN

CHAPTER 8

SIDES & EXTRAS

Often overlooked but incredibly important, side dishes and extras are your secret weapons for maximizing the anti-inflammatory potential of every meal. The recipes in this chapter are designed to complement your main dishes while adding layers of healing nutrients, flavors, and textures.

From cauliflower alternatives to traditional starches and vibrant vegetable sides packed with antioxidants, these recipes ensure that every component of your plate contributes to your health goals.

Many of these sides can quickly become meals in their own right when paired with a simple protein, making them versatile additions to your weekly meal planning. They're also perfect for transforming leftovers into entirely new meals, helping you maintain variety while staying true to anti-inflammatory principles.

Ultimately, these sides and extras are where you can really play with bold flavors and colors, incorporating turmeric, ginger, herbs, and other anti-inflammatory superstars that might be too intense as main ingredients. Make these recipes regular features on your table, and you'll be amazed at how they elevate both the nutritional value and enjoyment of your meals.



GARLIC HERB CAULIFLOWER RICE



Servings: 4 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 5 minutes
Cook Time: 10 minutes **Total Time:** 15 minutes

Ingredients:

- 4 cups cauliflower rice (fresh or frozen)
- 2 cloves garlic, minced
- 1 Tablespoon olive oil or avocado oil
- 1 Tablespoon fresh parsley, chopped
- ½ teaspoon dried oregano
- Sea salt, to taste

Instructions:

1. Heat oil in a large skillet over medium heat. Add garlic and sauté for 30 seconds until fragrant.
2. Add cauliflower rice and cook for 6–8 minutes, stirring occasionally, until tender and lightly golden.
3. Stir in parsley, oregano, and salt. Cook for 1–2 more minutes.
4. Remove from heat and serve as a side to protein, stews, or saucy dishes.

NUTRITION FACTS:
per serving

Calories:	**70**
Total Fat:	**3g**
Saturated Fat:	**0g**
Cholesterol:	**0mg**
Sodium:	**38mg**
Carbohydrates:	**6g**
Fiber:	**3g**
Protein:	**3g**



ROASTED TURMERIC CARROTS



Servings: 4 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 10 minutes
Cook Time: 25 minutes **Total Time:** 25 minutes

Ingredients:

- 4 large carrots, peeled and cut into sticks
- 1 Tablespoon avocado oil
- 1 Tablespoon fresh lemon juice
- ½ teaspoon ground turmeric
- ¼ teaspoon sea salt
- Optional garnish: chopped parsley

Instructions:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Toss carrot sticks with avocado oil, turmeric, and sea salt until evenly coated.
3. Spread in a single layer on the baking sheet and roast for 25 minutes, flipping halfway through.
4. Remove from the oven, drizzle with lemon juice, and sprinkle with fresh parsley if desired. Serve warm.

NUTRITION FACTS:
per serving

Calories:	**41**
Total Fat:	**4g**
Saturated Fat:	**0g**
Cholesterol:	**0mg**
Sodium:	**160mg**
Carbohydrates:	**2g**
Fiber:	**1g**
Protein:	**0g**



ZESTY QUINOA WITH LEMON, TOMATO & ARTICHOKE



Servings: 2 **Tags:** GF, DF, EF, NF, VG, Vegetarian **Prep Time:** 5 minutes
Cook Time: 15 minutes **Total Time:** 20 minutes

Ingredients:

- ½ cup uncooked quinoa
- ¼ cup jarred artichoke hearts, drained and chopped
- 6 cherry tomatoes, halved
- 2 Tablespoons crumbled feta cheese *(omit for dairy-free or vegan)*
- 2 teaspoons olive oil
- 2 teaspoons freshly squeezed lemon juice
- ⅛ teaspoon ground turmeric
- Sea salt and black pepper, to taste

Instructions:

1. In a small saucepan, bring 1 cup of water to a boil. Add the quinoa and a pinch of sea salt. Reduce heat to low, cover, and simmer for 12-15 minutes, or until quinoa is fluffy and water is absorbed.
2. Transfer to a bowl and let cool.
3. In a small bowl, whisk together the olive oil, lemon juice, turmeric, and a dash of salt and pepper.
4. Add the dressing mixture to the quinoa and toss to mix. Gently fold in cherry tomatoes, chopped artichokes, and feta cheese.
5. Serve warm or chilled.

NUTRITION FACTS:
per serving

Calories:	**207**
Total Fat:	**9g**
Saturated Fat:	**2g**
Cholesterol:	**0mg**
Sodium:	**170mg**
Carbohydrates:	**26g**
Fiber:	**5g**
Protein:	**7g**



CREAMY MASHED SWEET POTATOES



Servings: 4 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 10 minutes
Cook Time: 20-25 minutes **Total Time:** 35 minutes

Ingredients:

- 2 large sweet potatoes, peeled and cubed (about 1 ½—2 pounds)
- ¼ cup coconut milk (or as needed for texture)
- ½ teaspoon sea salt (or to taste)
- Optional: ¼ teaspoon garlic powder or 1 Tablespoon finely chopped fresh herbs (like thyme or rosemary)

Instructions:

1. Add cubed sweet potatoes to a pot and cover with water. Bring to a boil, then reduce heat and simmer for 15–20 minutes, or until fork-tender.
2. Drain the sweet potatoes and return to the pot.
3. Add coconut milk and salt. Mash with a potato masher until smooth and creamy. For an ultra-smooth texture, use an immersion blender.
4. Taste and adjust seasoning. Stir in optional herbs or garlic powder if desired.
5. Serve warm, garnished with a drizzle of olive oil or a sprinkle of fresh herbs.

NUTRITION FACTS:
per serving

Calories:	**191**
Total Fat:	**1g**
Saturated Fat:	**0g**
Cholesterol:	**0mg**
Sodium:	**640mg**
Carbohydrates:	**41g**
Fiber:	**7g**
Protein:	**4g**


GREAT
FOR MEAL
PREP!

ROASTED BRUSSELS SPROUTS WITH PESTO & PARM



Servings: 4 **Tags:** GF, EF, Vegetarian **Prep Time:** 10 minutes
Cook Time: 30 minutes **Total Time:** 40 minutes

AIP Adaptation: Omit pesto, Parmesan, and pistachios entirely. Toss Brussels sprouts with 2 tablespoons of olive oil and sea salt before roasting.

Ingredients:

- 4 cups Brussels sprouts, trimmed and halved (about 2 pounds)
- ½ cup grated Parmesan cheese
- ¼ cup roasted pistachios, crushed
- ¼ cup pesto, homemade (pg 295) or store-bought
- Sea salt, to taste

Instructions:

1. Preheat the oven to 425°F.
2. In a large bowl, toss together the Brussels sprouts, pesto, and salt.
3. On a rimmed baking sheet, spread the Brussels sprouts in a single layer, cut-side down.
4. Roast for 20-25 minutes, until brown and crisp. About halfway, shake the baking sheet a bit.
5. Once the Brussels sprouts are evenly brown and crisp, pull them out of the oven and sprinkle them with Parmesan cheese. Turn off the heat and put the baking sheet back in the oven for about 5 minutes.
6. Once the cheese is melted, remove from the oven and top with crushed pistachios. Serve warm.

NUTRITION FACTS: *per serving*	
Calories:	**199**
Total Fat:	**11g**
Saturated Fat:	**2g**
Cholesterol:	**16mg**
Sodium:	**346mg**
Carbohydrates:	**14g**
Fiber:	**6g**
Protein:	**11g**



QUINOA & SWEET POTATO SALAD



Servings: 8 **Tags:** GF, DF, EF, VG, Vegetarian **Prep Time:** 10 minutes
Cook Time: 20 minutes **Total Time:** 30 minutes

Ingredients:

- 2 medium sweet potatoes, peeled and diced into ½-inch cubes
- 1 cup carrots, peeled and diced into ½-inch cubes
- 1 cup dry quinoa (yields ~2 cups cooked)
- ¼ cup golden raisins
- ¼ cup slivered almonds
- 1 Tablespoon avocado oil
- 1 Tablespoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon ground cinnamon
- ¼ teaspoon cardamom
- ¼ teaspoon sea salt
- Zest and juice of 1 lemon

Instructions:

1. Preheat the oven to 425°F and line a baking sheet with parchment paper.
2. In a large mixing bowl, toss the diced sweet potatoes and carrots with avocado oil, cumin, garlic powder, cinnamon, sea salt, and cardamom until evenly coated.
3. Spread the vegetables in a single layer on the prepared sheet and roast for 20 minutes, or until tender and slightly golden.
4. Meanwhile, rinse the quinoa and add it to a saucepan with 2 cups of water. Bring to a boil, reduce heat to low, cover, and simmer for 15 minutes or until water is absorbed and quinoa is fluffy.
5. In a large bowl, combine the cooked quinoa, golden raisins, and slivered almonds. Add the lemon zest and juice, then toss well.
6. Add the roasted vegetables to the quinoa mixture and gently combine.
7. Serve warm or chilled. This salad stores well in the fridge for up to 4 days.

NUTRITION FACTS:
per serving

Calories:	**231**
Total Fat:	**11g**
Saturated Fat:	**1g**
Cholesterol:	**0mg**
Sodium:	**123mg**
Carbohydrates:	**28g**
Fiber:	**5g**
Protein:	**7g**



WATERMELON & FETA SALAD



Servings: 4 **Tags:** GF, EF, NF, Vegetarian
Prep Time: 15 minutes **Total Time:** 15 minutes

AIP Adaptation: Omit the feta, pumpkin seeds, and balsamic glaze. Substitute feta with diced avocado and use a drizzle of coconut aminos or extra lime juice instead of balsamic. All other ingredients are AIP-friendly.

Ingredients:

- 4 cups seedless watermelon, cubed
- 1 ½ cups cucumber, diced (about 1 medium cucumber)
- ½ cup crumbled feta cheese
- 2 Tablespoons red onion, finely sliced
- 2 Tablespoons fresh mint leaves, chopped
- 2 Tablespoons pumpkin seeds
- 1 Tablespoon olive oil
- 1 Tablespoon lime juice
- Sea salt and black pepper, to taste
- Balsamic glaze, for drizzling

Instructions:

1. In a large mixing bowl, combine the cubed watermelon, cucumber, red onion, and mint.
2. Drizzle with olive oil and lime juice. Toss gently to combine.
3. Add crumbled feta and season with salt and pepper to taste. Gently fold to incorporate.
4. Transfer to a serving bowl or platter.
5. Sprinkle with pumpkin seeds and drizzle with balsamic glaze just before serving.

Quick Tip:

- For the best texture and flavor, serve this salad immediately after assembling. If making ahead, add the feta, seeds, and glaze right before serving.

NUTRITION FACTS: *per serving*	
Calories:	**127**
Total Fat:	**6g**
Saturated Fat:	**3g**
Cholesterol:	**17mg**
Sodium:	**217mg**
Carbohydrates:	**15g**
Fiber:	**1g**
Protein:	**4g**



CAULIFLOWER MASH



Servings: 2 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 10 minutes
Cook Time: 10 minutes **Total Time:** 20 minutes

Ingredients:

- 1 medium head cauliflower, cut into florets
- 1 Tablespoon olive oil
- 2 Tablespoons unsweetened coconut milk or bone broth (for creaminess)
- 2 cloves garlic, minced
- ¼ teaspoon sea salt
- 1 Tablespoon fresh chives, finely chopped (for topping)

Instructions:

1. Steam cauliflower florets until very tender, about 10 minutes.
2. While the cauliflower steams, heat olive oil in a small skillet over medium heat. Add the minced garlic and sauté for 1–2 minutes, just until fragrant and lightly golden. Remove from heat.
3. Transfer steamed cauliflower to a food processor. Add the sautéed garlic with olive oil, coconut milk or broth, and sea salt.
4. Blend until smooth and creamy, scraping down the sides as needed.
5. Taste and adjust seasoning to your preference.
6. Spoon into bowls and top with fresh chopped chives. Serve warm.

Quick Tip:

- You can make this mash ahead of time and reheat gently in a saucepan or microwave. It can be stored in the fridge in an airtight container for up to 4 days.

NUTRITION FACTS: *per serving*	
Calories:	**172**
Total Fat:	**8g**
Saturated Fat:	**1g**
Cholesterol:	**0mg**
Sodium:	**238mg**
Carbohydrates:	**18g**
Fiber:	**7g**
Protein:	**7g**



GARLIC ROASTED BROCCOLINI

Servings: 2 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 5 minutes
Cook Time: 15 minutes **Total Time:** 20 minutes

Instructions:

- 1 bunch broccolini (about 8 oz), trimmed
- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- ¼ teaspoon sea salt

Instructions:

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. Toss broccolini with olive oil, garlic, and sea salt.
3. Spread in a single layer on the baking sheet.
4. Roast for 15 minutes, flipping halfway, until edges are crispy and stems are fork-tender.

NUTRITION FACTS: *per serving*	
Calories:	**77**
Total Fat:	**5g**
Saturated Fat:	**1g**
Cholesterol:	**0mg**
Sodium:	**241mg**
Carbohydrates:	**4g**
Fiber:	**3g**
Protein:	**4g**



CRISPY SWEET POTATO HASH BROWNS



Servings: 2 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian
Prep Time: 10 minutes **Cook Time:** 15 minutes **Total Time:** 25 minutes

Ingredients:

- 1 large sweet potato, peeled and shredded
- ¼ cup finely diced onion
- 2 Tablespoons arrowroot starch
- 2 Tablespoons *avoc*ado oil or olive oil
- ½ teaspoon sea salt
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika *(omit for AIP)*

Instructions:

1. Use a clean kitchen towel or cheesecloth to squeeze as much moisture as possible out of the shredded sweet potatoes.
2. In a medium bowl, mix the sweet potatoes, diced onion, arrowroot starch, salt, and garlic powder. Stir in paprika, if using.
3. Heat 1 tablespoon of oil in a large skillet over medium heat.
4. Form the mixture into small patties (about ¼ cup each). Place in the pan and press gently to flatten.
5. Cook for 4–5 minutes per side, or until golden and crisp. Flip carefully and cook for another 3–5 minutes. Add more oil between batches as needed.
6. Remove and place on a paper towel–lined plate to drain excess oil. Serve warm.

Storage Tip:

- Store leftover hash browns in an airtight container in the fridge for up to 4 days. To reheat, warm them in a skillet or toaster oven to regain crispness. They also freeze well for up to 1 month—just thaw before reheating in a pan.

NUTRITION FACTS: *per serving*	
Calories:	**212**
Total Fat:	**8g**
Saturated Fat:	**1g**
Cholesterol:	**0mg**
Sodium:	**660mg**
Carbohydrates:	**32g**
Fiber:	**4g**
Protein:	**3g**

THE BEST CAULIFLOWER FRIED RICE



Servings: 4 **Tags:** GF, DF, NF, Vegetarian **Prep Time:** 10 minutes
Cook Time: 10 minutes **Total Time:** 20 minutes

AIP Adaptation: Omit the peas. Replace with extra diced carrots or chopped green beans. Omit the eggs and instead stir in 1–2 tablespoons of coconut cream at the end for richness. Be sure to use coconut aminos (not tamari, which is soy-based). You can also add shredded cooked chicken or ground turkey for extra protein.

Ingredients:

- 4 cups riced cauliflower (fresh or frozen)
- 2 eggs, lightly beaten
- 1 Tablespoon olive oil or avocado oil
- ½ yellow onion, finely diced
- 1 cup carrots, finely diced
- ½ cup frozen peas*
- 2 scallions, sliced (plus more for garnish)
- 2 Tablespoons coconut aminos or tamari
- ½ teaspoon garlic powder
- Sea salt and black pepper, to taste
- Optional: sesame seeds, extra drizzle of coconut aminos, sriracha (if tolerated)

Instructions:

1. If using fresh cauliflower, pulse florets in a food processor until rice-sized. If using frozen riced cauliflower, no need to thaw — just break up any clumps.
2. Heat oil in a large skillet or wok over medium-high heat. Add diced onion and carrots and sauté for 3–4 minutes until they begin to soften.
3. Push the veggies to one side of the pan and pour the beaten eggs into the other side. Scramble the eggs until fully cooked, then mix everything together.
4. Stir in the cauliflower rice, peas, scallions, garlic powder, coconut aminos, and a pinch of salt and pepper. Cook for 5–7 minutes, stirring often, until the cauliflower is tender and slightly golden.
5. Garnish with extra scallions and sesame seeds if desired. Serve warm on its own or with your favorite protein.

Storage Tip:

- Store leftovers in an airtight container in the fridge for up to 4 days. Reheat in a skillet or microwave until warm.

**Recipe Note:*

- Use frozen peas for the best texture. If using canned peas, rinse and drain before adding.

NUTRITION FACTS:
per serving

Calories:	**147**
Total Fat:	**7g**
Saturated Fat:	**1g**
Cholesterol:	**103mg**
Sodium:	**227mg**
Carbohydrates:	**15g**
Fiber:	**3g**
Protein:	**6g**




GREAT
FOR MEAL
PREP!

CLASSIC GUACAMOLE

Servings: 4–6 **Tags:** GF, DF, EF, NF, VG, Vegetarian
Prep Time: 10 minutes **Total Time:** 10 minutes

AIP Adaptation: Omit the tomatoes and jalapeno. Instead, try mixing in finely diced cucumber or zucchini and add extra cilantro.

Ingredients:

- 3 ripe avocados
- ½ small yellow onion, finely diced
- 2 Roma tomatoes, diced
- 1 jalapeno pepper, seeds removed and finely diced
- 3 Tablespoons fresh cilantro, finely chopped
- 2 garlic cloves, minced
- 1 lime, juiced
- ½ teaspoon sea salt

Instructions:

1. Cut the avocados in half, remove the pits, and scoop the flesh into a medium mixing bowl.
2. Mash the avocado to your desired consistency using a fork or potato masher — chunky or smooth is up to you.
3. Add the diced onion, tomatoes, jalapeño, cilantro, and garlic to the bowl. Stir gently to combine.
4. Squeeze in the lime juice and sprinkle with sea salt. Mix again and adjust the seasoning to taste.
5. Serve immediately with fresh veggies, grain-free chips, or as a topping for bowls, tacos, or eggs.

Storage Tip:

- To prevent browning, press a piece of plastic wrap directly onto the surface of the guacamole and refrigerate. Best enjoyed within 1–2 days.

NUTRITION FACTS: *per serving*	
Calories:	**143**
Total Fat:	**11g**
Saturated Fat:	**2g**
Cholesterol:	**0g**
Sodium:	**201mg**
Carbohydrates:	**9g**
Fiber:	**6g**
Protein:	**2g**



BALSAMIC ROASTED MUSHROOMS

Servings: 4 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 10 minutes
Cook Time: 20 minutes **Total Time:** 30 minutes

Ingredients:

- 1 ½ pounds cremini, white button, or baby bella mushrooms, cleaned and halved
- 3 Tablespoons olive oil
- 3 Tablespoons balsamic vinegar
- 2 Tablespoons tamari or coconut aminos for AIP
- 3 cloves garlic, minced
- 1 ½ teaspoons fresh thyme leaves (or ½ tsp dried thyme)
- ¼ teaspoon black pepper *(omit for AIP)*
- Optional: ½ teaspoon maple syrup (for a touch of sweetness)
- Fresh parsley, chopped, for garnish

Instructions:

1. Preheat your oven to 400°F.
2. Gently rinse the mushrooms under cold water and dry off with a paper towel to remove any dirt.
3. In a large mixing bowl, whisk together the olive oil, balsamic vinegar, tamari, minced garlic, thyme, black pepper, and maple syrup if using.
4. Add the cleaned mushrooms to the bowl with the marinade. Toss well to ensure all mushrooms are evenly coated. Let them marinate for about 5 minutes to absorb the flavors.
5. Spread the marinated mushrooms in a single layer on a large baking sheet, ensuring they are not overcrowded. Roast in the preheated oven for 15 minutes. After 15 minutes, shake the baking pan to promote even cooking.
6. Continue roasting for an additional 5–10 minutes, or until the mushrooms are tender and have a deep, rich color.
7. Transfer the roasted mushrooms to a serving dish. Garnish with freshly chopped parsley.

NUTRITION FACTS: *per serving*	
Calories:	**98**
Total Fat:	**7g**
Saturated Fat:	**1g**
Cholesterol:	**0g**
Sodium:	**511mg**
Carbohydrates:	**8g**
Fiber:	**1g**
Protein:	**3g**


GREAT
FOR MEAL
PREP!

AIR FRYER ZUCCHINI FRIES WITH GARLIC AIOLI

Servings: 4 **Tags:** GF, DF, NF, Vegetarian **Prep Time:** 10 minutes
Cook Time: 12–15 minutes **Total Time:** 25 minutes

Ingredients:

- 2 medium zucchinis, cut into fry-sized sticks
- 2 large eggs
- ¾ cup gluten-free panko breadcrumbs
- ¼ cup grated Parmesan cheese *(optional; omit for dairy-free)*
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon paprika
- Sea salt and pepper, to taste
- Olive oil spray

For the Garlic Aioli:

- ¼ cup avocado oil mayonnaise
- 1 garlic clove, finely grated or minced
- 1 teaspoon lemon juice
- ½ teaspoon dried parsley
- Sea salt, to taste

Instructions:

1. Wash and cut the zucchini into sticks about 3 inches long and ½ inch thick. Pat them dry with a paper towel to remove excess moisture.
2. Set up a breading station: In one shallow bowl, beat the eggs. In another bowl, mix the gluten-free panko, Parmesan (if using), garlic powder, onion powder, paprika, salt, and pepper.
3. Dip each zucchini stick into the egg, allowing the excess to drip off, then roll it in the panko mixture, pressing lightly to adhere. Repeat until all are coated.
4. Preheat your air fryer to 400°F. Spray the basket with olive oil. Arrange the zucchini fries in a single layer (you may need to work in batches). Spray the tops lightly with olive oil spray.
5. Air fry for 12–15 minutes, flipping halfway through, until golden brown and crispy.
6. While the zucchini is cooking, make the garlic aioli. In a small bowl, mix together the mayo, garlic, lemon juice, parsley, and a pinch of sea salt.
7. Remove zucchini from the air fryer and serve immediately with the garlic aioli dip.

NUTRITION FACTS: *per serving*	
Calories:	**238**
Total Fat:	**16g**
Saturated Fat:	**2g**
Cholesterol:	**0g**
Sodium:	**361mg**
Carbohydrates:	**17g**
Fiber:	**2g**
Protein:	**7g**

“There is no trouble
so great or grave
that cannot be
much diminished
by a nice cup of tea.”

BERNARD-PAUL HEROUX

CHAPTER 9

HEALING BEVERAGES

What you drink is just as important as what you eat when it comes to managing inflammation. The beverages in this chapter go beyond mere hydration—they're designed to actively reduce inflammation and support your body's natural healing processes.

From vibrant juices packed with raw nutrients to soothing herbal teas that calm the nervous system, these drinks deliver therapeutic compounds in delicious, sippable form.

Many contain ingredients, like turmeric, ginger, and medicinal herbs, that have been used for centuries to address inflammatory conditions. Unlike sugary commercial drinks that can trigger inflammation, these beverages work with your body's natural rhythm, supporting digestion, detoxification, and cellular repair. They're perfect for sipping throughout the day or for creating specific rituals—a morning metabolic boost, an afternoon reset, or an evening wind-down.



GREEN REVIVE JUICE



Servings: 2 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian
Prep Time: 10 minutes **Total Time:** 10 minutes

Ingredients:

- 4 stalks celery, leaves removed
- 2 green apples, cored
- 1 cucumber
- 8 kale leaves
- ½ lemon, peeled
- 1-inch piece fresh ginger, peeled

Instructions:

1. Wash and prepare all produce. Remove lemon peel and ginger skin if your juicer requires it.
2. Run all ingredients through a juicer, alternating between soft and firm produce for best flow.
3. Stir the juice to combine evenly. Serve immediately over ice or chill before drinking.

Storage Tip:

- For best flavor and nutrient retention, drink fresh. If needed, store in an airtight glass jar in the refrigerator for up to 24 hours. Shake gently before serving.

NUTRITION FACTS: *per serving*	
Calories:	**67**
Total Fat:	**0g**
Saturated Fat:	**0g**
Cholesterol:	**0mg**
Sodium:	**20mg**
Carbohydrates:	**15g**
Fiber:	**0g**
Protein:	**0g**


GREAT
FOR MEAL
PREP!

RADIANT SKIN GLOW JUICE



Servings: 2 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian
Prep Time: 10 minutes **Total Time:** 10 minutes

Ingredients:

- 5 large carrots, peeled
- 1 orange, peeled
- 1 cucumber
- 1 red apple, cored
- 1-inch piece fresh ginger, peeled
- ½ lemon, peeled
- Optional: ½ small raw beet, peeled *(for extra skin-clearing antioxidants)*

Instructions:

1. Wash and prepare all produce. Peel items as needed depending on your juicer's capability.
2. Juice all ingredients, alternating firm and soft produce to help everything pass through smoothly.
3. Stir the juice well, divide between two glasses, and serve immediately over ice or chilled.

Storage Tip:

- For the best flavor and nutrient retention, drink fresh. If needed, store in an airtight glass jar in the refrigerator for up to 24 hours. Shake gently before serving.

NUTRITION FACTS: *per serving*	
Calories:	**137**
Total Fat:	**0g**
Saturated Fat:	**0g**
Cholesterol:	**0mg**
Sodium:	**40mg**
Carbohydrates:	**34g**
Fiber:	**0g**
Protein:	**1g**



DETOX TEA



Servings: 2 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 5 minutes
Cook Time: 20 minutes **Total Time:** 25 minutes

Ingredients:

- 2 cups water
- 1 ½–2 inch piece fresh ginger, peeled and thinly sliced
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground turmeric
- Pinch of cayenne pepper (optional)
- Juice of 1 lemon (about 1 tablespoon per serving)

Instructions:

1. In a small saucepan, bring the water and sliced ginger to a boil.
2. Reduce heat and add the cinnamon, turmeric, and cayenne (if using). Simmer gently for about 15–20 minutes.
3. Strain the mixture into mugs.
4. Stir in the fresh lemon juice just before serving. Enjoy warm.

Quick Tip:

- For added anti-inflammatory benefit, you can add a pinch of black pepper (unless AIP) to enhance turmeric absorption.

**Recipe Note:*

- To enjoy as an iced detox tea, let the brewed tea cool completely after straining. Transfer to a glass jar and refrigerate until chilled. Serve over ice with a lemon slice for a refreshing twist.

Nutrition facts are not required for tea because it contains insignificant amounts of nutrients.



SLEEPY TIME CALMING TEA



Servings: 2 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian
Prep Time: 5 minutes

Steep Time: 10 minutes **Total Time:** 15 minutes

Ingredients:

- 2 cups water
- 1 Tablespoon dried chamomile flowers (or 2 chamomile tea bags)
- 1 teaspoon dried lavender buds
- 1–2 teaspoons raw honey (optional, for sweetness)
- Lemon slice, for serving (optional)

Instructions:

1. In a small saucepan, bring water to a gentle boil.
2. Remove from heat and add chamomile and lavender.
3. Cover and steep for 8–10 minutes.
4. Strain into mugs. Stir in honey if desired and serve with a slice of lemon.

Quick Tip:

- Sip slowly about 30–60 minutes before bed as part of your nighttime wind-down ritual. Pair with a calming activity like journaling or light stretching.

Nutrition facts aren't required for tea because it contains insignificant amounts of nutrients.



GENTLE DIGEST TEA



Servings: 2 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian
Prep Time: 5 minutes

Steep Time: 10 minutes **Total Time:** 15 minutes

Ingredients:

- 2 cups water
- 1 Tablespoon dried peppermint leaves (or 2 peppermint tea bags)
- 1 teaspoon fennel seeds
- 1 small slice fresh ginger
- 1–2 teaspoons raw honey (optional, for sweetness)
- Lemon wedge, for serving (optional)

Instructions:

1. In a small saucepan, bring the water to a boil.
2. Remove from heat and add peppermint, fennel seeds, and ginger.
3. Cover and steep for 8–10 minutes.
4. Strain into mugs. Add honey and a squeeze of lemon if desired. Serve warm.

Quick Tip:

- Sip slowly after meals to ease bloating and support healthy digestion.

Nutrition facts aren't required for tea because it contains insignificant amounts of nutrients.



IMMUNITY BOOST FROZEN BOMBS



Servings: 12 cubes **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 15 minutes
Freeze Time: 3 hours **Total Time:** 3 hours 15 minutes '

Ingredients:

- 3–4 lemons, cleaned and sliced into chunks
- 6 inches fresh ginger (about 55g), peeled and chopped
- 6 inches fresh turmeric (about 55g), peeled and chopped (or 1.5 tbsp ground turmeric)
- 3 stalks lemongrass (about 60g), chopped
- 1 ½ cups water (plus more as needed to adjust consistency)
- Optional: honey or maple syrup, to taste

Instructions:

1. Combine the lemon chunks (including peel), chopped ginger, turmeric, lemongrass, and 1½ cups of water in a high-speed blender.Blend until the mixture is smooth.
2. Pour the blended mixture through a fine-mesh strainer into a large measuring cup or bowl, pressing the solids to extract as much liquid as possible. Discard the remaining pulp.
3. Adjust Consistency and Sweeten (Optional):
   - If the mixture is too thick, add a bit more water to reach your desired consistency.
   - If you prefer a sweeter drink, stir in honey or maple syrup to taste.
4. Carefully pour the strained liquid into ice cube trays. Place the trays in the freezer and freeze for at least 3 hours, or until solid.
5. When ready to enjoy, place one or two frozen cubes into a mug. Pour hot water over the cubes and stir until fully dissolved. Enjoy as is, or sweeten with additional honey or maple syrup if desired.

Storage Tip:

- Store frozen cubes in an airtight container or freezer-safe bag for up to 6 months. For the best flavor and potency, use within 2–3 months.

Nutrition facts aren't required for tea because it contains insignificant amounts of nutrients.



FROZEN ELDERBERRY ANTI-INFLAMMATORY BOMBS



Servings: 12 cubes **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 10 minutes
Simmer Time: 30 minutes **Freeze Time:** 3 hours **Total Time:** ~4 hours

Ingredients:

- 1 cup dried elderberries
- ½ cup dried hibiscus flowers
- 1 lemon, sliced
- 1 orange, sliced
- 1 cinnamon stick
- 3-inch piece fresh ginger, sliced
- 4 cups water
- Optional: honey or maple syrup, to taste

Instructions:

1. In a large saucepan, combine water, elderberries, hibiscus, lemon, orange, cinnamon, and ginger.
2. Bring to a boil, then reduce heat and simmer for 30 minutes.
3. Remove from heat and let steep for 10–15 more minutes for full flavor infusion.
4. Strain the liquid through a fine mesh strainer into a large bowl or glass measuring cup.
5. Let the liquid cool, then stir in sweetener if using.
6. Pour into silicone ice cube trays and freeze for at least 3 hours or until solid.
7. Once frozen, transfer to an airtight container or freezer bag.
8. When ready to enjoy, place one or two frozen cubes into a mug. Pour hot water over the cubes and stir until fully dissolved. Enjoy as is, or sweeten with additional honey or maple syrup if desired. To enjoy this cold, place 1–2 frozen cubes in a glass and pour cold still or sparkling water over them. Let sit for 5–10 minutes to infuse, stirring occasionally. For a stronger flavor, allow cubes to melt completely and serve over ice.

Storage Tip:

- Store frozen cubes in an airtight container or freezer-safe bag for up to 6 months. For the best flavor and potency, use within 2–3 months.

Nutrition facts aren't required for tea because it contains insignificant amounts of nutrients.



MATCHA GINGER CLEAN ENERGY TEA



Servings: 1 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 5 minutes
Cook Time: 5 minutes **Total Time:** 10 minutes

Ingredients:

- 1 cup hot water (not boiling, about 175°F)
- 1 teaspoon of high-quality matcha powder
- 1 teaspoon lemon juice
- ½ teaspoon fresh grated ginger (or a pinch of ground ginger)
- 1 teaspoon honey or maple syrup (optional, to taste)

Instructions:

1. In a mug or bowl, whisk the matcha powder with a splash of hot water to form a smooth paste.
2. Add the grated ginger and lemon juice. Whisk again to combine.
3. Pour in the remaining hot water and stir well.
4. Sweeten with honey or maple syrup, if desired.
5. Sip slowly for a clean, focused energy lift.

Recipe Tip:

- Want a creamy variation? Replace half the water with steamed almond or coconut milk for a smooth matcha latte-style tea.

Nutrition facts aren't required for tea because it contains insignificant amounts of nutrients.

“Everyone I know is looking for solace, hope and a tasty snack.”

MAIRA KALMAN

CHAPTER 10

CRAVING NOURISHING SNACKS?

The space between meals can make or break your anti-inflammatory efforts. So, this chapter is dedicated to snacks that satisfy cravings without compromising your health and healing goals. Unlike conventional processed snacks that trigger inflammation with refined carbs, unhealthy fats, and artificial additives, these recipes feature nutrient-dense ingredients that actively fight inflammation while keeping you satisfied.

Many of these recipes can be prepared in advance and kept on hand for busy days when proper meal planning might fall curbside. I recommend making a few of these each week during your meal prep time, so you have them ready to go!



AIR FRYER APPLE CHIPS



Servings: 6 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 5 minutes **Cook Time:** 10 minutes **Total Time:** 15 minutes

Ingredients:

- 3 large sweet, crisp apples (such as Honeycrisp, Fuji, or Red Delicious)
- 1 Tablespoon coconut sugar
- ¾ teaspoon ground cinnamon
- Pinch of sea salt
- Cooking spray

Instructions:

1. Wash apples thoroughly, then slice into thin, even rounds—about ⅛ inch thick. Remove seeds. Lay slices flat in a single layer on a plate or board.
2. In a small bowl, stir together sugar, cinnamon, and a pinch of salt.
3. Sprinkle the seasoning mix over both sides of the apple slices.
4. Lightly spray the air fryer basket with cooking spray and preheat to 390°F.
5. Arrange apple slices in a single layer in the basket (work in batches if needed—do not overlap).
6. Air fry for 10 minutes, flipping halfway through.
   Note: Apples may still feel slightly soft when first removed—they crisp up as they cool.
7. Repeat with remaining slices. Let chips cool for a few minutes before serving.

NUTRITION FACTS:

per serving

Calories:	**4**
Total Fat:	**0g**
Saturated Fat:	**0g**
Cholesterol:	**0mg**
Sodium:	**24mg**
Carbohydrates:	**1g**
Fiber:	**1g**
Protein:	**0g**

ROASTED BEET HUMMUS WITH VEGETABLE CRUDITE



Yields: ~2 cups (8 servings) **Tags:** GF, DF, EF, NF, VG, Vegetarian **Prep Time:** 10 minutes **Cook Time:** 40 minutes **Total Time:** 50 minutes

Ingredients:

- 1 medium beet, peeled and chopped
- 1 ½ cups cooked chickpeas*
- 2 cloves garlic, chopped
- ⅔ cup tahini
- ⅓ cup olive oil
- 2-3 lemons, juiced and zest (about ⅓ cup lemon juice)
- 1 teaspoon cumin
- 1 teaspoon sea salt

Optional Toppings:

- Drizzle of olive oil
- Chopped parsley
- Pine nuts or pumpkin seeds *(omit pine nuts for nut-free)*
- Sprinkle of za'atar or sesame seeds

Instructions:

1. Preheat the oven to 400°F. Place chopped beet on a sheet of parchment paper or foil, drizzle with a little olive oil, and wrap it into a pouch. Roast for about 35–40 minutes, or until fork-tender. Let cool slightly.
2. In a food processor, combine roasted beet, chickpeas, tahini, olive oil, lemon juice, garlic, cumin, and salt. Blend until smooth and creamy.
3. Taste and adjust seasonings as needed.
4. Transfer to a bowl and top with olive oil, pine nuts, parsley, or your favorite garnish.

**Recipe Note:*

- For best quality and reduced additives, use dried chickpeas. Soak ¾ cup dry chickpeas in water with a splash of lemon juice or apple cider vinegar for 8–12 hours. Rinse, then simmer in fresh water for 1–1½ hours until tender (or use a pressure cooker for faster results). This yields ~1½ cups cooked chickpeas.
- If you do need to use canned chickpeas, choose BPA-free, organic, and low-sodium brands. Always rinse thoroughly under running water to reduce over 40% of the sodium and help remove some preservatives and additives.

Pairing Tip:

- Serve this beet hummus with a colorful vegetable crudité platter—think sliced cucumbers, bell peppers, carrots, and radishes—for a filling and nutrient-packed snack or appetizer.

Storage Tip:

- Store in an airtight container in the refrigerator for up to 5 days.

NUTRITION FACTS: *per serving*	
Calories:	**270**
Total Fat:	**20g**
Saturated Fat:	**3g**
Cholesterol:	**0mg**
Sodium:	**400mg**
Carbohydrates:	**16g**
Fiber:	**6g**
Protein:	**7g**




GREAT
FOR MEAL
PREP!

LEMON BLUEBERRY ENERGY BALLS



Yields: ~24 balls **Tags:** GF, DF, EF, Vegetarian
Prep Time: 15 minutes **Total Time:** 15 minutes

Ingredients:

- 1 cup old-fashioned rolled oats
- 1 cup slivered almonds
- ¼ cup chia seeds
- ¼ cup honey
- ½ cup dried blueberries
- Zest and juice of 1 lemon

Instructions:

1. In a food processor, combine sliced almonds, lemon zest, lemon juice, and honey. Process until smooth and sticky.
2. Add in half of the oats and pulse again until mostly blended.
3. Transfer mixture to a large bowl and stir in the remaining oats, chia seeds, and dried blueberries. Use your hands to fully incorporate the mixture—it will be sticky!
4. Roll into approximately 24 1-inch balls.
5. Store in an airtight container in the refrigerator for 1–2 weeks or freeze for up to 6 months.

Storage Tip:

- These freeze beautifully. Lay flat on a baking sheet to freeze, then transfer to a bag or container for grab-and-go ease.

NUTRITION FACTS: *per serving*	
Calories:	**148**
Total Fat:	**6g**
Saturated Fat:	**1g**
Cholesterol:	**0mg**
Sodium:	**2mg**
Carbohydrates:	**19g**
Fiber:	**4g**
Protein:	**4g**


GREAT
FOR MEAL
PREP!

CRISPY ROASTED CHICKPEAS



Servings: 6 **Tags:** GF, DF, EF, NF, VG **Prep Time:** 10 minutes
Cook Time: 45 minutes **Total Time:** 55 minutes

Ingredients:

- 3 cups cooked chickpeas*
- 1 Tablespoon olive oil
- 2 teaspoons smoked paprika
- 1 teaspoon garlic powder
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

Instructions:

1. Preheat the oven to 350°F and line a large baking sheet with parchment paper.
2. Rinse and drain chickpeas, then spread them on a clean towel and pat very dry. Remove any loose skins for extra crispiness.
3. Transfer the chickpeas to a bowl and toss with olive oil, smoked paprika, garlic powder, salt, and black pepper. Add any optional spices if using.
4. Spread chickpeas in a single layer on the prepared baking sheet.
5. Roast for 45–50 minutes, lightly shaking the baking sheet every 15 minutes, until golden and crispy.
6. Let cool slightly before serving. Enjoy warm or at room temperature.

**Recipe Note:*

- For best quality and reduced additives, use dried chickpeas. Soak 1½ cups dry chickpeas in water with a splash of lemon juice or apple cider vinegar for 8–12 hours. Rinse, then simmer in fresh water for 1–1½ hours until tender (or use a pressure cooker for faster results). This yields ~3 cups of cooked chickpeas.
- If you do need to use canned chickpeas, choose BPA-free, organic, and low-sodium brands. Always rinse thoroughly under running water to reduce over 40% of the sodium and help remove some preservatives and additives.

Storage Tip:

- Store in an airtight container at room temperature for up to 2 days. For best texture, do not refrigerate.

Pairing Tip:

- These make a perfect salad topping, lunchbox snack, or crunchy addition to grain bowls!

NUTRITION FACTS: *per serving*	
Calories:	**243**
Total Fat:	**7g**
Saturated Fat:	**1g**
Cholesterol:	**0mg**
Sodium:	**540mg**
Carbohydrates:	**33g**
Fiber:	**11g**
Protein:	**12g**


GREAT
FOR MEAL
PREP!

DATE & PISTACHIO BALLS



Yields: ~30 balls **Tags:** GF, DF, EF, VG, Vegetarian
Prep Time: 15 minutes **Total Time:** 15 minutes

Ingredients:

- 2 cups pitted whole dates
- 1 cup roasted shelled pistachios
- 1 cup golden raisins
- 2 Tablespoons chia seeds
- 1 teaspoon ground fennel seeds
- ¼ teaspoon ground black pepper

Instructions:

1. In a food processor, combine the dates, pistachios, golden raisins, ground fennel seeds, black pepper, and chia seeds. Pulse until the ingredients are finely chopped and the mixture starts to come together.
2. Using about 1 tablespoon of the mixture for each, roll into balls. If the mixture is sticky, lightly wetting your hands can help in forming the balls.
3. Enjoy immediately, or store in an airtight container.

Storage Tip:

- These bites can be kept at room temperature for up to 3 days or refrigerated for up to a week.

NUTRITION FACTS: *per serving*	
Calories:	**74**
Total Fat:	**2g**
Saturated Fat:	**0g**
Cholesterol:	**0mg**
Sodium:	**14mg**
Carbohydrates:	**13g**
Fiber:	**2g**
Protein:	**2g**


GREAT
FOR MEAL
PREP!

GRANOLA BARS



Servings: 10–12 bars **Tags:** GF, DF, EF, VG, Vegetarian **Prep Time:** 10 minutes
Cook Time: 1 hour **Total Time:** 1 hour 10 minutes

Ingredients:

- 1 ½ cups Medjool dates, pitted
- 1 ½ cup old-fashioned rolled oats (ensure gluten-free)
- 1 cup raw almonds, chopped
- ¼ cup unsweetened shredded coconut
- ¼ cup chopped dried fruit (i.e., cranberries, apricots)
- ¼ cup pure maple syrup or honey
- ¼ cup natural almond butter (or other nut/seed butter)
- ½ teaspoon cinnamon (optional)
- Pinch of sea salt

Instructions:

1. Add the dates to a food processor and pulse until a sticky dough forms — it should clump together but not be completely smooth.
2. Add 1 cup of the oats to the food processor and pulse 4–5 times to combine and slightly break down the oats (this helps with binding). Transfer mixture to a large bowl.
3. Add the remaining ½ cup oats, chopped almonds, coconut, dried fruit, cinnamon (if using), and sea salt to the bowl with the date-oat mixture.
4. In a small saucepan over low heat, gently warm the almond butter and maple syrup until smooth and pourable. Pour over the oat mixture.
5. Stir everything together using a spatula or clean hands until all dry ingredients are evenly coated and the mixture is sticky and cohesive.
6. Line an 8x8-inch baking dish with parchment paper. Press the mixture firmly into the pan, using the back of a spoon or your hands to smooth it evenly.
7. Refrigerate for at least 1 hour. Once firm, lift from the pan and slice into 10–12 bars.

Storage Tip:

- Store in an airtight container in the refrigerator for up to 1 week, or freeze for up to 2 months. Place parchment between layers to prevent sticking.

NUTRITION FACTS: *per serving*	
Calories:	**211**
Total Fat:	**8g**
Saturated Fat:	**1g**
Cholesterol:	**0mg**
Sodium:	**20mg**
Carbohydrates:	**31g**
Fiber:	**6g**
Protein:	**6g**



CARROT CAKE PROTEIN SMOOTHIE

Servings: 1 **Tags:** GF, DF, EF, NF, VG, Vegetarian
Prep Time: 5 minutes **Total Time:** 5 minutes

AIP Adaptation: Omit vanilla extract, nutmeg, and protein powder. Replace almond milk with coconut milk. Add collagen peptides (if tolerated and desired) for a protein boost.

Ingredients:

- 1 ripe frozen banana
- 1 small carrot, chopped (about ½ cup)
- 1 pitted date
- 1 cup almond milk (or other milk of choice; nut-free milk if needed)
- 1 scoop plain or vanilla plant-based protein powder
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- Pinch of ground nutmeg
- Ice, as needed (about ½–¾ cup for a thick smoothie)

Optional toppings:

- Shredded carrot
- Shredded coconut
- 1 Tablespoon chopped walnuts *(omit for NF)*

Instructions:

1. Add all ingredients to a high-speed blender.
2. Blend until smooth and creamy. Add more almond milk as needed to adjust the thickness and help blending.
3. Pour into a glass and top with optional shredded carrot, coconut, or hemp seeds. Enjoy chilled!

NUTRITION FACTS: *per serving*	
Calories:	**322**
Total Fat:	**6g**
Saturated Fat:	**0g**
Cholesterol:	**0mg**
Sodium:	**452mg**
Carbohydrates:	**40g**
Fiber:	**6g**
Protein:	**27g**



VERY BERRY PROTEIN SMOOTHIE



Servings: 1 **Tags:** GF, DF, EF, NF, VG, Vegetarian
Prep Time: 5 minutes **Total Time:** 5 minutes

AIP Adaptation: Omit protein powder. Swap almond butter for coconut butter or ½ avocado. Replace almond milk with coconut milk. Add collagen peptides (if tolerated and desired) for a protein boost.

Ingredients:

- 1 cup mixed berries (i.e., strawberries, blueberries, raspberries, blackberries)
- 1 ripe frozen banana
- 1 cup almond milk (or other milk of choice; nut-free milk if needed)
- 1 scoop plain or vanilla plant-based protein powder
- 1 Tablespoon almond butter *(omit for nut-free)*
- ¼ teaspoon ground cinnamon
- Ice, as needed (about ½–¾ cup for a thick smoothie)

Instructions:

1. Add all ingredients and blend on high until smooth and creamy. Add more milk as needed to adjust consistency.
2. Pour into a glass and serve immediately.

NUTRITION FACTS: *per serving*	
Calories:	**435**
Total Fat:	**15g**
Saturated Fat:	**1g**
Cholesterol:	**0mg**
Sodium:	**326mg**
Carbohydrates:	**49g**
Fiber:	**10g**
Protein:	**26g**



GREEN POWER SMOOTHIE



Servings: 1 **Tags:** GF, DF, EF, NF, VG, Vegetarian
Prep Time: 5 minutes **Total Time:** 5 minutes

AIP Adaptation: Omit protein powder and seeds. Replace almond milk with coconut milk. Add collagen peptides (if tolerated and desired) for a protein boost.

Ingredients:

- 1 cup fresh spinach
- 1 ripe frozen banana (or ½ cup frozen mango)
- ½ cup chopped kale
- ½ ripe avocado
- 1 cup almond milk (or other milk of choice; nut-free milk if needed)
- 1 scoop vanilla or unflavored plant-based protein powder (or collagen peptides)
- 1 Tablespoon chia or flax seeds
- 1 Tablespoon pure maple syrup or honey (optional)
- Ice, as needed (about ½–¾ cup for a thick smoothie)

Instructions:

1. Add all ingredients to a high-speed blender.
2. Blend until smooth and creamy, adding more almond milk as needed to reach desired consistency.
3. Pour into a glass and enjoy chilled!

NUTRITION FACTS: *per serving*	
Calories:	**420**
Total Fat:	**20g**
Saturated Fat:	**2g**
Cholesterol:	**0mg**
Sodium:	**201mg**
Carbohydrates:	**30g**
Fiber:	**11g**
Protein:	**30g**


GREAT
FOR MEAL
PREP!

FROZEN YOGURT BARK



Yields: 8-10 pieces **Tags:** GF, EF, Vegetarian **Prep Time:** 10 minutes
Freeze Time: 3–4 hours **Total Time:** 4 hours

AIP Adaptation: Substitute Greek yogurt with an unsweetened, additive-free coconut yogurt. Omit the nuts, and instead top with AIP-friendly options like toasted coconut flakes, freeze-dried fruit, or finely chopped tigernuts. Omit vanilla extract.

Ingredients:

- 2 cups plain Greek yogurt (can use full fat or 2%)
- ¾ cup mixed berries (i.e., blueberries, raspberries, sliced strawberries)
- ¼ cup chopped nuts (i.e., pistachios, almonds, and/or walnuts)
- 2 Tablespoons unsweetened shredded coconut
- 2 Tablespoons pure maple syrup or honey
- ½ teaspoon vanilla extract
- Pinch of sea salt

Instructions:

1. Line a rimmed baking sheet with parchment paper.
2. In a bowl, mix Greek yogurt with maple syrup and vanilla extract until well combined.
3. Pour the yogurt mixture onto the baking sheet and spread evenly into a rectangle, about ¼ inch thick.
4. Sprinkle the top evenly with berries, chopped nuts, shredded coconut, and a light pinch of sea salt.
5. Place the baking sheet in the freezer for 3–4 hours or until completely frozen.
6. Once frozen, remove from the freezer and break into pieces using your hands or a sharp knife.
7. Serve immediately or store in a freezer-safe container for up to 1 month.

Storage Tip:

- Keep bark stored in the freezer in a sealed container or bag. Best eaten straight from frozen — it begins to melt quickly at room temperature!

NUTRITION FACTS: *per serving*	
Calories:	**93**
Total Fat:	**4g**
Saturated Fat:	**2g**
Cholesterol:	**5mg**
Sodium:	**35mg**
Carbohydrates:	**8g**
Fiber:	**1g**
Protein:	**6g**


GREAT
FOR MEAL
PREP!

PROTEIN POWERED CHICKPEA SALAD CUP

Servings: 4 **Tags:** GF, DF, EF, NF, VG, Vegetarian
Prep Time: 10 minutes **Total Time:** 10 minutes

Ingredients:

- 1½ cups cooked chickpeas*
- 1 cup grape tomatoes, halved
- 1 cup cucumber, diced
- ¼ cup crumbled feta cheese (omit for dairy-free)
- 2 Tablespoons fresh parsley or dill, chopped
- Juice of 1 lemon (about 2 tbsp)
- 1 Tablespoon olive oil
- 1 teaspoon Dijon mustard
- Sea salt and black pepper, to taste

Instructions:

1. In a medium bowl, whisk together the lemon juice, olive oil, Dijon mustard, salt, and pepper.
2. Add the chickpeas, grape tomatoes, cucumber, and fresh herbs. Toss until everything is evenly coated.
3. Fold in the feta cheese if using. Taste and adjust seasoning as needed.
4. Serve immediately or portion into small containers for meal prep.

**Recipe Note:*

- For best quality and reduced additives, use dried chickpeas. Soak ¾ cup dry chickpeas in water with a splash of lemon juice or apple cider vinegar for 8–12 hours. Rinse, then simmer in fresh water for 1–1½ hours until tender (or use a pressure cooker for faster results). This yields ~1½ cups cooked chickpeas.
- If you do need to use canned chickpeas, choose BPA-free, organic, and low-sodium brands. Always rinse thoroughly under running water to reduce over 40% of the sodium and help remove some preservatives and additives.

Storage Tip:

- Keep in an airtight container in the fridge for up to 4 days. Flavors deepen as it chills — just give it a stir before serving.

Meal Prep Tip:

- Spoon the salad into individual containers or mason jars for easy grab-and-go snack cups. They're perfect between meals as a protein- and fiber-rich pick-me-up.

NUTRITION FACTS: *per serving*	
Calories:	**154**
Total Fat:	**7g**
Saturated Fat:	**2g**
Cholesterol:	**8mg**
Sodium:	**310mg**
Carbohydrates:	**17g**
Fiber:	**5g**
Protein:	**7g**


GREAT
FOR MEAL
PREP!

NO-BAKE ENERGY BITES

Servings: Makes about 20 energy bites **Tags:** GF, DF, EF, Vegetarian
Prep Time: 10 minutes **Chill Time:** 30 minutes **Total Time:** 40 minutes

Ingredients:

- 1 cup old-fashioned oats
- ⅔ cup unsweetened shredded coconut
- ½ cup natural peanut butter (or almond, cashew, or sunflower seed butter)
- ½ cup flaxseeds
- ½ cup dark chocolate chips *(dairy-free if needed)*
- ⅓ cup honey
- 1 Tablespoon vanilla extract

Instructions:

1. In a large mixing bowl, combine all ingredients and stir until thoroughly mixed.
2. Place the mixture in the refrigerator and chill for 30 minutes to make it easier to handle.
3. Once chilled, roll into 1-inch balls using your hands or a small scoop.
4. Store in an airtight container or ziploc bag in the refrigerator for up to 1 week. They can also be frozen for longer storage.

Storage Tip:

- Freeze for up to 3 months in a single layer, then transfer to a sealed container. Let thaw for a few minutes before enjoying.

NUTRITION FACTS: *per serving*	
Calories:	**132**
Total Fat:	**8g**
Saturated Fat:	**3g**
Cholesterol:	**0mg**
Sodium:	**28mg**
Carbohydrates:	**13g**
Fiber:	**3g**
Protein:	**3g**



FROYO BLUEBERRY BITES



Servings: 4 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 10 minutes
Chill Time: 1–2 hours **Total Time:** 1 hour 10 minutes

Ingredients:

- 2 cups fresh blueberries
- 1 cup plain Greek yogurt (or coconut yogurt for dairy-free or AIP)
- 1 Tablespoon pure maple syrup or honey

Instructions:

1. In a large bowl, mix together the yogurt and maple syrup (or honey). Fold in the blueberries and coat evenly.
2. Place coated blueberries onto a baking sheet.
3. Freeze for at least one hour, and then transfer the froyo-covered blueberries to an airtight container or freezer-safe bag. Keep frozen until ready to eat.

Storage Tip:

- Store in the freezer for up to 2 months. Enjoy straight from the freezer for the best texture — no thawing needed!

NUTRITION FACTS: *per serving*	
Calories:	**67**
Total Fat:	**1g**
Saturated Fat:	**1g**
Cholesterol:	**5mg**
Sodium:	**16mg**
Carbohydrates:	**10g**
Fiber:	**1g**
Protein:	**5g**



BEET CHIPS

Servings: 2–3 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 10 minutes
Cook Time: 25–30 minutes **Total Time:** 35–40 minutes

Ingredients:

- 3 medium beets, peeled
- 2 Tablespoons olive oil or avocado oil
- 2 sprigs rosemary, finely chopped
- Sea salt, to taste

Instructions:

1. Preheat the oven to 325°F. Line a baking sheet with parchment paper.
2. Slice the beets very thinly (about 1/16 inch) using a mandoline slicer or sharp knife for even cooking.
3. Toss with oil, chopped rosemary, and a pinch of sea salt in a mixing bowl until the slices are lightly coated.
4. Arrange the beet slices in a single layer on the prepared baking sheet, making sure they don't overlap.
5. Bake for 25–30 minutes, flipping once halfway through. Keep a close eye on them after 20 minutes—they can go from crisp to burnt quickly!
6. Let cool for 5–10 minutes. They'll crisp up more as they cool.

Storage Tip:

- Store cooled beet chips in an airtight container at room temperature for up to 3–4 days. If they soften, you can re-crisp them in a low oven (250°F) for 5–10 minutes.

**Recipe Note:*

- You can also bake these in the air fryer. To do this, preheat your air fryer to 300°F. Arrange beet slices in a single layer in the basket (work in batches). Air fry for 12–15 minutes, flipping halfway through.

NUTRITION FACTS: *per serving*	
Calories:	**118**
Total Fat:	**7g**
Saturated Fat:	**1g**
Cholesterol:	**0mg**
Sodium:	**105mg**
Carbohydrates:	**13g**
Fiber:	**4g**
Protein:	**2g**

“Fermentation equals civilization.”

JOHN CIARDI

CHAPTER 11

POWER-UP CONDIMENTS & FERMENTED FOODS

The discovery of fermentation marked a major turning point in human history—it allowed us to preserve food, support agriculture, and build cultural rituals, helping early societies evolve and thrive. But recently, we've also discovered that fermented foods support the gut in multiple ways, primarily by diversifying the gut bacteria. But, truth be told: condiments, sauces, and fermented foods all matter when embarking on an anti-inflammatory and healing journey. These options can transform simple recipes into memorable (and nutritious) meals you'll keep coming back to!

In this chapter, you'll find recipes that don't just taste amazing—but ones that also support digestion and nutrient absorption, thanks to the power of fermentation. From enzyme-rich ferments to bold, nourishing sauces, these recipes are all about making healthy food exciting. After all, "healthy" doesn't have to mean boring. Use these recipes to make each day exciting and make food something you look forward to!



AIP TZAZIKI SAUCE

Yields: ~1 cup **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 10 minutes
Chill Time: 15 minutes (optional, for best flavor) **Total Time:** 25 minutes

Ingredients:

- ½ cup full-fat coconut yogurt (unsweetened, additive-free)
- ½ large cucumber, peeled, seeded, and finely grated
- 1 clove garlic, minced or grated
- 1 Tablespoon olive oil
- 1 Tablespoon fresh lemon juice
- 1 Tablespoon fresh dill, chopped (or 1 teaspoon dried dill)
- ¼ teaspoon salt (more to taste)

Instructions:

1. Place the grated cucumber in a clean dish towel or cheesecloth and squeeze out as much liquid as possible.
2. In a bowl, whisk together coconut yogurt, olive oil, lemon juice, garlic, dill, and sea salt.
3. Fold in the grated cucumber and stir to combine.
4. For the best flavor, refrigerate for 15–20 minutes to let the flavors meld.
5. Serve chilled as a dip, dressing, or dolloped over bowls, grilled meats, or roasted veggies.

NUTRITION FACTS: *per serving*	
Calories:	**42**
Total Fat:	**4g**
Saturated Fat:	**2g**
Cholesterol:	**0mg**
Sodium:	**102mg**
Carbohydrates:	**1g**
Fiber:	**0g**
Protein:	**0g**



DAIRY-FREE BASIL HERB PESTO



Yields: ~¾ cup **Tags:** GF, DF, EF, VG, Vegetarian
Prep Time: 5 minutes **Total Time:** 5 minutes

Ingredients:

- 2 cups fresh basil leaves, packed
- 2 garlic cloves, peeled
- ¼ cup pine nuts
- ¼ cup olive oil
- 2 Tablespoons lemon juice
- 3 Tablespoons nutritional yeast (for cheesy flavor)
- ¼ teaspoon sea salt, or to taste
- Optional: pinch of black pepper or red pepper flakes

Instructions:

1. In a food processor or high-speed blender, combine basil, garlic, pine nuts, lemon juice, and nutritional yeast.
2. Pulse a few times to break everything down.
3. With the motor running, slowly drizzle in olive oil until a smooth, creamy texture forms.
4. If the pesto is too thick or not blending well, add 1 tablespoon of water at a time to help thin it out without compromising flavor.
5. Taste and adjust salt, lemon, or garlic to your preference.

NUTRITION FACTS: *per serving*	
Calories:	**135**
Total Fat:	**14g**
Saturated Fat:	**2g**
Cholesterol:	**0mg**
Sodium:	**52mg**
Carbohydrates:	**2g**
Fiber:	**1g**
Protein:	**2g**



GUT-LOVING GINGER DRESSING



Yields: ~1 ¼ cups **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian
Prep Time: 10 minutes **Total Time:** 10 minutes

Ingredients:

- 1 ½ cups carrots, peeled and chopped
- 2 celery stalks, chopped
- ¼ yellow onion, chopped
- ½ cup + 2 Tablespoons avocado oil
- ¼ cup coconut aminos
- 3 Tablespoons apple cider vinegar
- 2 Tablespoons fresh ginger, peeled and chopped
- 1-2 teaspoons brown sugar (omit for AIP or use coconut sugar)
- ¾ teaspoons salt

Instructions:

1. Add all ingredients to a high-speed blender or food processor.
2. Blend until thick, smooth, and fully combined.
3. If the dressing is too thick, add 1-2 tablespoons of water at a time until it reaches your desired consistency.
4. Taste and adjust seasoning or sweetness if needed.
5. Transfer to a jar and store in the fridge for up to 1 week. Stir or shake before serving.

NUTRITION FACTS:

per serving

Calories:	**138**
Total Fat:	**12g**
Saturated Fat:	**1g**
Cholesterol:	**0mg**
Sodium:	**378mg**
Carbohydrates:	**7g**
Fiber:	**0g**
Protein:	**1g**



LEMON-TAHINI DRESSING

Yields: ~½ cup **Tags:** GF, DF, EF, NF, VG, Vegetarian
Prep Time: 5 minutes **Total Time:** 5 minutes

Ingredients:

- ¼ cup smooth tahini
- 2 Tablespoons fresh lemon juice
- 2 Tablespoons olive oil
- 1 Tablespoon maple syrup
- 1 garlic clove, minced
- Pinch of sea salt
- 2–3 Tablespoons water (to thin)

Instructions:

1. In a small bowl, whisk together the tahini, lemon juice, olive oil, maple syrup, garlic, and sea salt.
2. Add water 1 tablespoon at a time, whisking until you reach your desired consistency. The dressing should be smooth, pourable, and creamy.
3. Taste and adjust lemon juice or salt as needed.

Storage Note:

- Store in an airtight container in the refrigerator for up to 5 days. Stir before each use—natural separation may occur.

NUTRITION FACTS: *per serving*	
Calories:	**166**
Total Fat:	**14g**
Saturated Fat:	**2g**
Cholesterol:	**0mg**
Sodium:	**75mg**
Carbohydrates:	**8g**
Fiber:	**2g**
Protein:	**3g**



NOMATO SAUCE (NIGHTSHADE-FREE!)



Yields: ~6 cups **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 5 minutes
Cook Time: 20 minutes **Total Time:** 25 minutes

Ingredients:

- 2 Tablespoons olive oil
- 1 medium white onion, diced
- 2 cloves garlic, minced
- 2 ½ cups carrots, chopped
- 1 ¼ cup beets, peeled and chopped
- 4 stalks celery, chopped
- 1 cup water
- 2 Tablespoons lemon juice
- 1 Tablespoon fresh basil
- 2 teaspoons dried parsley
- 1 teaspoon dried oregano
- 1 teaspoon sea salt

Instructions:

1. In a large pot over medium heat, warm the olive oil. Add the diced onion and minced garlic. Sauté for 2–3 minutes until fragrant and translucent.
2. Incorporate the chopped carrots, beets, and celery into the pot. Stir well to combine with the onions and garlic.
3. Pour in the water and lemon juice (use just enough water to cover the veggies). Add the dried basil, oregano, parsley, and sea salt. Stir to combine. Bring the mixture to a boil, then reduce the heat to low, cover, and let it simmer for 30 minutes, or until the vegetables are completely tender.
4. Once the vegetables are soft, use an immersion blender to puree the mixture until smooth. Alternatively, carefully transfer the mixture to a high-speed blender and blend until smooth.
5. Taste the sauce and adjust seasoning as needed. If a thinner consistency is desired, add a bit more water until the preferred texture is achieved.

NUTRITION FACTS:
per serving

Calories:	**48**
Total Fat:	**2g**
Saturated Fat:	**0g**
Cholesterol:	**0mg**
Sodium:	**234mg**
Carbohydrates:	**6g**
Fiber:	**2g**
Protein:	**1g**



GREEN GODDESS DRESSING



Yields: ~¾ cup **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian
Prep Time: 5 minutes **Total Time:** 5 minutes

Ingredients:

- ½ cup plain Greek yogurt (dairy-free if needed, or use coconut yogurt for AIP)
- ½ ripe avocado
- 2 Tablespoons lemon juice
- 2 Tablespoons water (add more as needed for desired consistency)
- 2 Tablespoons chopped parsley
- 1 Tablespoon chopped basil
- 1 Tablespoon chopped chives
- 1 garlic clove
- ½ teaspoon sea salt
- Black pepper, to taste *(omit for AIP)*

Instructions:

1. Add all ingredients to a high-speed blender or small food processor.
2. Blend until smooth and creamy, scraping down the sides as needed.
3. Add more water 1 tablespoon at a time until you reach your desired pourable dressing consistency.
4. Taste and adjust seasoning, adding more lemon juice or herbs if preferred.

Storage Tip:

- Store in an airtight container in the refrigerator for up to 4–5 days. Shake or stir before each use.

NUTRITION FACTS: *per serving*	
Calories:	**54**
Total Fat:	**3g**
Saturated Fat:	**1g**
Cholesterol:	**2mg**
Sodium:	**204mg**
Carbohydrates:	**5g**
Fiber:	**2g**
Protein:	**4g**



CREAMY AIP RANCH DIP



Yields: ~1 cup **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 5 minutes
Chill Time: 30 minutes (for best flavor) **Total Time:** 35 minutes

Ingredients:

- 1 cup coconut cream
- 1 Tablespoon apple cider vinegar
- 1 teaspoon dried dill
- 1 teaspoon dried parsley
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon sea salt

Instructions:

1. In a small bowl, whisk together the coconut cream and apple cider vinegar until smooth. Add the herbs and seasonings, and mix until fully combined.
2. Let sit in the fridge for at least 30 minutes to thicken and allow flavors to meld.
3. Serve as a dip with veggies or drizzle over salads or roasted meats.

Storage Tip:

- Store in a sealed jar in the refrigerator for up to 2 weeks. Shake or whisk well before using, as the oil and vinegar will naturally separate over time. For best flavor, allow it to come to room temperature before drizzling.

NUTRITION FACTS: *per serving*	
Calories:	**58**
Total Fat:	**6g**
Saturated Fat:	**5g**
Cholesterol:	**0mg**
Sodium:	**81mg**
Carbohydrates:	**1g**
Fiber:	**0g**
Protein:	**0g**



APPLE CIDER VINEGAR DRESSING



Yields: ~½ cup **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian
Prep Time: 5 minutes **Total Time:** 5 minutes

Ingredients:

- ¼ cup olive oil
- 2 Tablespoons apple cider vinegar
- 1 Tablespoon coconut aminos
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley
- ½ teaspoon sea salt

Instructions:

1. Add all ingredients to a small jar with a lid.
2. Shake well until fully emulsified. Alternatively, whisk together in a bowl.
3. Store in the fridge and shake before each use.

Storage Tip:

- Store in a sealed jar in the refrigerator for up to 2 weeks. Shake or whisk well before using, as the oil and vinegar will naturally separate over time.

NUTRITION FACTS: *per serving*	
Calories:	**135**
Total Fat:	**14g**
Saturated Fat:	**2g**
Cholesterol:	**0mg**
Sodium:	**332mg**
Carbohydrates:	**3g**
Fiber:	**0g**
Protein:	**0g**



FERMENTED GARLIC PASTE



Yields: ~1 cup **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 10 minutes
Fermentation Time: 5–10 days

Ingredients:

- 1 cup garlic cloves, peeled
- 1–1 ½ teaspoons sea salt (non-iodized)
- 1–2 Tablespoons filtered water (as needed to blend)

Instructions:

1. **Prep the garlic:** Peel the garlic cloves and trim any tough ends. You can blanch them in hot water for 10 seconds to make peeling easier if desired.
2. **Blend into paste:** In a small food processor or mortar and pestle, blend garlic with sea salt and just enough water to create a smooth, thick paste.
3. **Pack and ferment:** Transfer the paste to a clean glass jar, pressing down to remove air pockets. Leave at least 1 inch of space at the top. Smooth the surface and cover with a loose-fitting lid or breathable cloth secured with a rubber band.
4. **Ferment at room temperature:** Let the garlic paste ferment in a cool, dark place for 5–10 days, depending on ambient temperature. Stir once daily and check for bubbles or a slight sour aroma.
5. **Refrigerate:** Once fermented to your liking, seal tightly and refrigerate. The flavor will mellow and continue to develop slowly in the fridge.

Storage Tip:

- Store in the refrigerator for up to 3 months. Always use a clean spoon to avoid contamination.

Pairing Tips:

- Stir into salad dressings, hummus, or sauces.
- Spread on toast with olive oil.
- Add to soups, marinades, or stir-fries.

NUTRITION FACTS: *per serving*	
Calories:	**13**
Total Fat:	**0g**
Saturated Fat:	**0g**
Cholesterol:	**0mg**
Sodium:	**210mg**
Carbohydrates:	**3g**
Fiber:	**0g**
Protein:	**1g**



FERMENTED PICKLED RED ONIONS

Yields: ~1 pint jar **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian
Prep Time: 10 minutes **Ferment Time:** 3-5 days

Ingredients:

- 1 large red onion, thinly sliced
- 1 ½ teaspoons sea salt (non-iodized)
- 1 ½ cup filtered water
- Optional flavor boosters: 1 garlic clove (smashed), 2-3 peppercorns, bay leaf, or fresh thyme sprig

Instructions:

1. In a clean pint-size glass jar, add the sliced red onions and any optional seasonings.
2. In a separate cup or bowl, dissolve sea salt in filtered water to make your brine.
3. Pour the brine over the onions until fully submerged, leaving about ½ inch of headspace at the top of the jar.
4. Press the onions down so they're fully under the brine. You can use a fermentation weight or a small clean piece of cabbage leaf to keep them submerged.
5. Seal loosely with a lid (or cover with a breathable cloth and rubber band) and place the jar at room temperature, out of direct sunlight.
6. Ferment for 3–5 days. Taste starting on day 3.
7. Once fermented to your liking, seal the jar tightly and refrigerate. They'll stay fresh for up to 2-3 months in the fridge, as long as the onions stay submerged in the brine.

Quick Tip:

- Bubbles and cloudiness are signs of healthy fermentation.
- If anything smells off (sulfuric, rotten), discard and start again with clean equipment.
- Use only non-iodized salt and filtered water to avoid disrupting the fermentation.

Pairing Tip:

- These onions add a tangy pop to bowls, tacos, sandwiches, or avocado toast. They're especially delicious with roasted meats, grain bowls, or breakfast scrambles.

NUTRITION FACTS: *per serving*	
Calories:	**7**
Total Fat:	**0g**
Saturated Fat:	**0g**
Cholesterol:	**0mg**
Sodium:	**220mg**
Carbohydrates:	**2g**
Fiber:	**0g**
Protein:	**0g**

TRADITIONAL FERMENTED KIMCHI SLAW



Yields: ~1 quart **Tags:** GF, DF, EF, NF, VG, Vegetarian **Prep Time:** 30 minutes
Ferment Time: 3-7 days

Ingredients:

- 4 cups napa cabbage, thinly sliced
- 1 cup carrots, julienned
- 1 cup daikon radish or regular radish, julienned
- 3 green onions, sliced
- 1 Tablespoon sea salt (non-iodized)
- 1 Tablespoon grated fresh ginger
- 2 garlic cloves, minced
- 1–2 Tablespoons gochugaru (Korean red chili flakes)
- 1 Tablespoon fish sauce or coconut aminos (for vegan version)
- 1 teaspoon coconut sugar (optional, but helps fermentation)

Instructions:

1. **Salt the veggies:** In a large bowl, combine the cabbage, carrots, daikon, and green onions. Sprinkle with salt and massage for 5–10 minutes until the veggies release their liquid and begin to soften.
2. **Make the paste:** In a small bowl, mix together the ginger, garlic, gochugaru, fish sauce or coconut aminos, and coconut sugar (if using).
3. **Combine and pack:** Add the spice mixture to the salted veggies and toss thoroughly. Pack the mixture tightly into a clean quart-sized glass jar (or fermenting crock), pressing down firmly so the brine rises above the vegetables. Leave at least 1 inch of headspace at the top.
4. **Weigh it down:** Use a fermentation weight or clean small jar to keep the veggies submerged in the brine. Cover the jar loosely with a lid or cloth secured with a rubber band.
5. **Ferment:** Let sit at room temperature (65–75°F) out of direct sunlight for 3–7 days. Check daily to ensure the veggies remain submerged and to release any gas buildup. Taste after 3 days — once tangy and slightly effervescent, it's ready.
6. **Refrigerate:** Remove the weight, seal the jar with a lid, and store in the refrigerator for up to 2–3 months. Flavor will deepen over time.

Storage Tip:

- Once fermented, refrigerate in an airtight jar. It will stay good for 2–3 months — just be sure to always use clean utensils when serving to avoid contamination.

Pairing Tip:

- Serve alongside stir-fries, grilled protein, cauliflower rice bowls, or mixed into egg scrambles or fried rice for bold flavor. Try it as a topping on burgers or lettuce wraps for a probiotic punch!

NUTRITION FACTS: *per serving*	
Calories:	**31**
Total Fat:	**0g**
Saturated Fat:	**0g**
Cholesterol:	**0mg**
Sodium:	**280mg**
Carbohydrates:	**7g**
Fiber:	**1g**
Protein:	**2g**



FERMENTED DILLY GREEN BEANS



Yields: ~1 quart **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 10 minutes
Ferment Time: 5-7 days

Ingredients:

- 1 pound fresh green beans, trimmed
- 2–3 garlic cloves, smashed
- 1–3 sprigs dill
- 1 Tablespoon sea salt (non-iodized)
- ½ teaspoon mustard seeds *(omit for strict AIP)*
- ¼ teaspoon red pepper flakes *(optional, omit for AIP)*
- 2 cups filtered or spring water

Instructions:

1. **Prepare the brine:** In a bowl, dissolve the sea salt in the filtered water. Set aside.
2. **Pack the jar:** In a clean quart-sized glass jar, add garlic, dill, mustard seeds, and red pepper flakes (if using). Pack the green beans vertically into the jar, leaving about 1 inch of headspace at the top.
3. **Add the brine:** Pour the saltwater brine over the green beans until fully submerged. Tap the jar gently to release any air bubbles. Make sure all beans are **under the brine**.
4. **Weigh it down:** Use a fermentation weight or a clean smaller jar to keep the beans submerged. Cover the jar with a loose lid or breathable cloth secured with a rubber band.
5. **Ferment:** Let sit at room temperature (65–75°F) away from direct sunlight for 5–7 days. Check daily to ensure beans stay submerged and to release any built-up gas.
6. **Taste test & store:** After 5 days, taste a bean. When pleasantly tangy and crisp, remove the weight, seal the jar with a lid, and refrigerate. Fermentation will continue slowly in the fridge and flavor will develop even more.

Storage Tip:

- Store fermented dilly beans in the refrigerator for up to 2 months. Always use clean utensils to avoid contamination.

Pairing Tip:

- Enjoy as a crunchy, tangy snack straight from the jar, or serve as a side on charcuterie boards, picnic plates, or alongside sandwiches, grilled chicken, or protein bowls. They're also great chopped into salads for extra crunch and flavor.

NUTRITION FACTS: *per serving*	
Calories:	**18**
Total Fat:	**0g**
Saturated Fat:	**0g**
Cholesterol:	**0mg**
Sodium:	**224mg**
Carbohydrates:	**4g**
Fiber:	**2g**
Protein:	**1g**



“Dessert is like a feel-good song and the best ones make you dance.”

EDWARD LEE

CHAPTER 12

GUILT-FREE & HEALTHY SWEETS

Healing doesn't mean giving up the joy of dessert—it just means redefining it. In this chapter, you'll find treats that feel indulgent but are made with ingredients that support your body instead of working against it. These recipes show that it's absolutely possible to enjoy something sweet while staying aligned with an anti-inflammatory lifestyle.

Instead of the usual combo of refined sugar, gluten, and dairy, these desserts lean on natural sweeteners, wholesome flours, and nourishing fats. Many even include ingredients known to fight inflammation—like berries, dark chocolate, and warming spices—so you're not just avoiding triggers, you're actively supporting your body's healing.

Having these kinds of treats on hand is a game-changer when it comes to long-term success. They help curb feelings of restriction, making it easier to stick with your goals without feeling like you're missing out. Whether you're celebrating something special, sharing with friends and family, or just need a little pick-me-up, these recipes prove that feeling good and enjoying dessert can go hand in hand.



SWEET & SAVORY PISTACHIO SQUARES

Yields: 16 squares **Tags:** GF, DF, EF, VG, Vegetarian **Prep Time:** 10 minutes
Cook Time: 10-12 minutes **Total Time:** 22 minutes

Ingredients:

- 1 cup lightly salted, shelled pistachios + 2 tablespoons extra for topping
- 1 cup old-fashioned rolled oats
- ¼ cup Mejdool dates, pitted
- ¼ cup slivered almonds
- ⅓ cup unsweetened coconut flakes
- ¼ cup pure maple syrup
- 2 Tablespoons olive oil
- 1 teaspoon almond extract
- ½ teaspoon sea salt

Instructions:

1. Preheat the oven to 350°F and line an 8-inch square baking pan with parchment paper.
2. In a food processor fitted with the S blade, pulse pistachios, almonds, oats, dates, and sea salt for about 30 seconds until a coarse meal forms.
3. Add maple syrup, olive oil, and almond extract. Pulse again on low until a moist, crumbly dough forms.
4. Press the mixture evenly into the prepared baking pan. Sprinkle with coconut flakes and reserved pistachios.
5. Bake for 10–12 minutes, or until the coconut is lightly golden and the edges are set. Be careful not to overbake—you want the squares to remain tender.
6. Let cool completely in the pan. Then, lift the mixture out using the parchment paper and cut into 16 squares.
7. Store in an airtight container at room temperature for up to 1 week.

Serving Idea:

- Enjoy on their own as a sweet and savory snack, or crumble into yogurt for a nourishing breakfast bowl.

NUTRITION FACTS: *per serving*	
Calories:	**93**
Total Fat:	**5g**
Saturated Fat:	**1g**
Cholesterol:	**0mg**
Sodium:	**93mg**
Carbohydrates:	**10g**
Fiber:	**2g**
Protein:	**2g**



WHOLE-FOOD CHOCOLATE CHIP COOKIES



Yields: 12 cookies **Tags:** GF, DF, EF, VG, Vegetarian **Prep Time:** 10 minutes
Cook Time: 12 minutes **Total Time:** 22 minutes

Ingredients:

- 1 ½ cups raw walnuts
- 1 cup tightly packed Medjool dates, pitted
- ½ cup dark chocolate chips (dairy-free if needed)
- 1 Tablespoon flax seeds
- 3 Tablespoons water
- 1 teaspoon vanilla extract
- 1 teaspoon apple cider vinegar
- ½ teaspoon baking soda
- ¼ teaspoon sea salt
- ¼ teaspoon ground cinnamon

Instructions:

1. Preheat the oven to 350°F and line a baking sheet with parchment paper.
2. In a food processor fitted with an "S" blade, process the walnuts until they have a coarse, crumbly texture.
3. Add the dates, salt, cinnamon, baking soda, vanilla extract, ground flax seeds, water, and apple cider vinegar to the food processor. Process until a sticky dough forms.
4. Add the chocolate chips and pulse briefly to distribute them evenly.
5. Using a tablespoon, drop the dough onto the prepared baking sheet, spacing them about 1½ inches apart. Gently flatten each cookie, as they won't spread much during baking.
6. Bake for 12 minutes, or until the edges are lightly golden.
7. Allow the cookies to cool on the baking sheet for at least 10 minutes before transferring them to a wire rack to cool completely. They will firm up as they cool.

Storage Tip:

- Store the cookies in an airtight container at room temperature for the first day. For longer storage, keep them in the refrigerator and serve chilled for a firmer texture.

Quick Tip:

- Instead of chocolate chips, you can try cacao nibs, raisins, or shredded coconut for a different flavor profile.

NUTRITION FACTS: *per serving*	
Calories:	**156**
Total Fat:	**8g**
Saturated Fat:	**2g**
Cholesterol:	**0mg**
Sodium:	**101mg**
Carbohydrates:	**19g**
Fiber:	**2g**
Protein:	**2g**



DARK CHOCOLATE QUINOA BARK



Yields: ~20 pieces **Tags:** GF, DF, EF, Vegetarian **Prep Time:** 15 minutes
Cook Time: 20-25 minutes **Chill Time:** 15 minutes **Total Time:** ~50 minutes

Ingredients:

- 1 cup uncooked, dry quinoa
- 1 cup mixed nuts, chopped (e.g., pecans, almonds, walnuts, cashews)
- ½ cup honey
- 12 oz dark chocolate, roughly chopped (or dairy-free chocolate if needed)
- ¼ cup raw seeds (e.g., chia seeds, flaxseeds)
- 2 Tablespoons coconut oil
- 2 teaspoons vanilla extract
- Dash of sea salt

Optional Toppings:

- Unsweetened coconut flakes
- Dried cranberries

Instructions:

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper or lightly greased foil.
2. In a small saucepan over medium-low heat, melt the honey and coconut oil. Stir until smooth, then remove from heat and mix in vanilla and salt.
3. In a large bowl, combine the uncooked quinoa, chopped nuts, and seeds. Pour the honey mixture over and stir until everything is evenly coated.
4. Spread the mixture onto the prepared baking sheet in a thin, even layer (about ¼ inch thick). It will spread slightly as it bakes.
5. Bake for 20–25 minutes, or until the quinoa is crisp and golden. The edges may appear darker or slightly browned—this is normal.
6. While the quinoa bark bakes, melt the dark chocolate using a double boiler: place a glass bowl over a pot of simmering water, ensuring the bowl doesn't touch the water. Stir until chocolate is fully melted and smooth.
7. Once the bark is out of the oven, pour melted chocolate evenly over the surface. Immediately sprinkle with your toppings of choice.
8. Transfer the baking sheet to the freezer and chill for 15 minutes, or until chocolate is firm.
9. Break into pieces and store in an airtight container in the fridge for up to 2 weeks.

NUTRITION FACTS: *per serving*	
Calories:	**221**
Total Fat:	**13g**
Saturated Fat:	**6g**
Cholesterol:	**1mg**
Sodium:	**32mg**
Carbohydrates:	**21g**
Fiber:	**4g**
Protein:	**5g**


GREAT
FOR MEAL
PREP!

MINI BANANA CHOCOLATE CHIP FREEZER BITES



Yields: 24 mini bites **Tags:** GF, DF, EF, NF, VG, Vegetarian **Prep Time:** 10 minutes (plus freezing time) **Total Time:** ~3 hours (including freezing)

AIP Adaptation: Use carob chips in place of chocolate chips for an AIP-friendly version. Make sure they are unsweetened and free of non-AIP additives.

Ingredients:

- 6 very ripe large bananas
- ¾ cup mini chocolate chips (dark or semi-sweet)
- ○ For dairy-free/vegan: use Enjoy Life® mini chocolate chips or another certified vegan brand
- 24-cup mini muffin pan
- Coconut oil or non-stick spray (to grease pan)

Instructions:

1. Line a baking sheet with parchment paper. Slice bananas into ½-inch rounds and place flat on the baking sheet. Cover with plastic wrap and freeze for 1½ hours, until firm.
2. Let frozen banana slices sit out for about 5 minutes to slightly soften while setting up your food processor or blender.
3. Transfer banana slices to the food processor and blend until smooth and creamy, scraping down sides as needed.
4. Gently stir in ½ cup of the mini chocolate chips.
5. Lightly grease a mini muffin pan with coconut oil or non-stick spray. Spoon banana mixture into each cup, filling nearly to the top.
6. Sprinkle the remaining ¼ cup chocolate chips on top of each bite.
7. Freeze the muffin pan for at least 1 hour, or until bites are solid.
8. Use a small knife to pop out each bite. Stack in a freezer-safe container, placing parchment paper between layers to prevent sticking.
9. Store in an airtight, freezer-safe container for up to 1 month. Enjoy straight from the freezer or let thaw 1–2 minutes for a softer texture.

NUTRITION FACTS: *per serving*	
Calories:	**94**
Total Fat:	**0g**
Saturated Fat:	**0g**
Cholesterol:	**0mg**
Sodium:	**0mg**
Carbohydrates:	**22g**
Fiber:	**2g**
Protein:	**1g**

LEMON BARS



Yields: 16 bars **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian
Prep Time: 20 minutes **Cook Time:** 30 minutes
Chill Time: 2 hours **Total Time:** 2 hours 50 minutes

Ingredients:

For the Crust:

- ½ cup + 2 Tablespoons cassava flour
- ¼ cup arrowroot starch
- ¼ cup melted coconut oil
- ¼ cup maple syrup
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 2 Tablespoons finely shredded unsweetened coconut
- 1 teaspoon pure vanilla extract (omit for AIP)

For the Lemon Filling:

- 1 cup coconut cream
- ½ cup lemon juice
- 1 teaspoon lemon zest
- ½ cup coconut sugar or maple sugar for AIP
- ¼ cup arrowroot starch
- ½ teaspoon finely grated fresh ginger
- Pinch of ground turmeric (for color, optional)
- Pinch of sea salt

Instructions:

1. *Prepare the Crust:*
   - Preheat your oven to 350°F. Line an 8×8-inch baking pan with parchment paper.
   - In a medium bowl, combine cassava flour, arrowroot starch, shredded coconut, baking soda, and sea salt.
   - Add coconut oil, maple syrup, and vanilla extract to the dry ingredients. Mix until a soft dough forms.
   - Press the dough evenly into the prepared baking pan. Bake for 13–14 minutes, until the edges are lightly golden. Remove from the oven and let it cool while preparing the filling.

2. *Prepare the Filling:*
   - In a small saucepan over medium heat, whisk together lemon juice, lemon zest, coconut sugar, coconut cream, arrowroot starch, grated ginger, turmeric (if using), and sea salt.
   - Continue to whisk constantly until the mixture thickens to a custard-like consistency, about 5–7 minutes.

3. *Assemble and Bake:*
   - Pour the thickened lemon filling over the cooled crust, spreading it evenly.
   - Return the pan to the oven and bake for an additional 15 minutes.
   - Remove from the oven and let it cool to room temperature.
   - Once cooled, refrigerate for at least 2 hours to allow the filling to set completely.

4. *Serve:*
   - Once fully set, use the parchment paper to lift the dessert from the pan.
   - Place on a cutting board and slice into 12 bars.



Storage Tip:

- Store the lemon bars in an airtight container in the refrigerator for up to 5 days. For longer storage, place them in a freezer-safe container and freeze for up to 1 month.

NUTRITION FACTS: *per serving*	
Calories:	**135**
Total Fat:	**7g**
Saturated Fat:	**6g**
Cholesterol:	**0mg**
Sodium:	**65mg**
Carbohydrates:	**19g**
Fiber:	**0g**
Protein:	**0g**

BANANA BREAD



Servings: 8–10 **Tags:** GF, DF, EF, NF, AIP, VG, Vegetarian **Prep Time:** 10 minutes **Cook Time:** 1 hour 30 minutes **Total Time:** 1 hour 40 minutes

Ingredients:

- 3 whole really ripe bananas, mashed
- 1 cup cassava flour
- ½ cup arrowroot flour
- ½ cup coconut flour
- ½ cup chopped walnuts, optional *(omit for NF and AIP)*
- 1 cup apple sauce
- ⅓ cup maple syrup
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract or ¼ teaspoon vanilla powder for AIP
- 2 teaspoon baking soda
- ½ teaspoon baking powder
- ½ cup olive oil

For the egg gelatin:

- 2 Tablespoons gelatin
- ⅓ cup hot water

Instructions:

1. Preheat your oven to 350°F.
2. In a large mixing bowl, combine dry ingredients: cassava flour, arrowroot flour, coconut flour, cinnamon, vanilla powder, baking soda, and baking powder.
3. In a separate bowl, mix wet ingredients: mashed bananas, applesauce, maple syrup, and olive oil until well combined.
4. Gradually add the wet mixture to the dry ingredients, stirring until a smooth batter forms.
5. Prepare the gelatin egg*. In a small bowl, combine 2 tablespoons of gelatin with ⅓ cup of hot water. Whisk until frothy.
6. Add the gelatin mixture to the batter and stir thoroughly.
7. If using, fold in chopped nuts for added texture.
8. Pour the batter into a loaf pan. Bake for 1 hour and 30 minutes, or until a toothpick inserted into the center comes out clean.
9. Allow the banana bread to cool in the pan for 10 minutes, then transfer to a wire rack to cool completely before slicing.

**Recipe Note:*

- When working with gelatin eggs, it's important to move quickly once the gelatin is mixed with hot water. It begins to gel almost immediately, so whisk until frothy and immediately incorporate it into the batter. Waiting too long may cause clumps or affect the final texture of your bread.

Storage Tip:

- Store the banana bread in an airtight container at room temperature for up to 4 days, or refrigerate for up to a week.

NUTRITION FACTS: *per serving*	
Calories:	**277**
Total Fat:	**13g**
Saturated Fat:	**3g**
Cholesterol:	**0mg**
Sodium:	**326mg**
Carbohydrates:	**37g**
Fiber:	**6g**
Protein:	**3g**





FLOURLESS SWEET POTATO BROWNIES

Servings: 16 **Tags:** GF, DF, EF, NF, VG, Vegetarian **Prep Time:** 10 minutes **Cook Time:** 35-40 minutes **Total Time:** 50 minutes

Ingredients:

- 2 medium sweet potatoes (to yield 1 cup mashed)
- 1 ⅓ cups creamy almond butter
- ½ cup pure maple syrup
- ¼ cup unsweetened cocoa powder
- ¼ cup chopped dairy-free chocolate or chocolate chips (optional)

Instructions:

1. Pierce the sweet potatoes with a fork several times. Place them on a microwave-safe dish and microwave for 6–7 minutes until soft. Alternatively, bake in a preheated oven at 400°F for about 30 minutes until tender*. Once cooked and cooled slightly, slice open and scoop out the flesh. Mash the sweet potato until smooth and measure out 1 cup.
2. Preheat the oven to 350°F. Line an 8x8-inch baking dish with parchment paper or lightly grease with coconut oil.
3. In a large mixing bowl, whisk together the almond butter and maple syrup until smooth.
4. Add the unsweetened cocoa powder and stir until fully incorporated. Fold in the mashed sweet potato until the batter is well combined. If using, gently fold in the chopped chocolate or chocolate chips.
5. Pour the batter into the prepared baking dish, spreading it evenly. Bake for 35–40 minutes, or until a toothpick inserted into the center comes out clean.
6. Remove from the oven and allow the brownies to cool in the pan for at least 20 minutes.

Storage Tip:

- Store brownies in an airtight container at room temperature for up to 4 days. For a firmer texture, refrigerate and consume within a week.

**Recipe Note:*

- Microwaving is the quickest method, but roasting the sweet potatoes can enhance their natural sweetness.

NUTRITION FACTS: *per serving*	
Calories:	**143**
Total Fat:	**9g**
Saturated Fat:	**1g**
Cholesterol:	**0mg**
Sodium:	**22mg**
Carbohydrates:	**14g**
Fiber:	**2g**
Protein:	**4g**


GREAT
FOR MEAL
PREP!

FROZEN YOGURT POPSICLES



Yields: 6–8 popsicles **Tags:** GF, EF, NF, Vegetarian **Prep Time:** 10 minutes
Freeze Time: 6 hours or overnight **Total Time:** 10 minutes + freeze time

AIP Adaptation: To make this recipe dairy-free and AIP-compliant, substitute the Greek yogurt with a thick, unsweetened coconut yogurt (look for one with no added gums or sugars for strict AIP). Omit the vanilla extract and use alcohol-free vanilla powder, or simply skip it. You can also replace honey with maple syrup if preferred.

Ingredients:

- 12 ounces plain Greek yogurt (2% or 4% milk fat)
- 2 cups mixed berries, fresh or frozen
- ¼ cup honey
- 1 teaspoon vanilla extract

Instructions:

1. In a blender or food processor, combine Greek yogurt, berries, honey, and vanilla extract. Blend until smooth. For a chunkier texture, pulse the mixture and leave some whole berries intact. Taste and adjust sweetness if needed by adding a bit more honey.
2. Pour the mixture into popsicle molds, leaving a small amount of space at the top to allow for expansion during freezing.
3. Insert popsicle sticks and freeze for at least 6 hours, or preferably overnight, until fully frozen.
4. To release the popsicles, run warm water over the outside of the molds for a few seconds.

Storage Tip:

- Store any remaining popsicles in the molds or transfer to a freezer-safe bag or container for up to 2 months.

NUTRITION FACTS: *per serving*	
Calories:	**110**
Total Fat:	**1g**
Saturated Fat:	**1g**
Cholesterol:	**6mg**
Sodium:	**25mg**
Carbohydrates:	**20g**
Fiber:	**1g**
Protein:	**6g**

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”

SOCRATES

CHAPTER 13

MY HEALING PLATE METHOD



While I know you'll enjoy the recipes provided in this book, I also wanted to include the method that has helped me step out of the "dieting" mindset and into a "lifestyle" mindset. This is a **repeatable, flexible system** for incorporating healing into every plate. After all, inflammation doesn't thrive by accident—it thrives on imbalance, inconsistency, and guesswork.

The anti-inflammatory meal system that adapts to your body, lifestyle, and personal goals.

My Healing Plate Method gives you a proven structure to restore balance through nutrition that supports your energy, hormones, digestion, and overall healing.

This method is rooted in science but designed for real life. Whether you're trying to reduce chronic symptoms, balance your mood and hormones, or simply feel good in your skin again—this system empowers you to **create meals with intention**. No more confusion. No more extremes. Just nourishment that works with your body, not against it.

Why I Created This Method

I created the **My Healing Plate Method** to ignite your creativity and help you build nourishing meals using powerful, healing ingredients. This method empowers you to **listen to your body**, understand how you respond to different foods, and confidently create meals that support your personal wellness journey.

It's not about rigid rules (which is common in many diets today!) Instead, it's about equipping you with the tools to make **intuitive, nourishing choices**. Once you understand the method, there will be no limit to the number of healing recipes you can create. You'll feel inspired, motivated, and more connected to your healing path.

This is your opportunity to **reclaim your health, one plate at a time**, while staying connected to what brings you joy: familiar flavors you already love, and many new ones waiting to be discovered through ingredients you've never tried before. Because after this, every meal will be crafted with **purpose, love, and balance**.

MY HEALING PLATE FORMULA



Each meal should include:

☑ **1 Protein**
☑ **1 Healthy Fat**
☑ **2–3 Veggies or Greens**
☑ **1 Smart Carb** *(optional, based on your activity level and goals)*
☑ **Flavor Boosters** *(herbs, spices, citrus, fermented foods)*

How do I determine the amount of each macro I need per day? Check out the formulas below.

Macronutrient Formula (per kg body weight)

Macronutrient	Formula
Protein	2-2.1g/kg per day
Fats	1.0-1.1g/kg per day
Carbohydrates	0.8-1g/kg per meal (optional)

Not a math person? Don't worry—we've included portion guides below!

Quick Macro Reference by Body Weight

Weight	Protein	Fats	Carbs *(per meal)*
45 -50 kg (99-110 lbs)	90-105g/day	45-55g/day	36-50g/meal
50-60 kg (110-132 lbs)	100-126g/day	50-66g/day	40-60g/meal
60-70 kg (132-154 lbs)	120-147g/day	60-77g/day	48-70g/meal
70-80 kg (154-176 lbs)	140-168g/day	70-88g/day	56-80g/meal
80-90 kg (176-198 lbs)	160-189g/day	80-99g/day	64-90g/meal

HOW TO PERSONALIZE YOUR HEALING PLATE

(Based on Weight & Activity Level)



You've probably noticed that the macro ranges above are quite broad, and that's intentional. Your body's needs aren't static; they shift depending on your lifestyle, health goals, and activity levels.

So, how do you know **whether to use the lower or upper end of the range**?

Start by identifying your current goal:

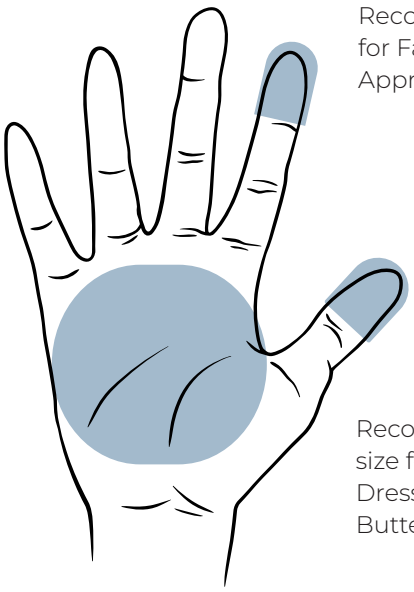
- **Weight Loss/Healing**: Stick to the **lower end** of your carb range, and choose **moderate amounts** of protein and fat to support satiety, blood sugar balance, and inflammation reduction.
- **Maintenance/Balanced Energy**: Use **moderate levels** of protein, fat, and smart carbs across the board. Focus on a well-rounded plate that sustains energy and fuels your day.
- **Muscle Building / Active Lifestyle**: Your body will benefit from the higher end of protein and carb intake to support strength, recovery, and endurance.

It's also important to remember that protein and carbs are calorically equivalent, which means that they each supply 4 calories per gram. When it comes to determining the macronutrient ratios you need, swapping 1 gram of protein and 1 gram of carbohydrate will deliver the same number of total calories in that meal. However, protein and carbohydrates have very different functions in the body and within your overall health goals. For women, particularly, getting enough protein is crucial to maintain lean muscle mass, especially as we age. With that said, feel free to interchange carbs for protein, but be mindful when interchanging proteins for carbs–your body needs the immune-fighting and muscle-building functions of protein!

Use the Quick Macro Reference chart above to estimate your daily targets based on your weight, then adjust based on where you are in your healing or performance journey. Remember, individual needs may vary, and this advice may not be exact for everyone. Seek out personalized advice for any specific questions you have.

VISUAL "HANDY" PORTION GUIDE:

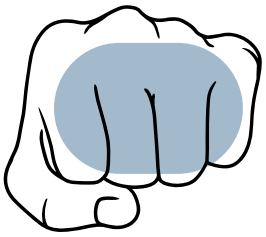
- 1 cup = Your clenched fist
- ½ cup = The front closed fist
- 1 Tbsp = Your thumb tip
- 3–4 oz = The palm of your hand (without fingers)
- 1 tsp. = Your index tip



Recommended size for Fats and Oils: Approx. 1 tsp

Recommended size for Spreads, Dressings or Nut Butters = 1 Tbsp

Recommended size for Proteins: Approx. 3–4 oz.



Recommended size for Carbs like Rice, Pasta, Potatos, Beans: Approx. 1/2 cup



Recommended size for Veggies (Non-Leafy) Like Broccoli and Carrots = Approx. 1 cup

Disclaimer
Everyone's hands (and goals) are unique. Use this chart as a simple starting point, and adjust portions according to your own body and health journey.

MY HEALING PLATE GUIDE: PROTEIN



Protein is the foundation of your healing plate. It helps build and repair muscles, supports your immune and hormone systems, and keeps you feeling full and satisfied.

Target: Aim for 4-6 oz of cooked protein (or 35–40g protein) per meal.

Protein Source	Serving Size
Wild-caught salmon	4-6 oz (115-170g)
Organic chicken or turkey	4-6 oz
Pasture-raised eggs	2 whole
Grass-fed beef (if tolerated)	4-5 oz
Tofu or tempeh	½ cup (100–150g)
Lentils / Chickpeas	¾–1 cup cooked
Quinoa	¾ cup cooked *(also a complete plant protein!)*
Nuts & seeds	¼ cup or 2 tbsp nut butter
Greek yogurt, unsweetened (if tolerated)	¾ cup

Quick Macro Reminder (per kg body weight):

- Protein: 2-2.1g
- Example – If you weighed 60kg, here's how you would calculate your needs:
  - 60kg x 2g/kg = **120g**
  - 60kg x 2.1g/kg = **126g**
  - So, your protein needs range from **120-126g per day**!

Now, try calculating yours below!
Weight: _____ kg
Protein: _____ kg x 2.0 = _____ g (lower range)
Protein: _____ kg x 2.1 = _____ g (upper range)

MY HEALING PLATE GUIDE: HEALTHY FATS



Healthy fats are essential for hormone balance, brain function, nutrient absorption, and keeping you full. They also help regulate inflammation—when you choose the right ones.

Target: Aim for 1–2 servings of healthy fats per meal (~15-20g fat).

Fat Source	Serving Size
Avocado	¼–½ fruit
Extra virgin olive oil	1 Tbsp
Avocado oil	1 Tbsp
Coconut oil	1 Tbsp
Nuts	¼ cup
Seeds (flax, chia, sunflower)	2 Tbsp
Tahini or nut butter	1 Tbsp
Grass-fed ghee or butter	1 Tbsp
Greek yogurt, unsweetened (if tolerated)	¾ cup

Quick Macro Reminder (per kg body weight):

- Fat: 0.9g/kg-1.0g/kg
- Example – If you weighed 60kg, here's how you would calculate your needs:
  - 60kg x 1.0g/kg = **60g**
  - 60kg x 1.1g/kg = **66g**
  - So, your fat needs range from **60-66g per day**!

Now, try calculating yours below!
Weight: _____ kg
Fats: _____ kg x 1.0 = _____ g (lower range)
Fats: _____ kg x 1.1 = _____ g (upper range)

MY HEALING PLATE GUIDE: VEGGIES & GREENS



Vegetables and leafy greens are the cornerstone of an anti-inflammatory diet. They provide antioxidants, fiber, vitamins, minerals, and phytochemicals that support gut health, immunity, and detoxification.

Target: You can have as many as you like! However, aim for at least 2-3 servings of non-starchy vegetables at each meal, totaling around 2 cups.

Veggies & Greens (unlimited!)

- Leafy Greens (spinach, kale, arugula, chard, romaine)
- Cruciferous (broccoli, cauliflower, Brussels sprouts)
- Bell peppers, carrots, beets, zucchini, eggplant
- Mushrooms, onions, leeks
- Garlic & ginger (bonus anti-inflammatory power!)

MY HEALING PLATE GUIDE: SMART CARBS



Smart carbs are rich in fiber, vitamins, and minerals that help fuel your body, support digestion, and keep blood sugar levels stable. They're optional and should be adjusted based on your energy needs and health goals. Target: Aim for ½–1 cup cooked per meal, or 1 slice of a clean, sprouted bread.

Carbohydrate Source	Serving Size
Sweet potato	½–1 cup cooked
Quinoa or brown rice	½–1 cup cooked
Gluten-free oats	½–1 cup cooked
Squash or pumpkin	½–1 cup cooked
Plantains or bananas	1 small
Buckwheat	½ cup cooked
Chickpeas / Beans	½–¾ cup cooked
Sprouted grain bread	1 slice
Greek yogurt, unsweetened (if tolerated)	¾ cup

Quick Macro Reminder (per kg body weight):

- Carbohydrates: 0.8–1g/kg per meal (optional)
- Example – If you weighed 60kg, here's how you would calculate your needs:
  - 60kg x 0.8g = **48g**
  - 60kg x 1g = **60g**
  - So, your carb needs range from **48–60g per meal**!

Now, try calculating yours below!

Weight: _____ kg
Carbs: _____ kg x 0.8 = _____ g (lower range)
Carbs: _____ kg x 1.0 = _____ g (upper range)

MY HEALING PLATE GUIDE: FLAVOR BOOSTERS



Flavor boosters do more than make your meals taste amazing—they also support digestion, immunity, and inflammation reduction. These add-ins are rich in polyphenols, antioxidants, and healing compounds that work synergistically with your core meal components.

Target: Aim to include at least 1-2 flavor boosters at each meal.

Booster Type	Serving Size	Examples / Benefits
Fresh Herbs	2–3 Tbsp chopped	Cilantro, parsley, basil, thyme, rosemary, mint – rich in antioxidants
Spices	¼–½ tsp (dried)	Turmeric, cinnamon, ginger, cumin – anti-inflammatory and warming
Citrus	1–2 Tbsp juice or zest	Lemon or lime juice, zest – supports digestion and detox
Aromatics	½–1 clove or small portion	Garlic, ginger, shallots – anti-inflammatory, immune support
Fermented Foods	1–2 Tbsp	Kimchi, sauerkraut, miso, plain yogurt – gut health and probiotic support
Vinegars	1 Tbsp	Apple cider, balsamic, red wine – supports digestion and blood sugar control

Quick Tips to Elevate Your Healing Meals

- Eat the Rainbow: More colors = more nutrients
- Don't fear fat: Healthy fats are your bestie! They help absorb nutrients and keep you full. Avocados, olive oil, nuts, yes please!
- Flavor = Function: Add fresh herbs, garlic, ginger, citrus, and fermented foods.
- Spice it Up: Don't be afraid of bold flavors.
- Cook smart: Use heat-stable oils, like avocado oil, coconut oil, tallow, or ghee for high heat; olive oil is perfect for moderate heat and finishing.
- Avoid inflammatory seed oils (canola, soybean, corn, vegetable blends).

MY HEALING PLATE GUIDE: MIX & MATCH MEAL IDEAS



Use the following examples to build your meals using the Healing Plate Method. These balanced combinations provide protein, healthy fats, fiber-rich veggies, and smart carbs—all while keeping inflammation in check.

Breakfast Ideas

- 2 eggs + sauteed spinach + ½ avocado + ½ cup roasted sweet potato
- ¾ cup unsweetened Greek yogurt + ¼ cup berries + 2 Tbsp chia seeds + cinnamon
- Chia pudding made with almond milk + 1 sliced banana + 2 Tbsp walnuts

Lunch Ideas

- 100g grilled chicken + 1 cup roasted broccoli + 1 Tbsp tahini + ½ cup quinoa
- Lentil salad with cucumbers, tomatoes, fresh herbs + olive oil dressing + 1 slice sprouted bread
- Salmon bowl with 100g salmon + ½ cup cauliflower rice + ¼ avocado + greens + 2 Tbsp sauerkraut

Dinner Ideas

- 120g wild salmon + 1.5 cups mixed greens + 1 tbsp olive oil + ½ cup mashed cauliflower
- 120g ground turkey + sauteed zucchini + 1 cup roasted carrots + ½ cup brown rice + 1 Tbsp ghee
- 120g tofu + ½ avocado + mixed greens + ½ cup quinoa + 2 Tbsp kimchi

PRINT OUT TEMPLATE:



Create Your Own Healing Plate

Use this page to calculate your daily needs, plan meals, prep ideas, and personalize your anti-inflammatory day using the **My Healing Plate Method™**.

Pair this activity with your bonus printable recipe cards and our hand-illustrated healing ingredient stickers. The stickers are ready to use—just print, cut*, and stick! Use them to decorate your recipe creations, track your favorites, and build a collection of healing plates that are as beautiful as they are nourishing.

Want to celebrate your creativity with others? We'd love to see what you've made! Share a photo or video of your healing plate—or your personalized recipe cards featuring your signature plate—in our online community, **Her Healing Circles**. You'll find details on how to connect in the Bonus Resources section.

Step 1: Calculate Your Daily Macronutrient Needs

Weight: _____ kg
Protein: _____ kg x 2.0 = _____ g (lower range)
Protein: _____ kg x 2.1 = _____ g (upper range)
Fats: _____ kg x 1.0 = _____ g (lower range)
Fats: _____ kg x 1.1 = _____ g (upper range)
Carbs (optional): _____ kg x 0.8 = _____ g (lower range)
Carbs (optional): _____ kg x 1.0 = _____ g (upper range)

Step 2: Design Your Plate

SIGNATURE PLATE NAME: _____

Protein *(circle or write):*
Wild salmon / Chicken / Grass-fed beef / Eggs / Tofu / Quinoa / _____

Serving Size: _____ oz / _____ cup

Healthy Fat: *(circle or write):*
Avocado / Olive oil / Coconut oil / Avocado oil / Chia seeds / Tahini / _____

Serving Size: _____ tbsp / _____ cup

Veggies *(choose 2–3):*
Spinach / Broccoli / Mushrooms / Bell peppers / _____

Serving Size:

Veggie 1: _____

Veggie 2: _____

Veggie 3: _____

Smart Carb (optional):
Sweet potato / Brown rice / Quinoa / Chickpeas / Oats / Sprouted Bread _____

Serving Size: _____ cup

Flavor Boosters *(choose 1–2):*
Garlic / Ginger / Lemon / Fresh herbs / Ferments / _____

YOUR PATH FORWARD...



You made it—to what many might call the end of this book. But I see it differently. This isn't an ending at all. This is your beginning**.** Your moment to rise above and reclaim your power, taking control of your health and life. It's an invitation to step into the life you've been waiting for... the life you were created for—*and the one you truly deserve to live.*

Throughout these pages, we've explored the science of inflammation, discovered how food can be medicine, and learned that healing isn't just about what's on your plate—it's about honoring the fullness of who you are. We've talked about the interconnected nature of your physical, emotional, and spiritual well-being, because true healing happens when we stop compartmentalizing our pain and start embracing our wholeness.

You now have 120 anti-inflammatory recipes and My Healing Plate Method™ that will serve you for years to come. But more than recipes and meal plans, you have something far more powerful—you have *knowledge*. Knowledge of your body's language. Knowledge of what serves you and what doesn't. Knowledge that you are not broken, and you don't need fixing. You need nourishment. And, inevitably, as you continue your journey, you'll gain even more insights guiding the next step of your healing journey.

I want you to remember something as you close this book and step into your kitchen: **Perfect doesn't exist**, and it certainly doesn't heal. Instead (and when in doubt), keep things simple and stick with consistency and give yourself heaps of self-compassion. Healing happens when you show up for yourself, meal after meal, choice after choice, and with love instead of judgment.

Some days, you'll create a beautiful healing plate bursting with color and intention. Other days, you may simply grab something simple and quick because, well, life. Both are okay. Both are part of your journey. What matters the most is that you keep going, keep listening, and keep honoring what your body is telling you.

Your symptoms aren't your fault, but your healing is entirely within your control. Every meal is a chance to choose differently. Every day is an opportunity to write a new story. And every small step you take—whether it's adding turmeric to your morning tea, trying a new vegetable, or simply sitting down to eat without distractions—is a victory worth celebrating.

I know it might feel overwhelming sometimes. I know there will be days when you doubt whether this is working, whether you're strong enough, or even whether healing is actually possible for you. On those days, I want you to remember that your body is always working for

you, never against you. Every cell in your body is designed to heal, to regenerate, to thrive. Your job isn't to force that healing—it's to create the conditions where healing can unfold naturally.

And you're not walking this path alone. In **Her Healing Circles**, you'll find a community of women who understand your journey because they're on it too. Women who will celebrate your victories, hold space for your struggles, and remind you of your strength when you forget. Because when we heal, we don't just transform our own lives—we create ripples of healing that touch our families, our communities, and the world.

Your healing starts now. This is your time. This is your journey. This is your life to reclaim.

The recipes in this book will nourish your body. The knowledge you've learned will guide your choices. But your courage—your willingness to believe in your body's wisdom and your own power to heal—that's what will transform everything.

Welcome to the beginning of the rest of your life. I can't wait to see you flourish.

With love and endless faith in your transformation journey,

Laura Chacón

P.S. Remember to join our Her Healing Circles *community—one of the treasured bonuses included in this book. We're waiting for you!*

SHARE THE LOVE.
JOIN THE MOVEMENT!

If this book has inspired your healing journey, offered new insights, or helped you in any way, would you take a moment to leave a review on Amazon?

Your review isn't just feedback—it's fuel for a movement. Every word you share helps another person find this book, step into our community, and begin their own transformation.

It only takes a minute, but your voice can spark a chain of healing—one person at a time.

Share your thoughts by visiting the book's page here:

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Select a star rating and write your review. You may also add photos or videos if you wish.

When finished, click Submit. A green check mark will confirm that your review was successfully submitted.

DOWNLOAD YOUR FREE GIFT BUNDLE



YOUR HEALING JOURNEY DOESN'T END HERE... IT'S JUST BEGINNING!

As a special thank-you for purchasing my book, I've created a beautiful collection of seven (7) healing tools designed to help you:

Deepen your healthy lifestyle

Connect with like-minded women

Feel supported every step of the way

YOUR HEALING BUNDLE INCLUDES:

1. **Exclusive Online Access to Her Healing Circles**
   A private community where you can ask questions, share your story, and find daily motivation. Your path to transformation feels lighter when you're not alone.

   Follow me everywhere for book releases, workout videos, and Blue Zone–inspired recipes: linktr.ee/LauraChaconOfficial

2. **Extended Digital Edition: The Science-Backed Anti-Inflammatory Diet Cookbook for Women (Downloadable eBook)**
   This is the book exactly as I originally wrote it — a complete 360-page edition filled with extra resources, full-page photos of every recipe, additional chapters, and in-depth content to expand your knowledge and inspire you to keep becoming the best version of yourself.

   (This version couldn't be printed due to production costs, but it's my gift to you!)

3. **The 7 Pillars of Lifestyle Medicine (Downloadable eBook)**
   An invaluable resource to discover how movement, sleep, connection, and more can heal—not just your body, but your entire life. Lifestyle Medicine is one of the core pillars of my programs to nurture a healthy body, mind, and spirit.

4. **The Mini Apothecary: Top 3 Anti-Inflammatory Herbs & Spices Guide!**
   Discover my top 3 anti-inflammatory ingredients that everyone should keep in their kitchen. Plus, enjoy a signature Costa Rica Blue Zone–inspired Tea Recipe — a cherished blend rooted in my family's traditional natural remedies, crafted with these same three healing ingredients.

5. **The Anti-Inflammatory Spices & Ingredients Guide with AIP (Auto-Immune Protocol) Support**
   Take a deeper dive into your kitchen and uncover the powerful healing properties hidden inside your spice cabinet. You'll also discover new favorite herbs and everyday ingredients you can easily add to your recipes for flavor and wellness.

6. **The Anti-Inflammatory Symptom & Relief Chart**
   One of the most valuable resources you'll have at hand—covering 5 of the most common symptoms and the natural relief strategies to help ease them.

7. **Printable Recipe Cards & Hand-Illustrated Ingredients Stickers Set**
   The recipe cards and hand-illustrated ingredients stickers you'll find here are the perfect companions for My Healing Plate — or for your own kitchen creations. They're a fun and inspiring way to celebrate healthy food; while serving as a gentle daily reminder to keep loving yourself and those you care for through nourishing meals.



IF YOU'RE READING THIS, IT MEANS YOU'VE ALREADY UNLOCKED YOUR BONUSES.

Let these resources be your next step toward a life of healing, transformation, and purpose.

If you have any questions or need assistance, please email Hello@HerHealingCircles.com.
Your information is safe. No spam—just support.

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