

Anti-Inflammatory Meals

These anti-inflammatory meals have nutrients that contain properties which are known to ease inflammation and fight chronic disease.



Grocery List



29 ingredients

FRUITS

- 4 Avocado
- 6 Lemon

BREAKFAST

- 1 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 1 1/3 tbsps Cinnamon
- 1 1/3 tbsps Dried Thyme
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 2 tsps Paprika
- 2 cups Pecans
- 1 cup Pumpkin Seeds
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tbsps Turmeric

VEGETABLES

- 12 cups Asparagus
- 16 cups Baby Spinach
- 4 Beet
- 10 cups Brussels Sprouts
- 8 Carrot
- 2 heads Cauliflower
- 2 Garlic
- 1 cup Radishes
- 4 Sweet Potato

BREAD, FISH, MEAT & CHEESE

- 2lbs Chicken Breast
- 2lbs Extra Lean Ground Chicken
- 2 1/2 lbs Salmon Fillet

CONDIMENTS & OILS

- 1/4 cup Dijon Mustard
- 2 1/8 cups Extra Virgin Olive Oil

OTHER

- 4 Cedar Plank



One Pan Chicken, Golden Cauliflower & Carrot Fries



7 ingredients



40 minutes



8 servings

DIRECTIONS

1. Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
2. Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
3. Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
4. Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
5. Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
6. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
7. Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

NOTES

Low FODMAP

Use zucchini instead of cauliflower

INGREDIENTS

- 8 Carrot (medium)
- 2 heads Cauliflower
- 3/4 cup Extra Virgin Olive Oil (divided three ways)
- 2 lbs Chicken Breast
- 1 1/3 tbsps Dried Thyme
- 1 1/3 tbsps Turmeric (powder)
- 1/2 tsp Sea Salt

NUTRITION

		Amount per serving
Calories	382	Cholesterol 82mg
Fat	24g	Sodium 286mg
Carbs	14g	Vitamin A 10244IU
Fiber	5g	Vitamin C 75mg
Sugar	6g	Calcium 70mg
Protein	29g	Iron 3mg



Cedar Planked Salmon with Grilled Asparagus



12 ingredients



30 minutes



8 servings

DIRECTIONS

1. Ensure your cedar plank has been soaked for at least 4 hours and review the safety notes below.
2. Toss asparagus in olive oil, salt and pepper to taste and set aside.
3. In a bowl, mix together maple syrup, garlic powder, onion powder, paprika, salt and pepper. Place salmon fillets in the bowl and coat evenly with the marinade.
4. Preheat grill on high heat. Grill asparagus for 2 to 3 minutes until tender. Set aside.
5. Reduce to medium heat and place soaked plank on grill for about 3 minutes or until it begins to crackle and smoke.
6. Flip the plank over and place salmon fillets on top, then layer the lemon slices on top of the salmon. Place the ends of the lemon on the plank as well, cut side down. Reduce heat to low, close lid and cook until salmon flakes easily, about 15 to 20 minutes. Baste with leftover marinade at halfway mark.
5. Divide asparagus onto plates. Squeeze lemon over salmon, serve and enjoy!

NOTES

Safety First

Do not let your barbecue go above 350°F (177°C) as the plank may catch fire. Have a spray bottle of water on hand in case of flare-ups.

No Asparagus

Replace with any other grilled veggies.

No BBQ

Soak plank at least 4 hrs and brush with oil. Preheat oven to 350°F (177°C) and bake salmon on the plank until it flakes easily, about 15 to 20 minutes.

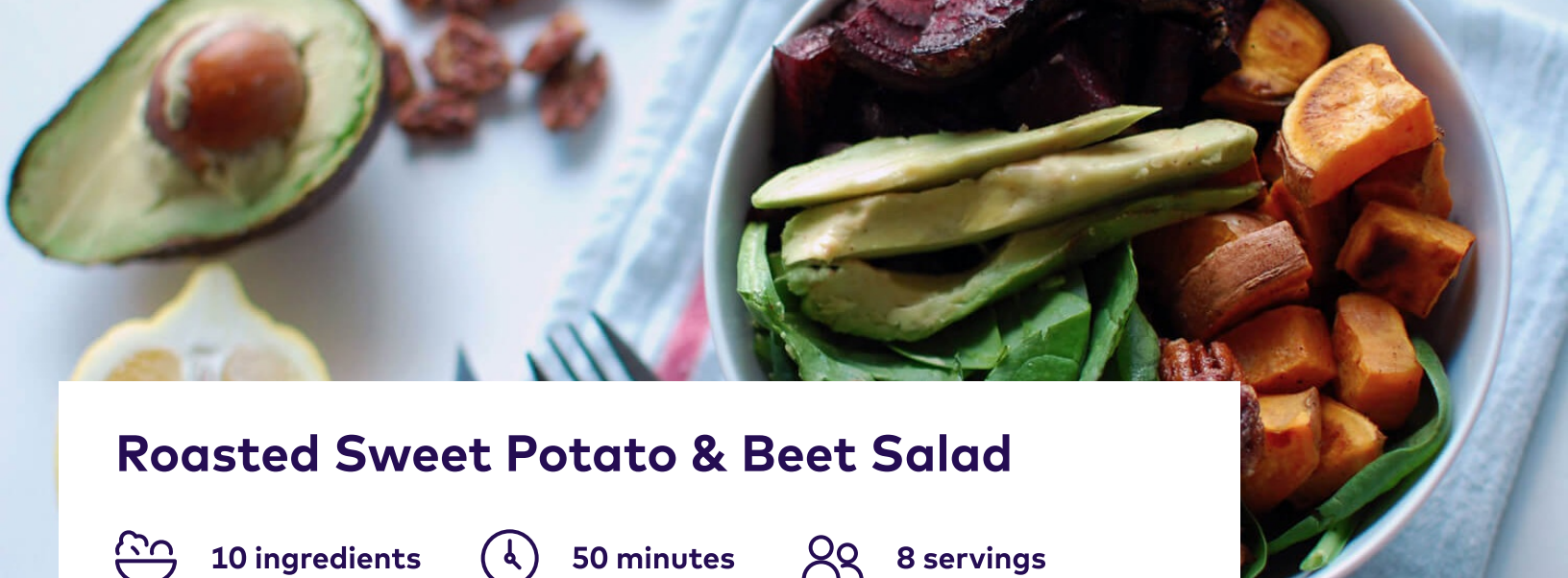
INGREDIENTS

- 4 Cedar Plank
- 12 cups Asparagus (woody ends snapped off)
- 1/4 cup Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Maple Syrup
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 2 tsps Paprika
- 2 tsps Sea Salt
- 1 tsp Black Pepper
- 2 1/2 lbs Salmon Fillet
- 4 Lemon (sliced into rounds)

NUTRITION

Amount per serving

Calories	362	Cholesterol	78mg
Fat	16g	Sodium	660mg
Carbs	24g	Vitamin A	1861IU
Fiber	5g	Vitamin C	21mg
Sugar	17g	Calcium	90mg
Protein	33g	Iron	6mg



Roasted Sweet Potato & Beet Salad



10 ingredients



50 minutes



8 servings

DIRECTIONS

1. Preheat the oven to 375°F (191°C) degrees.
2. Line a baking sheet with parchment paper. Toss sweet potato and beet sticks with half the olive oil, half the maple syrup, cinnamon, sea salt, and pepper. Bake for 40 to 45 minutes until slightly browned.
3. In the mean time, make the dressing by combining the remaining olive oil with the lemon juice. Set aside.
4. Put pecans in a frying pan over medium heat and stir until toasted. Add remaining maple syrup. Stir until pecans are well coated. Continue to stir until pecans become very sticky. Remove from heat and spread across a piece of wax paper. Break apart into pieces when dry.
5. When sweet potato and beets are finished, toss spinach in lemon & oil dressing and put a handful on each plate. Top with roasted beets and sweet potatoes. Garnish with avocado and maple pecans.

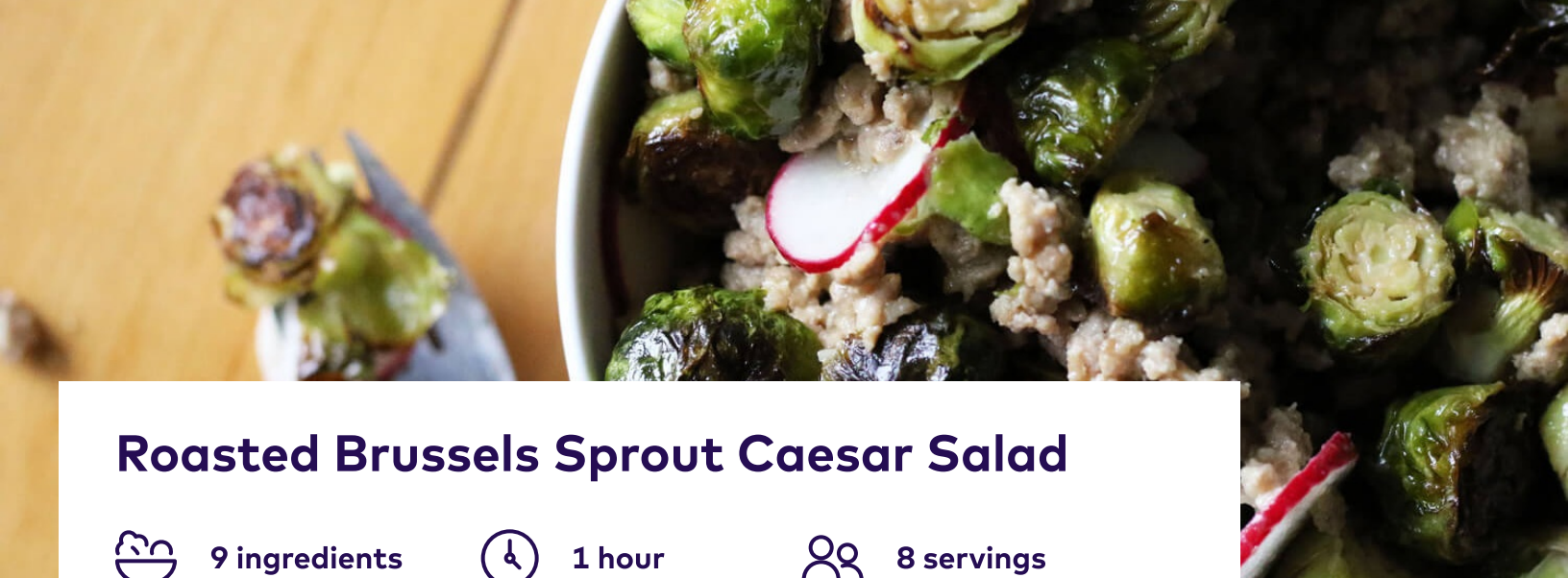
INGREDIENTS

- 4 Beet (sliced into 1 inch sticks)
- 4 Sweet Potato (sliced into 1 inch sticks)
- 1/2 cup Extra Virgin Olive Oil (divided)
- 1/2 cup Maple Syrup (divided)
- 1 1/3 tbsps Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1 Lemon (juiced)
- 2 cups Pecans
- 16 cups Baby Spinach
- 4 Avocado (sliced)

NUTRITION

Amount per serving

Calories	595	Cholesterol	0mg
Fat	46g	Sodium	125mg
Carbs	46g	Vitamin A	15026IU
Fiber	14g	Vitamin C	33mg
Sugar	20g	Calcium	149mg
Protein	8g	Iron	4mg



Roasted Brussels Sprout Caesar Salad



9 ingredients



1 hour



8 servings

DIRECTIONS

1. Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
2. Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussels sprouts and let the garlic cook for another 15 minutes.
3. Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
4. Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

NOTES

Leftovers

Store in the fridge in an airtight container up to three days.

Save Time

Cook the ground chicken and make the roasted garlic dressing in advance.

No Extra Lean Ground Chicken

Use any other type of ground meat instead.

Vegan & Vegetarian

Use cooked lentils instead of ground meat.

INGREDIENTS

2 lbs	Extra Lean Ground Chicken (cooked)
10 cups	Brussels Sprout (halved)
1 cup	Radishes (sliced)
1 cup	Pumpkin Seeds
2/3 cup	Extra Virgin Olive Oil
2	Garlic (whole head)
1	Lemon (juiced)
1/4 cup	Dijon Mustard
	Sea Salt & Black Pepper

NUTRITION

Amount per serving

Calories	446	Cholesterol	98mg
Fat	33g	Sodium	187mg
Carbs	14g	Vitamin A	831IU
Fiber	6g	Vitamin C	98mg
Sugar	3g	Calcium	68mg
Protein	27g	Iron	5mg