Your Complete Guide:

The Anti-Inflammatory Diet

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Anti-Inflammatory Grocery List

Protein:

- Free Range Natural Eggs
- Free Range Chicken
- Grass fed beef
- Pork
- Wild Caught Salmon
- Wild Caught Shrimp
- Wild Caught White fish
- Wild Caught Tuna

Carbs, Fruits & Veggies:

- Sweet potato
- Squash
- Zucchini
- Cauliflower
- Green beans
- Mushrooms
- Asparagus
- Brussel sprouts
- Bell peppers
- Broccoli
- Leafy greens: kale, spinach, arugula
- Apples
- Bananas
- Berries
- Grapefruit
- Watermelon
- Plums
- Dried cranberries/dates
- *Most fruits & veggies fit well, but should be organic based protein powders)
- Fresh herbs

Fats:

- Avocado,
- Oils (olive, coconut avocado)
- Nuts (no peanut)
- Seeds
- Nut butter (no peanut)

Snacks/Other:

- RX Bars (protein bar)
- Coconut milk

Helpful Tips & Guidelines

**Eat snacks if hungry, not necessary to have them especially if work involves hours of sitting.

*Meal replacement shake – Whey/dairy, soy, grain, sugar free. From natural sources.

Good for you anti-inflammatory foods:

- **Vegetables** – especially dark green ones – frozen is fine
- **Fruit** – in small amounts
- **Meat** – Grass fed is best – keep in mind, if the animal ate grains and got injected with steroids and medicine you are consuming that too.
- **Fish** – Wild caught is best – farm raised fish is no good for the fish or us.
- **Eggs** – free range organic is best – bleached eggs = processed eggs
- **Seeds** – Good for a filler, but don't overdo it, they contain lots of good fat that can become bad fat when consumed in large quantities
- **Nuts** – but no peanuts; same guidelines as seeds, derivatives such as sunflower seed & almond butter are great too
- **Yams** – In small amounts, especially if trying to lose weight.
- **Oils/butters –** Coconut, avocado, olive, in small amounts for dressings, baking & cooking

Not good for you inflammatory foods:

- **Sugar** - and anything that contains it
- **Soy** - and anything that contains it
- **Gluten** - and anything that contains it
- **Dairy products** – and anything that contains any – Including Whey!
- **Grain** – and anything that contains it – this includes **ANY** type of bread or pasta
- **Corn –** it is not a vegetable, it's a grain
- **Alcohol** – Even one ounce significantly decreases testosterone levels
- **Processed foods**
- **Packaged foods**
- **Fried foods**
- **Imitation foods and fruits –** ex. crab meat, grapples, fruit snacks, etc.

Fluids:

- **Water – consume twice the body weight in ounces daily**
- **Coffee and tea are fine with no sugar or cream**
- **Kombucha tea**

Breakfast Recipes

Grain-Free Apple Pie Pancakes

INGREDIENTS

- 1 tablespoon coconut oil
- 2 cups of diced apples (about 2 medium apples)
- 2 teaspoons cinnamon
- 4 eggs
- 1 cup almond milk
- 1-2 tablespoons pure raw honey
- 1 teaspoon pure vanilla extract
- ½ cup coconut flour
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- pinch of nutmeg
- pinch of sea salt
- 3 tablespoons additional almond milk
- 3 tablespoons coconut oil
- 2 tablespoons pure maple syrup (or pure raw honey)
- additional coconut oil

INSTRUCTIONS

1. Melt 1 tablespoon of coconut oil over medium heat in a skillet.
2. Add in the diced apples and cinnamon.
3. Cook until apples are soft, about 5-8 minutes
4. While apples are cooking, mix your pancake ingredients by combining eggs, milk, honey, and vanilla and then adding in coconut flour, baking soda, cinnamon, nutmeg and salt.
5. When the apples are done cooking, fold half of the apple mixture into the pancake batter and stir.
6. Add to the apples left in the skillet, the 3 tablespoons milk, coconut oil and maple syrup and stir until oil is melted. Set aside this apple pie topping until the pancakes are finished cooking.

To cook your pancakes:

1. Pour the pancake batter onto a well-greased skillet turned to medium low in your desired pancake size. Smaller pancakes (about 3 inches wide) are easiest to flip.
2. Once bubbles appear over the top of the pancakes, it's time to flip.
3. Flip and continue cooking for about 1 minute or until both sides are golden brown.
4. Serve with apple pie topping, enjoy!

Berry Breakfast Muffins

INGREDIENTS

- 2 tablespoons melted coconut oil
- 1 tablespoon honey
- ½ cup unsweetened apple sauce
- eggs
- 1 teaspoon vanilla
- ½ cup cashew or almond milk
- 2½ cups almond flour
- 2 tablespoons coconut flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup mixed blackberries and raspberries, or fruit of choice

INSTRUCTIONS

1. Preheat oven to 350° and line a muffin tin with 12 liners.
2. In a large bowl, mix the coconut oil, honey, applesauce, eggs, vanilla, and cashew milk. Stir until fully combined.
3. Add in the almond flour, coconut flour, baking powder, and salt.
4. Stir until just combined and no chunks are left.
5. Evenly distribute between the 12 muffin tins.
6. Push berries in on top and bake for 20-22 minutes.
7. Can be stored 1 day on the counter, any longer store in the fridge.

Eggs Benedict

INGREDIENTS

- Raw sweet potatoes, peeled and diced small
- Eggs (4 poached eggs, plus 4 egg yolks to make the sauce)
- Pre-cooked sausage links, sliced lengthwise
- Red onion
- Garlic clove
- Olive Oil
- Salt & pepper
- Chives

Paleo Hollandaise Sauce

- 4 egg yolks
- 1tbs lemon juice
- 1/4 tsp salt
- 1/8 tsp cayenne pepper
- 1/2 cup ghee (warmed)

INSTRUCTIONS

1. Peel raw sweet potatoes and chop into bite-size pieces
2. Cut red onion into small wedges
3. Mince or press 1 clove of garlic
4. Split 4 links of pre-cooked sausage lengthwise
5. Toss all the veggies and sausage with 1-2tbs of olive oil to coat
6. Spread them all out on a lined baking sheet
7. Season with salt and pepper, Sprinkle with any other herbs or seasonings
8. Roast in oven at 425° F for about 20 to 30 minutes, or until potatoes are tender (Oven temperatures and times will vary)

Paleo Hollandaise Sauce (Make while the above is roasting)

1. Whisk together egg yolks, lemon juice, salt and cayenne until slightly thickened
2. Place mixture in a blender or food processor. Blend while slowly drizzling in the warmed ghee

Poach 4 eggs & Serve!

Primal Breakfast Casserole

INGREDIENTS

- 1-pound ground breakfast sausage or other ground meat
- 3 turnips, peeled and grated (a food processor works well for this)
- 4 eggs, beaten
- 3 scallions, chopped

INSTRUCTIONS

1. Sauté sausage, breaking it up into small pieces with a spoon or spatula, until almost cooked through.
2. Mix the sausage with the rest of the ingredients.
3. Spoon into an 8×8 baking pan.
4. When ready to cook, heat oven to 400 degrees. Bake for 45 minutes then cover the pan and bake for 25 minutes more. Let cool 15-20 minutes so the casserole sets before cutting into it.

Chocolate Chunk Banana Bread

INGREDIENTS

- 4 bananas (2½ cups mashed or 575 grams)
- 4 eggs
- ½ cup (140 grams) almond butter (or nut butter of choice)
- 4 tablespoons coconut oil, melted
- ½ cup (75 grams) coconut flour
- ½ teaspoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- pinch of sea salt
- 6 oz. dark chocolate, chopped* (see Notes for recommendation to keep 100% Paleo)

DIRECTIONS

1. Grease one 9"x5" loaf pan (or 8"x8" square pan, which is what I used) and preheat the oven to 350°F.
2. In a large bowl or mixer, combine the mashed bananas, eggs, coconut oil, vanilla extract and nut butter until fully combined.
3. Add the coconut flour, cinnamon, baking soda, baking powder, and sea salt to the wet ingredients and mix well. Fold in the chocolate chunks.
4. Pour the batter into the prepared pan and spread it evenly.
5. Bake in the preheated oven for about 40 minutes if using a square pan, and 50-60 if using a loaf pan. A toothpick inserted into the center should come out clean.
6. Remove from oven and allow to cool on a wire rack for about ½ hour. Flip out onto a cooling rack to finish cooling.

LUNCH TIME

APPLE DIJON KALE SALAD

INGREDIENTS

- ⅓ cup olive oil
- ¼ cup apple cider vinegar
- 1 clove garlic
- 1½ Tbsp. Dijon mustard
- ¼ tsp salt
- 10-15 cranks fresh cracked pepper
- 1 bunch kale
- 1 medium granny smith apple
- ¼ cup raisins
- ½ cup walnut halves

Chicken & Cabbage Salad with Almond Butter Dressing

INGREDIENTS

- 2 cups pre-cooked chicken, shredded
- 4 cups Napa cabbage, shredded
- 2 carrots, julienned
- 1 cucumber, sliced
- 1 red pepper, sliced
- 2 green onions, sliced

INGREDIENTS: ALMOND BUTTER DRESSING

- ⅓ cup almond butter
- 1 garlic clove, minced
- 1/2 tbsp. fresh ginger, minced
- 1/2 tsp. red pepper flakes
- 2 tbsp. white wine vinegar
- Juice of one lime
- 2 tbsp. coconut aminos
- 1 tbsp. raw honey (optional)
- 2 tbsp. extra virgin olive oil
- Sea salt and freshly ground black pepper

Cauliflower & Garbanzo “Rice & Peas”

INGREDIENTS

- 1 1/2 cups fully cooked chickpeas, towel dried
- zest + juice of 2 limes, divided
- olive oil
- chili powder
- salt + pepper
- head of cauliflower, core removed
- 1 tbsp. grainy mustard
- 1/2 tbsp. maple syrup/raw honey/agave nectar
- 3-4 radishes, thinly sliced
- 1 cup flat parsley leaves
- sprigs fresh mint, leaves sliced
- green onions, finely sliced
- 1/4 cup chopped chives
- 1 crisp apple (like Fuji or pink lady), sliced thin
- 1 ripe avocado, peeled and cut into chunks
- 1/3 cup sunflower seeds, toasted

INSTRUCTIONS

1. Preheat the oven to 400 degrees F. Spread the chickpeas out on a parchment lined baking sheet. Sprinkle them with a bit of lime zest, chili powder, salt, pepper, and about a tablespoon of olive oil. Toss the chickpeas to coat and slide the tray into the oven. Roast until lightly crispy and golden, about 15 minutes.
2. Start turning the cauliflower into rice in batches. Place a few handfuls of the florets into the bowl of a food processor fitted with the “S” blade. Pulse the florets until you have small, rice-ish bits of cauliflower. Scrape the “riced” cauliflower into a large bowl. Repeat with remaining cauliflower.
3. Whisk together the remaining lime zest, lime juice, a little splash of water, some salt and pepper, the grainy mustard, maple syrup, and 3-4 tablespoons of olive oil. Pour it over the cauliflower rice and toss to coat.
4. To the large bowl, add the radishes, parsley leaves, mint, scallions, chives, sliced apple, and roasted chickpeas. Toss it all lightly to combine. Top it all with the diced avocado, sunflower seeds, and some more salt and pepper.

Lettuce “Tacos” with Chipotle Chicken

INGREDIENTS

- 400g of skinless chicken breast cut into fairly thin strips
- splash of olive oil to fry these in
- 1 red onion finely sliced
- 1 can of tomatoes (whole or chopped)
- 1 T of finely chopped chipotle in adobo sauce (or substitute with finely chopped pickled jalapeno and a pinch of dried chili flakes)
- 1/2 t cumin
- pinch of brown sugar and salt and pepper to season
- lettuce leaves to make your tacos (I like to use butter lettuce or baby gem lettuce)
- fresh coriander leaves
- sliced pickled jalapeno
- slices of avocado or make a **guacamole**
- fresh tomatoes and slices of spring onion to make a rustic salsa - as much as you need. I used about 2 cups of quartered rosa / cherry tomatoes and sliced red spring onions / scallions. I tossed these together with lots of salt and pepper.
- lime wedges to spritz

INSTRUCTIONS

1. Heat the olive oil in a non-stick frying pan and quickly fry your chicken pieces until they turn golden. Set aside.
2. In the same pan, add another small splash of olive oil and fry your onion until it softens.
3. Add your tomatoes, cumin, sugar and chipotle and simmer for around 15 - 25 minutes until the tomato sauce starts to thicken around the edges of the pan.
4. Add the chicken back into the sauce and allow to cook for about 5 minutes.
5. Assemble all the elements to make your tacos in separate bowls and serve so that everyone can make up their own.

Avocado Tuna Salad

Ingredients

- 1 avocado
- 1 lemon, juiced, to taste
- 1 tablespoon chopped onion, to taste
- 5 ounces cooked or canned wild tuna
- sea salt and pepper to taste

Instructions

1. Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about ¼-inch thick on each half.
2. Add lemon juice and onion to the avocado in the bowl and mash together. Add tuna, salt and pepper, and stir to combine. Taste and adjust if needed.
3. Fill avocado shells with tuna salad and serve.

Paleo Taco Salad

INGREDIENTS

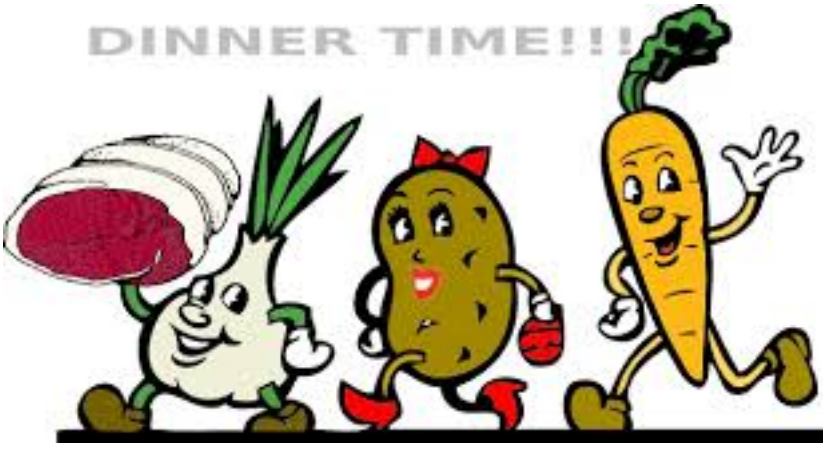
For the Taco Meat
1 tablespoon chili powder
2 teaspoons paprika
1 teaspoon onion powder
½ teaspoon garlic powder
½ teaspoon ground cumin
¼ teaspoon cayenne pepper
1 tablespoon olive oil
1-pound lean ground beef

For the Cilantro Lime Dressing

1 cup fresh cilantro, loosely packed
juice from 1 orange
juice from 1 lime
1 tablespoon honey (optional)
¼ teaspoon ground cumin
⅛ teaspoon salt
⅛ teaspoon black pepper
2 tablespoons olive oil

For the Salad

1 head Romaine lettuce, washed and roughly chopped
1 avocado, peeled, pitted and diced
2 cups fresh cilantro leaves, loosely packed
half of a small red onion, halved and thinly sliced
1 red bell pepper, diced
½ cup pico de gallo or chunky salsa
sliced olive


DINNER TIME!!!

One-Skillet Chicken Thigh with Butternut Squash

INGREDIENTS

- ½ lb. of Nitrate Free Bacon
- Boneless, Skinless Chicken Thighs
- 2-3 cup Butternut Squash (cubed)
- Extra Oil for Frying (Coconut)
- Fresh Sage, chopped
- Salt & Pepper to taste (remember the bacon will be salty so use salt sparingly)

INSTRUCTIONS

1. Preheat oven to 425.
2. In a large skillet, over medium heat, fry bacon until crispy.
3. Set bacon aside & crumble when cooled.
4. In the same skillet, sauté cubed butternut squash in bacon grease until soft. Season to taste with salt & pepper. Once squash is soft, remove from skillet & place on a plate.
5. Add coconut oil to your skillet if the bacon grease looks low.
6. Add chicken thighs, top down in the skillet & cook for 10 minutes.
7. Lightly season the thighs with salt & pepper.
8. Flip the thighs over, then add your squash back into the skillet all around the thighs.
9. Remove the skillet from the stove top & place in your preheated oven.
10. Bake in oven for 12-15 minutes until chicken is cooked through.
11. Carefully remove from oven, top with crumbled bacon & fresh sage.

Pumpkin Chili

INGREDIENTS

- 3 cups chopped yellow onion
- cloves garlic, chopped
- 1lb ground turkey
- 2 (15 oz.) cans fire-roasted tomatoes
- 2 cups pumpkin puree
- 1 cup chicken broth
- 2 tablespoons honey
- teaspoons dried oregano
- 2 teaspoons chili spice
- 1 teaspoon ground cinnamon
- 1 teaspoon sea salt

INSTRUCTIONS

1. In a large pot sauté the onions and garlic in coconut oil for about five minutes.
2. Add the ground turkey and break it up with a spatula as it cooks for about five minutes.
3. Add the rest of the ingredients, stir and bring to a simmer.
4. Simmer without a lid for about 15 minutes.
5. Add more chicken broth to thin slightly if desired.
6. Serve with a nice big salad. :D

Ground Turkey and Spinach Stuffed Mushrooms

INGREDIENTS

- 2 teaspoons **coconut oil**
- 2 large Portobello mushroom caps, cleaned and gills removed (gently scrape it out with a spoon)
- 1 small onion, diced
- 1/2 lb. ground turkey
- Handful of baby spinach leaves
- 6-8 grape tomatoes, sliced (and roasted if you prefer)
- Salt and pepper, to taste (Italian seasoning would be great too!)

INSTRUCTIONS

1. In a large skillet over medium high heat, melt about 2 teaspoons of coconut oil. Place the mushrooms into the skillet and let cook until softened, about 5-7 minutes. Flip them halfway through. Set aside on a plate.
2. In the same skillet, add the onion and sauté until softened, about 3 minutes. Then add the ground turkey to the pan and break it up into small pieces with a spatula or wooden spoon. Cook until it's all cooked through. Sprinkle salt and pepper and other seasonings, if using.
3. Remove from heat and add the baby spinach leaves. The residual heat should wilt the spinach easily.
4. To assemble: use a small spoon and scoop the turkey spinach filling into the caps of the mushrooms. Top with grape tomatoes. Serve warm!

Crispy Skin Chicken Thighs with Honey Garlic Sauce

INGREDIENTS

- small dollop of coconut oil
- chicken thighs with skin on
- ⅔ teaspoon sea salt
- ⅔ teaspoon white pepper

Veggies

- 1 medium brown onion, finely diced
- ½ long red chili, finely diced
- 1 medium carrot, thinly sliced
- 1 celery stick, sliced
- ½ red pepper, sliced
- thumb size piece of ginger, finely diced
- 2 cloves garlic, finely diced

For the sauce

- teaspoons honey
- 1 tablespoon fish sauce
- tablespoons tamari sauce
- 1 tablespoon Chinese wine (optional)
- 1 teaspoon sesame oil
- ⅓ cup water
- 1 tablespoon lime or lemon juice

INSTRUCTIONS

1.Leave the chicken thighs out of the fridge for at least 10-15 minutes to bring to room temperature. Season with white pepper and sea salt on both sides.

2.Place a large frying pan over low heat. Melt a small dollop of coconut oil and add the chicken breasts, skin side down. Cook on low heat for 3 minutes. Then turn the heat up to medium and cook for 4 minutes (still skin side down). Finally turn the heat up to medium-high and cook for a further 6 minutes, until crispy and golden brown.

3.Then turn the thighs over and cook for 4- 5 minutes on the flesh side.

4. While they are cooking, move the chicken thighs to the side of the frying pan to make some space for the vegetables. Add the onion and chili and stir through the rendered out chicken fat for a minute.
5. Add the celery, carrot, red pepper and ginger. Stir and cook for 1 minute. Add the garlic, stir through, pour in the sauce ingredients. Stir through, cook for a minute, scoop some of it over the chicken now.

Sweet Potato Noodle Pad Thai

INGREDIENTS

Omelet shreds:

- 1-2 Teaspoons avocado oil
- eggs

Sweet Potato Noodles:

- 1½ pounds sweet potatoes, peeled
- 2 Tablespoons avocado oil
- 1 large clove garlic, minced
- 1 bunch green onions, thinly sliced

Pad Thai Sauce:

- 3 Tablespoons fish sauce
- 1 Tablespoon tamarind paste
- 1 Tablespoon freshly squeezed lime juice
- 1 Tablespoon coconut sugar, or maple syrup
- 1 Teaspoon chili powder

Toppings:

- 1 cup toasted cashews or peanuts for traditional
- ½ cup chopped cilantro

INSTRUCTIONS

1. Mix together all the ingredients for the sauce, and prep all the toppings to set aside until the end.
2. Preheat a 15" non-stick skillet over medium heat. Add 1-2 teaspoons oil to the pan, whisk the eggs together in a bowl and then pour them into the preheated pan. Swirl the eggs around to all the edges, then push the set eggs to the middle and continue to swirl the uncooked eggs to the edges. When the eggs are about half cooked, lower the heat to low and cover. Cook without stirring until the omelet is done. Using a spatula, carefully slide the omelet out of the pan onto a cutting board. Don't worry if it breaks a bit. Cut the omelet into strips and set them aside until the end of the cooking time.
3. Spiralize the sweet potatoes using the 6mm blade (the bigger noodle blade) on a spiralizer, and set the noodles aside.
4. Add the 2 tablespoons of oil to the same pan you used for the omelet along with the garlic and green onions, sauté over medium high heat for about 1 minute, and then add the sweet potato noodles. Sauté the sweet potato noodles until just softened, about 8-10 minutes. I partially cover the pan with a lid to speed things up a bit, and it creates a softer noodle.
5. When the noodles have softened, add the Pad Thai sauce, omelet shreds, cashews, and chopped cilantro to the pan. Coat all ingredients, serve!


SNACK
TIME

Trail Mix

INGREDIENTS

- 1 Tbsp. cashews or pecans
- 1 Tbsp. pumpkin seeds
- 1 Tbsp. sunflower seeds
- 1 Tbsp. dried cranberries

DIRECTIONS

1. Mix together and enjoy!

Nut Butter Banana Smoothie + Protein

INGREDIENTS:

- 1 Frozen banana
- 1/3 cup frozen blueberries
- 1 tbsp. almond or cashew butter
- 1 cup coconut or almond milk (unsweetened)
- 2 cups baby spinach
- 1 scoop paleo protein powder (PaleoPro or plant based protein – no soy)

INSTRUCTIONS

1. Add all ingredients to blender
2. Blend for about 30-45 seconds, until creamy consistency
3. Serve & enjoy!

Grain Free Flat Bread

INGREDIENTS

- Tbs. coconut flour
- 2½ tsp. grass-fed gelatin or agar agar
- ¼ cup plus 2 Tbs. well-cooked and mashed butternut squash or sweet potato
- 2 Tbs. coconut oil
- 2 eggs, at room temperature
- ¼ tsp. sea salt (more or less to taste)

INSTRUCTIONS

1. Have all ingredients at room temperature (If the squash and butter is cold, you can stir them together in a saucepan over low heat to bring them to room temperature.)
2. Preheat the oven to 400 degrees and line a baking sheet with parchment paper. Stir together the coconut flour and gelatin.
3. Stir together the squash and the coconut oil until smooth. Stir in the coconut flour/gelatin mixture until combined, then stir in the egg and sea salt.
4. Spoon into rounds on the baking sheet. You can make these thinner or thicker--experiment and find what you prefer!
5. Bake for about 12 minutes, then carefully peel them off the parchment paper and flip. Bake for another 5 minutes (or longer), until they are dry to the touch and pliable. (They will take longer to cook if they are thicker and they will cook faster if they are thinner.) Let cool completely, then enjoy within an hour or so of baking for the best texture.

Avocado Toast

INGREDIENTS

For the flatbread

- 1 batch of the Paleo Butternut Flatbread, recipe (makes 6 flatbreads)
- To make each piece of avocado toast
- ½ a small, ripe avocado
- Sea salt and black pepper
- 1 over-easy or poached egg, if desired
- Chopped fresh herbs, if desired

INSTRUCTIONS

1. Prepare the butternut flatbread, preferably on the same day you make the avocado toast. If you make it ahead of time, you can store the flatbread in an airtight container in the fridge. Then, toast it briefly in a greased skillet before using it for the avocado toast.
2. Mash the avocado with a fork, apply generously to the warm flatbread, and top with an over-easy egg if desired. Add salt and pepper and herbs to your liking, and enjoy.

Easy Snack Ideas

- Celery & 1-2Tbsp Sunflower seed butter
- Hardboiled egg & sweet bell pepper slices
- Apple & sunflower seed or almond butter
- Paleo Hummus & raw veggies
- Avocado paleo toast
- Guacamole & cucumber slices
- Shrimp cocktail
- Raw veggies
- 1 scoop paleo or plant based protein power & 1 cup almond milk (great for post work-out)
- Paleo trail mix
- Handful of raw berries

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