

The Anti-Inflammatory Diet Cookbook for Beginners:
100+ No-Stress Everyday Recipes and Quick Meal
Plans to Boost Immunity, Reduce Chronic
Inflammation, Improve Digestion
and Reclaim Your Energy

✦ Perfect for your first 30 days of healing through food

How This Book Will Help You

This book is more than just a collection of recipes — it's your compass to renewed energy, lightness, and clarity. Inside, you'll find not only inflammation-fighting meals, but also clear, down-to-earth explanations of why they work. Each recipe is a step toward a healthier gut, stronger immunity, and a more stable mood. Most of all, it's about building self-care through food. With simplicity, flavor, and real-life results, this book becomes your daily ally — one meal at a time.

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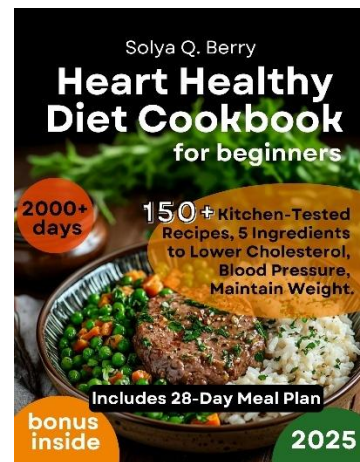
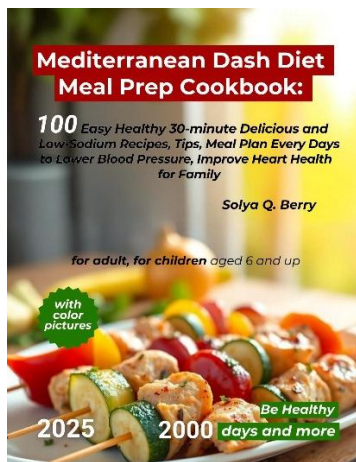
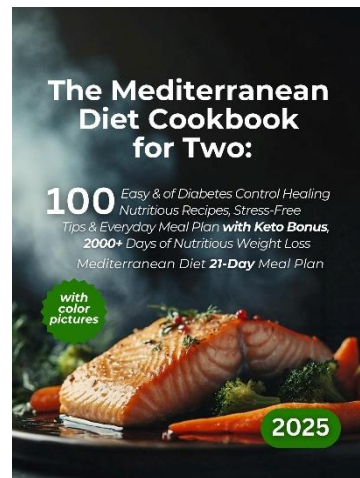
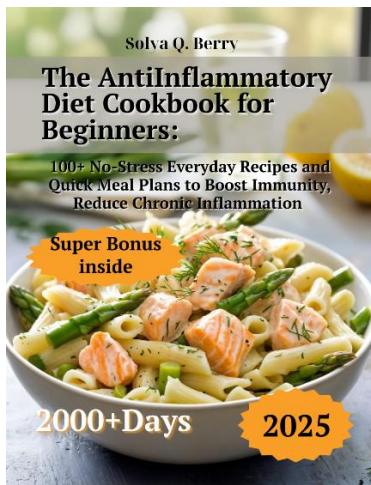


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Introduction

What if your food was more than just fuel - what if it was the key to your health and longevity? Imagine that every bite you take either helps your body fight inflammation or fuels it instead. Your choices determine whether you feel energized and strong or struggle daily with fatigue, pain, and chronic conditions.

Inflammation is a natural defense mechanism of the body, designed to fight infections, repair damaged tissues, and adapt to environmental changes. However, when this process goes out of control and becomes chronic, it turns into a silent enemy, slowly undermining your health. Chronic inflammation has been linked to serious diseases such as heart disease, diabetes, arthritis, autoimmune disorders, and even depression.

Fortunately, you have a powerful tool to influence this process - your diet! An anti-inflammatory diet is not a passing trend or a quick fix. It is based on scientific research and centuries of wisdom from cultures that have learned to harness the power of natural foods to support well-being. By choosing healthy fats, antioxidant-rich fruits and vegetables, fermented foods, and inflammation-fighting spices, you can significantly reduce the risk of chronic disease and even experience a surge of vitality in just a few weeks.

This book will be your guide to the world of anti-inflammatory eating. You will discover which foods are your best allies in reducing inflammation, how to create a balanced meal plan, and how to seamlessly incorporate these principles into your daily life. More than just information, this book offers simple, delicious, and nourishing recipes that will help you enjoy your meals while taking care of your health.

Inflammation is the body's natural immune response to injury, infections, or toxins. It plays a crucial role in healing and protection. However, when inflammation becomes chronic, it can lead to serious health problems.

The good news is that our choices can either support the body's natural defense system or weaken it significantly. In today's fast-paced world, we often push ourselves to keep up with life's demands, but when illness strikes, everything comes to a halt. Suddenly, the things that once seemed urgent fade into the background.

Good health allows us to live fully and vibrantly, yet we often ignore the early signs that something isn't quite right. By the time a serious health issue develops, restoring well-being becomes much more challenging than simply maintaining it.

Chapter 1

Inflammation: What You Need to Know to Stop It

Understanding the root causes of inflammation can help you not just manage symptoms but prevent them altogether, allowing you to take control of your health consciously and effectively.



Key Causes of Inflammation in the Body:

1. Infections

Bacteria, viruses, fungi, or parasites trigger an inflammatory response to eliminate harmful pathogens.

2. Unhealthy Diet

Excessive consumption of sugar, trans fats, refined carbohydrates, fast food, and processed foods promotes systemic inflammation.

3. Obesity

Fat cells, especially visceral fat (around internal organs), produce inflammatory molecules that contribute to chronic inflammation.

4. Chronic Stress

Prolonged elevation of cortisol (the stress hormone) can lead to inflammatory processes in the body.

5. Lack of Physical Activity

A sedentary lifestyle promotes the accumulation of inflammatory substances in the bloodstream.

6. Toxins and Pollution

Exposure to heavy metals, pesticides, cigarette smoke, and other toxins triggers inflammatory reactions.

7. Gut Microbiome Imbalance

A lack of beneficial bacteria or an imbalance in gut flora can lead to inflammation due to increased intestinal permeability.

To boost beneficial bacteria and restore gut health, include probiotics (yogurt, kefir, fermented vegetables), prebiotics (fiber, onions, garlic), reduce sugar and processed food intake, maintain a diverse diet, and manage stress levels.

Cortisol – A Trigger for Inflammatory Processes

Let's examine the causes of prolonged elevated cortisol levels. Chronic stress or hormonal imbalances can lead to persistently high cortisol levels. Cortisol is a hormone produced by the adrenal glands in response to stress. While beneficial in the short term (such as mobilizing energy in stressful situations), prolonged elevation can have negative health consequences.

1. Lack of Sleep

- ◆ Cortisol follows a natural daily rhythm: it decreases in the evening to allow the body to rest. Insufficient or irregular sleep disrupts this balance.
- ◆ Chronic sleep deprivation increases inflammatory markers in the blood, negatively affecting overall health.

2. Excessive Physical Activity

- ◆ Intense or overly frequent workouts without adequate recovery can stress the body.

3. Unbalanced Diet

- ◆ A lack of protein, healthy fats, and vitamins, as well as excessive sugar and caffeine intake, can raise cortisol levels.

4. Infections and Inflammatory Processes

- ◆ The body perceives prolonged inflammation as stress, maintaining high cortisol levels.

5. Chronic Fatigue and Persistent Stress

- ◆ Constant energy depletion, poor recovery after exertion, and working without rest force the body to produce more cortisol.

It's also important to note that chronic fatigue can be linked to diet. A deficiency in key nutrients (B vitamins, magnesium, iron, omega-3), excessive sugar and processed foods, dehydration, and gut microbiome imbalances can affect energy levels and overall health.

How to Lower Cortisol Levels?

- ◆ Balanced sleep (7-9 hours, consistent sleep schedule)
- ◆ Physical activity (without overtraining)
- ◆ A diet rich in omega-3, magnesium, and B vitamins
- ◆ Reducing caffeine and refined sugar intake
- ◆ Social support and positive interactions

Chronically high cortisol levels can lead to weight issues, high blood pressure, weakened immunity, fatigue, and even depression. That's why it's essential to maintain balance and manage stress effectively. ❤️

What Helps Reduce Inflammation?

- ◆ Balanced diet (more vegetables, fish, nuts, berries, and fermented foods)
- ◆ Regular physical activity
- ◆ Stress management (meditation, breathing exercises)
- ◆ Adequate sleep
- ◆ Reducing exposure to toxins

Inflammation is your body's way of signaling that something is wrong. That's why it's crucial to pay attention to your lifestyle and maintain healthy habits! ❤️

There are other causes, such as autoimmune diseases or kidney disease, but for these, you should consult a doctor. In this book, I encourage you to focus on anti-inflammatory nutrition.

Remember:

- ◆ Variety is the key to a healthy diet. Try different foods and flavor combinations to keep meals exciting.
- ◆ Fresh foods are always better. Aim to consume as many fresh vegetables, fruits, and greens as
- ◆ Cook at home. This allows you to control the amount of salt, sugar, and fat in your meals.

Inflammation: Friend or Foe?

How does short-term, beneficial inflammation differ from chronic inflammation that harms the body? Inflammation is an incredible defense mechanism - it can be your greatest ally or your worst enemy. Acute inflammation saves lives: it helps heal wounds, fight infections, and recover from stress. But when inflammation becomes chronic, it turns into a silent destroyer, gradually draining your energy and contributing to heart disease, diabetes, autoimmune disorders, and even depression.

So what determines its role in your life? To a large extent - your habits, especially your diet. The right food choices can extinguish the internal fire and restore balance in your body, while unhealthy food, stress, and a sedentary lifestyle only add fuel to the flames. By understanding the nature of inflammation and how it works, you can make it work for you - not against you.

Chapter 2

The Power of Food: Which Foods Strengthen Your Health, and Which Ones Weaken It

Why Food Matters

Food is more than just a way to satisfy hunger. It is the source of life, energy, and strength for every cell in your body. The foods you choose can either support your health or contribute to its decline. Every bite you take either nourishes you or sets the stage for inflammation.

Your diet affects your energy levels, brain function, skin health, hormone balance, and even your mood. By choosing natural, nutrient-dense foods, you're not only supporting your overall well-being but also helping your body manage stress, boost metabolism, and recover from daily challenges. A balanced diet is the best investment in your long-term health.

Now is the time to take control of your well-being. Are you ready to take the first step toward an inflammation-free life? Let's begin!

Following an anti-inflammatory diet can be surprisingly simple when approached with the right mindset - without stress or unnecessary restrictions. The key is to swap harmful foods for healthier alternatives, incorporate a variety of seasonal vegetables, fruits, and healthy fats, and remember the benefits of spices and fermented foods. By making these changes gradually, they will naturally become part of your lifestyle.

How Food Can Be Medicine or Poison

Food can be your best medicine or a slow poison - it all depends on what you choose every day. Natural foods rich in antioxidants, vitamins, healthy fats, and probiotics can reduce inflammation, strengthen the immune system, and protect against chronic diseases. On the other hand, an excess of processed foods, added sugars, and trans fats can trigger inflammation, disrupt hormonal balance, and even accelerate aging. Your diet shapes your well-being, energy levels, and quality of life, making every choice on your plate either a step toward health or a step in the opposite direction.

Hidden Enemies on Your Plate: How Food Triggers Inflammation

Not all foods are created equal. Some nourish your body and maintain balance, while others act as hidden enemies, silently fueling inflammation. You may not even realize that your usual breakfast or snack is making your body work overtime, weakening your immune system, and increasing the risk of chronic diseases.

Who's on the Suspect List?

- Refined sugar – Causes blood sugar spikes, leading to inflammation and hormonal imbalances.
- Trans fats and processed oils – Disrupt cellular processes and contribute to oxidative stress.
- White flour and refined grains – Increase insulin levels, intensifying inflammatory responses.
- Processed meats – Contain preservatives and compounds that burden the liver and blood vessels.

Food can be a source of energy and health - but only when chosen mindfully. Are you ready to uncover which foods truly support your body and which ones should be left in the past? Let's explore all the secrets together!

Can Proper Nutrition Really Change Your Well-being?

Yes, and even more! Proper nutrition is not just a trendy fad, but a scientifically proven way to influence your well-being, energy levels, and even emotional state. What you eat directly impacts your hormones, metabolism, gut function, and the level of inflammation in your body.

A balanced diet filled with natural foods, healthy fats, fiber, and antioxidants helps stabilize blood sugar levels, reduces fatigue, improves digestion, and even supports mental clarity. On the other hand, an excess of processed foods, sugar, and trans fats can trigger inflammatory processes, leading to chronic fatigue, headaches, sleep disturbances, and overall exhaustion.

The effects of nutrition can be felt within just a few weeks: your skin becomes clearer, your energy increases, and your emotional state stabilizes. This is a true transformation, and it starts with every meal!

Food as the Best Medicine: Heroes of the Anti-Inflammatory Plate

Inflammation often starts quietly — subtle changes in how you feel, mild fatigue, frequent colds... And then, unwanted symptoms become your constant companions. But here's the good news: by changing your diet, you can banish these enemies from your plate and help your body recover.

Ready to bring order to your menu? 🚀

Imagine that your plate is not just a collection of ingredients, but a true health toolkit. Some foods can act as natural medicines, helping your body fight inflammation, boost immunity, and even slow down aging. The key is knowing who these heroes are and how to make them part of your daily diet.

🥑 *Healing Fats*

Omega-3 fatty acids are powerful anti-inflammatory agents that help reduce joint pain, improve brain function, and support heart health. Add salmon, sardines, chia and flax seeds, as well as cold-pressed olive oil to your menu.

🍓 *Berry Shield*

Blueberries, raspberries, strawberries, and blackberries are not only delicious but also packed with antioxidants that reduce inflammation and protect cells from aging.



Green Superheroes

Spinach, kale, and broccoli are true treasures for the body. They are rich in vitamins C, E, magnesium, and phytonutrients that aid detoxification and support vascular health.

Spices That Quench Inflammation

Turmeric with its active ingredient curcumin, ginger, cinnamon, and garlic are natural anti-inflammatory agents that help maintain balance in the body. Add them to dishes or tea for an enhanced effect.

Nuts and Seeds – Small but Powerful

Almonds, walnuts, pumpkin seeds, and sesame seeds contain valuable fats, minerals, and proteins that help normalize blood sugar levels and reduce inflammation.

Green Tea – Elixir of Youth

Catechins found in green tea neutralize free radicals and help the body combat stress and inflammation.



To make these heroes part of your life, start with simple steps: add a handful of berries to your morning breakfast, dress your salads with olive oil, and try a cup of warm green tea instead of coffee. Small changes — big results! 🚀

The Basics of Anti-Inflammatory Nutrition: Food that Heals

Can food work as a natural medicine? The answer is yes! What you put on your plate every day either supports your health or, on the contrary, slowly undermines it. Inflammation is the body's response to stress, poor nutrition, toxins, and even lack of sleep. But the good news is that the right diet can become your best ally in fighting it.

Food as Medicine

Anti-inflammatory nutrition is based on fresh, natural foods that saturate the body with vitamins, antioxidants, and healthy fats. Vegetables and fruits, nuts and seeds, healthy fats, and proteins not only provide energy but also promote cell regeneration and normalize metabolic processes.

Fewer Inflammatory Triggers

Refined sugar, trans fats, processed meats, and excess fast food can lead to chronic inflammation. They provoke blood sugar spikes, increase cortisol levels, and contribute to oxidative stress.

What to Eat More

Leafy vegetables and berries – antioxidants that neutralize inflammatory processes.

Fatty fish and nuts – sources of omega-3s that reduce inflammation.

Spices (turmeric, ginger, cinnamon) – natural anti-inflammatory agents.

Fermented foods (yogurt, sauerkraut) – support gut health, which directly affects the level of inflammation in the body.

Switching to an anti-inflammatory diet doesn't mean strict restrictions or a boring menu. On the contrary, it's an opportunity to make your meals delicious, varied, and healthy. Just start with small changes, and your body will quickly respond with gratitude – lightness, energy, and well-being. ❤️

Chapter 3

How to Create an Anti-Inflammatory

Menu Without Stress

This book provides an example of a 7-day anti-inflammatory menu, but it's important to understand how to create such a meal plan on your own, tailoring it to your individual needs and preferences.

Basic Rules for Choosing Products

When selecting products for your diet, we either help our body stay healthy or, on the contrary, create additional stress for it. To maintain natural balance and reduce inflammatory processes, it's important to focus not only on the products themselves but also on their origin, processing, and combinations.

Rule 1: Minimal Processing – Maximum Benefit

Natural, minimally processed products contain more vitamins, minerals, and antioxidants. The less processing a product undergoes, the healthier it is. Vegetables, fruits, whole grains, nuts, and seeds should be the foundation of your diet.

Rule 2: Avoid Hidden Enemies

Processed foods, refined sugar, trans fats, flavor enhancers, and preservatives can trigger inflammation. Learn to read labels: the shorter and simpler the ingredient list, the better.

Rule 3: Choose Antioxidant-Rich Foods

Colorful vegetables and fruits are rich in polyphenols, flavonoids, and vitamins that help the body fight inflammation. Greens, berries, beets, pomegranates, and citrus fruits are true superfoods for your health.

Rule 4: Healthy Fats Instead of Harmful Ones

Replace trans fats and refined oils with healthy alternatives: avocado, olive oil, nuts, and fatty fish. Omega-3 fatty acids found in fish and flaxseeds help reduce inflammation levels.

Rule 5: Add More Fermented Foods

Yogurt, kefir, sauerkraut, miso – all of these support the gut microbiome, which in turn supports overall health. The balance of beneficial bacteria in the gut directly affects inflammation levels in the body.

By following these rules, you will not only maintain your health but also gain more energy, better immunity, and a general sense of lightness. Your diet is your daily self-care! ❤️

Balance of Macronutrients and Micronutrients

Healthy eating is not only about choosing nutritious foods but also maintaining the right balance between macronutrients and micronutrients. These nutrients work together to provide the body with energy, support internal organ function, and help reduce inflammation.

⚖️ *Macronutrients: Energy and Building Blocks*

- ✓ Proteins – the foundation for cells, hormones, and enzymes. They help repair tissues and support immunity. Choose lean meats, fish, eggs, legumes, and nuts.
- ✓ Fats – not an enemy, but an ally. Healthy fats (omega-3s, monounsaturated fats) have anti-inflammatory properties. Include avocado, olive oil, fatty fish, nuts, and seeds in your diet.
- ✓ Carbohydrates – the main source of energy. Choose complex carbs: whole grains, vegetables, fruits, and legumes. They provide sustained energy without causing sharp blood sugar spikes.

🌱 *Micronutrients: The Key to Coordinated Body Function*

- ◆ Magnesium – reduces stress, supports muscle and nervous system health. Found in spinach, pumpkin seeds, and almonds.
- ◆ Zinc – important for immunity and tissue regeneration. Sources: pumpkin seeds, quinoa, lentils.
- ◆ Selenium – a powerful antioxidant that helps fight inflammation. Found in Brazil nuts, fish, and eggs.
- ◆ Vitamins A, C, E – natural antioxidants that strengthen immunity and protect cells from damage. Consume more carrots, citrus fruits, greens, and berries.
- ◆ Omega-3 Fatty Acids – help reduce inflammation and support brain and heart health. Main sources: fatty fish, flaxseeds, chia seeds.

✂️ *How to Maintain Balance?*

- ◆ Diversify your diet – eat a variety of foods every day.
- ◆ Avoid ultra-processed foods – they contain many "empty" calories but few nutrients.

Five Simple Dietary Changes That Will Make a Difference

A balanced diet is not a diet but a lifestyle that helps your body perform at its best! 🍌🥗

Want to improve your well-being, reduce inflammation, and feel more energetic? You don't need to make drastic changes to your diet all at once. Start with these five simple steps, and you'll quickly notice the difference!

1. *Replace refined carbohydrates with whole grains*

White bread, baked goods, and sweets cause sharp spikes in blood sugar levels, which contribute to inflammation. Instead, choose whole grain bread, quinoa, buckwheat, bulgur, or oats. They are not only healthier but also keep you feeling full longer.

2. *Add more color to your plate*

Bright vegetables and fruits are a true treasure for your health! They are rich in antioxidants that help fight inflammation. Try adding more greens, berries, tomatoes, carrots, and cabbage to your meals.

3. *Choose healthy fats*

Avoid trans fats and excessive saturated fats. Instead, incorporate healthy fats into your diet: olive oil, avocado, fatty fish (salmon, mackerel), nuts, and flaxseeds. They support heart health and reduce inflammation.

4. *Use natural spices*

Turmeric, ginger, cinnamon, and garlic are natural anti-inflammatory agents. Add them to your dishes to not only enhance flavor but also boost their health benefits.

5. *Drink more water*

Dehydration can worsen inflammation in the body. Swap sugary sodas and excess coffee for clean water, herbal teas, or water with lemon. This simple yet effective habit will help support your health.

🚀 Start with one or more of these steps today,

and your body will definitely thank you with great well-being! ❤️

Chapter 4


7-Day Anti-Inflammatory Meal Plan


Healthy eating is not just about choosing nutritious foods, but also about maintaining a balance that supports energy, reduces inflammation, and gives a sense of lightness to the body. In this plan, you will find breakfasts that energize you for the whole day, lunches and dinners free from inflammatory foods, as well as snacks and drinks that help maintain balance and provide your body with essential nutrients. By following this menu, you will not only feel an improvement in your well-being but also take another important step towards a healthier lifestyle!

Day 1: Anti-Inflammatory Meal Plan (1800-2000 kcal)

Breakfast: Oatmeal with Flaxseeds, Nuts, and Berries

📌 1 serving, 10 minutes

 **Ingredients:** Oats – 50 g, Almond milk – 200 ml, Ground flaxseeds – 1 tbsp (10 g), Blueberries – 50 g, Walnuts – 10 g, Cinnamon – ½ tsp, Honey – 1 tsp (5 g)


 **Instructions:** Cook the oats in almond milk for 5 minutes, then add ground flaxseeds, cinnamon, and honey. Stir well. Before serving, top with berries and chopped walnuts.


♥ **Benefits:** Oats support gut health, flaxseeds are rich in Omega-3, blueberries provide antioxidants, and cinnamon helps regulate blood sugar levels.

👉 **Nutrients:** Calories: 340, Protein: 12 g, Fat: 13 g, Carbs: 45 g, Fiber: 8 g, Omega-3: 1.2 g

Lunch: Salmon with Quinoa and Spinach

📌 2 servings, 25 minutes

 **Ingredients:** Salmon fillet – 150 g, quinoa – 50 g (dry), spinach – 100 g, olive oil – 1 tbsp (10 g), lemon juice – 1 tbsp (15 ml), garlic – 1 clove, spices to taste.

 **Instructions:** Cook quinoa in 150 ml of water (12 minutes). Marinate the salmon in lemon juice, oil, and spices, then bake for 15 minutes at 180°C. Sauté spinach with garlic for 1 minute. Serve together.

♥ **Benefits:** Salmon is a source of Omega-3 to reduce inflammation, quinoa contains protein and fiber, spinach is rich in antioxidants.

👉 **Nutrients:** Calories 520, protein 45 g, fats 22 g, carbohydrates 35 g, fiber 7 g, Omega-3 2.1 g.



Salmon with Quinoa and Spinach

Snack: Apple with Almond Butter and Flaxseeds

📍 1 serving, ⌚ 5 minutes

📖 **Ingredients:**

Apple – 1 pc (150 g), almond butter – 1 tbsp (15 g), flaxseeds – 1 tsp (5 g).

💖 **Nutrients:**

Calories 280, protein 6 g, fats 15 g, carbohydrates 30 g, fiber 6 g, Omega-3 0.5 g.

👉 **Instructions:** Slice the apple, spread with almond butter, and sprinkle with flaxseeds.

💖 **Benefits:**

Almond butter provides vitamin E to protect cells, flax is a source of Omega-3, and apple is rich in pectin to improve digestion.

Dinner: Vegetable Soup with Chickpeas and Turmeric

📍 2 servings, ⌚ Prep Time: 30 minutes

♥ **Nutrients:**

Calories 360, protein 23 g, fats 9 g,
carbohydrates 40 g, fiber 9 g, Omega-3 0.6 g.

📄 **Ingredients:** Chickpeas (cooked) – 100 g, carrot – 1 pc (80 g), celery – 1 stalk, onion – ½ pc, garlic – 1 clove, tomatoes – 150 g, olive oil – 1 tbsp (10 g), turmeric – ½ tsp, vegetable broth – 500 ml, herbs to taste.

👨‍🍳 **Instructions:** Finely chop the vegetables, sauté in oil for 3 minutes, add chickpeas, spices, and broth, simmer for 20 minutes. Sprinkle with herbs before serving.

♥ **Benefits:**

Chickpeas are an excellent source of plant-based protein, turmeric has anti-inflammatory properties, and vegetables are rich in vitamins.



Day 2: Anti-Inflammatory Meal Plan (1800-2000 kcal)

Breakfast: Warm Quinoa with Berries and Nuts

📍 Servings: 1 ⌚ Prep Time: 15 minutes

💛 **Nutrients:**

Calories 350 kcal | Protein 10 g | Fat 12 g | Carbs 50 g | Fiber 7 g | Omega-3 1 g

📄 **Ingredients:**

Quinoa 50 g, water 150 ml, almonds 10 g, flaxseeds 5 g, blueberries 50 g, honey 1 tsp, cinnamon 0.5 tsp.

👩🍳 **Instructions:**

Rinse the quinoa and cook in water for 12 minutes. Add honey and cinnamon, stir well. Serve with berries, nuts, and flaxseeds.

💚 **Benefit:**

Anti-inflammatory, antioxidant-rich breakfast that supports stable blood sugar levels.



Lunch: Buckwheat with Chicken Fillet and Broccoli

📍 Servings: 2 ⌚ Cooking time: 30 minutes

💛 **Nutrients:**

Calories 510 kcal, protein 48 g, fat 18 g, carbs 42 g, fiber 9 g, Omega-3 0.6 g.

 **Ingredients:**

Buckwheat – 60 g (dry), chicken fillet – 150 g, broccoli – 150 g, olive oil – 1 tbsp (10 g), garlic – 1 clove, lemon juice – 1 tbsp (15 ml), spices to taste.

 **Instructions:**

Boil the buckwheat in 180 ml of water (15 minutes). Sear the chicken in olive oil for 5 minutes on each side, then simmer with broccoli, garlic, and lemon juice for 10 minutes.

 **Benefits:**

Buckwheat provides magnesium for heart health, broccoli has anti-inflammatory properties, and chicken fillet is an excellent source of lean protein.

Snack: Avocado on Rye Bread with Pumpkin Seeds

 Servings: 1  Prep Time: 5 minutes

 **Nutrients:**

Calories 280 kcal, protein 7 g, fat 20 g, carbs 22 g, fiber 6 g, Omega-3 0.4 g.

 **Ingredients:**

Rye bread – 1 slice (40 g), avocado – ½ piece (70 g), pumpkin seeds – 1 tbsp (10 g), salt and lemon juice to taste.

 **Instructions:**

Mash the avocado with a fork, mix with lemon juice and salt, spread over rye bread, and sprinkle with pumpkin seeds.

 **Benefits:**

Avocado is rich in healthy fats and potassium, pumpkin seeds are high in zinc, and rye bread supports good digestion.

Dinner: Stewed Beans with Vegetables

 Servings: 2  Prep Time: 35 minutes

 **Nutrients:**

Calories 370 kcal, protein 24 g, fat 10 g, carbs 45 g, fiber 11 g, Omega-3 0.5 g.

 **Ingredients:**


Red kidney beans (cooked) – 150 g, carrot – 1 pc. (80 g), bell pepper – 1 pc. (100 g), onion – ½ pc., tomatoes – 150 g, olive oil – 1 tbsp (10 g), turmeric – ½ tsp, fresh herbs to taste.

 **Instructions:**

Chop all vegetables. Sauté the onion, carrot, and bell pepper in olive oil for 5 minutes. Add the beans, tomatoes, and turmeric. Simmer for 20 minutes. Garnish with fresh herbs before serving.

 **Benefits:**

Beans are a great source of plant-based protein and fiber, turmeric provides anti-inflammatory benefits, and vegetables are packed with essential vitamins.

 **Daily Total:** Calories 1,950 kcal, protein 91 g, fat 61 g, carbs 191 g, fiber 34 g, Omega-3 2.5 g.

Day 3: Anti-Inflammatory Meal Plan (1800-2000 kcal)

Breakfast: Greek Yogurt with Pomegranate and Chia Seeds

📌 Servings: 1 ⌚ Prep Time: 5 minutes

♥ Nutrients:

Calories 320 kcal, protein 18 g, fat 11 g, carbs 36 g, fiber 6 g, Omega-3 1 g.

📄 Ingredients:

Greek yogurt – 200 g, pomegranate seeds – 50 g, chia seeds – 1 tbsp (10 g), honey – 1 tsp (5 g), almonds – 10 g.

👨🍳 Instructions:

Mix the yogurt with chia seeds and honey, let sit for 5 minutes. Add pomegranate and crushed almonds before serving.

🌿 **Benefits:** Yogurt contains probiotics for gut health, pomegranate is rich in antioxidants, and chia seeds are a source of Omega-3 and fiber.

Lunch: Salmon with Quinoa and Broccoli

📌 Servings: 1 ⌚ Prep Time: 25 minutes

📄 Ingredients:

Salmon fillet – 120 g, quinoa – 50 g, broccoli – 100 g, olive oil – 1 tbsp, lemon juice – 1 tsp, garlic – 1 clove, turmeric – 0.5 tsp, sea salt and black pepper to taste.

👨🍳 Instructions:

Rub the salmon with garlic, salt, and turmeric, then bake at 180°C for 15 minutes. Cook quinoa in water until tender. Steam the broccoli. Serve with olive oil and lemon juice.

🌿 Benefits:

Helps reduce inflammation, supports heart, brain, and joint health.

♥ **Nutrients:** Calories 500 kcal, protein 40 g, fat 22 g, carbs 45 g, Omega-3 2 g.

Snack: Nut & Fruit Plate

📌 Servings: 1 ⌚ Prep Time: 5 minutes

📄 **Ingredients:** Walnuts – 10 g, almonds – 10 g, dried cranberries – 15 g, apple – 1/2 (100 g), cinnamon – to taste.

♥ **Nutrients:** Calories 270 kcal, protein 5 g, fat 15 g, carbs 30 g, fiber 5 g, Omega-3 0.7 g.

👨🍳 **Instructions:** Slice the apple, arrange with nuts and cranberries, sprinkle with cinnamon.

🌿 **Benefits:** Provides energy and healthy fats, supports brain health, and offers antioxidants and fiber for digestion.



Dinner: Vegetable Soup with Lentils

📍 Servings: 2 ⌚ Prep Time: 40 minutes

📖 Nutrients:

Calories 370 kcal, protein 24 g, fat 9 g,
carbs 50 g, fiber 10 g, Omega-3 0.5 g.

📄 Ingredients:

Red lentils – 80 g, carrot – 1 (80 g), celery – 1 stalk, onion – 1/2, garlic – 1 clove, olive oil – 1 tbsp (10 g), turmeric – 1/2 tsp, spices to taste, water – 500 ml.

👨‍🍳 Instructions:

Finely chop the vegetables. Sauté onion and garlic in olive oil. Add lentils, carrot, celery, spices, and water. Simmer for 25 minutes.

🌿 Benefits:

Lentils provide plant-based protein and fiber, turmeric reduces inflammation, and vegetables are rich in essential vitamins.

📊 Total Daily Intake:

Calories 1,960 kcal, protein 96 g, fat 59 g,
carbs 190 g, fiber 29 g, Omega-3 4.5 g.



Day 4: Anti-Inflammatory Meal Plan (1800-2000 kcal)

Breakfast: Omelet with Spinach and Avocado



📍 Servings: 1 ⌚ Prep Time: 15 minutes

📖 **Ingredients:** Eggs – 2 pcs, spinach – 50 g, avocado – 1/2 (70 g), olive oil – 1 tsp (5 g), almond milk – 20 ml, spices to taste.

👩 **Instructions:** Whisk the eggs with almond milk and spices. Sauté spinach in olive oil, then pour in the eggs and cook the omelet. Serve with sliced avocado.

🌿 **Benefits:** Eggs provide protein and choline, spinach is rich in antioxidants, and avocado contains healthy fats that support heart health.

💛 **Nutrients:** Calories 380 kcal, protein 20 g, fat 29 g, carbs 9 g, fiber 5 g, Omega-3 1.5 g.

Lunch: Buckwheat with Mushrooms & Herbs

📍 2 servings, ⌚ 30 minutes

📖 **Ingredients:** Buckwheat groats – 80 g, mushrooms (champignons) – 150 g, onion – 1/2 pc, garlic – 1 clove, olive oil – 1 tbsp (10 g), dill – 10 g, salt & spices to taste, water – 250 ml

👩 **Instructions:** Cook the buckwheat in water for 15 minutes. In a separate pan, sauté mushrooms, onion, and garlic in olive oil for 10 minutes. Mix with the cooked buckwheat, add chopped dill, and season to taste.

💚 **Benefits:** Buckwheat is rich in magnesium and fiber, mushrooms provide antioxidants, and fresh herbs support a healthy immune system.



💛 **Nutrition per serving:**

520 kcal, Protein: 22 g, Fat: 18 g, Carbs: 70 g, Fiber: 10 g, Omega-3: 0.6 g

Snack: Yogurt with Flaxseeds & Strawberries

📌 1 serving, ⌚ 5 minutes

🍷 Nutrition per serving:

250 kcal, Protein: 16 g, Fat: 9 g,

Carbs: 27 g, Fiber: 6 g, Omega-3: 1.1 g

📄 Ingredients:

Greek yogurt (unsweetened) – 150 g, ground flaxseeds – 1 tbsp (10 g), strawberries – 50 g, honey – 1 tsp (5 g)

👨‍🍳 Instructions:

Combine the yogurt with ground flaxseeds and chopped strawberries. Drizzle with honey and enjoy fresh.

❤️ Benefits:

Yogurt is packed with probiotics, flaxseeds are a great source of Omega-3, and strawberries are naturally rich in vitamin C.



Dinner: Baked Chicken Breast with Broccoli & Almonds

📌 2 servings, ⌚ 35 minutes

🍷 Nutrition per serving:

420 kcal, Protein: 38 g, Fat: 15 g,

Carbs: 20 g, Fiber: 5 g, Omega-3: 0.5 g

📄 Ingredients:

Chicken breast – 150 g, broccoli – 100 g, almonds – 10 g, olive oil – 1 tbsp (10 g), lemon juice – 1 tbsp (15 ml), spices to taste

👨‍🍳 Instructions:

Marinate the chicken breast in lemon juice and spices for 10 minutes. Bake at 180°C for 25 minutes. Boil the broccoli for 5 minutes and sprinkle with chopped almonds.

❤️ Benefits:

Chicken is a great source of lean protein, broccoli contains sulforaphane that helps reduce inflammation, and almonds support heart health.

📊 Total Daily Intake:

1190 kcal, Protein: 76 g, Fat: 42 g,

Carbs: 117 g, Fiber: 21 g, Omega-3: 2.2 g

Day 5: Anti-Inflammatory Meal Plan (1800-2000 kcal)

Breakfast: Buckwheat Pancakes with Almond Butter & Berries

📌 2 servings ⌚ 20 minutes

📄 **Ingredients:** Buckwheat flour – 80 g, egg – 1 pc, almond milk – 100 ml, honey – 1 tsp (5 g), olive oil – 1 tsp (5 g), almond butter – 1 tbsp (15 g), berries – 50 g

👨‍🍳 **Instructions:** Mix the flour, egg, almond milk, and honey. Cook pancakes in a pan greased with olive oil. Serve with almond butter and fresh berries.

♥ **Benefits:** Buckwheat flour is rich in magnesium, almond butter provides healthy fats, and berries are loaded with antioxidants.



♥ **Nutrition per serving:**

410 kcal, Protein: 15 g, Fat: 20 g, Carbs: 45 g, Fiber: 7 g, Omega-3: 1 g

Lunch: Turkey Fillet with Quinoa & Vegetables



♥ **Nutrition per serving:** 530 kcal, Protein: 48 g, Fat: 17 g, Carbs: 50 g, Fiber: 8 g, Omega-3: 0.7 g

📌 2 servings ⌚ 30 minutes

📄 **Ingredients:** Turkey fillet – 150 g, quinoa – 80 g, bell pepper – ½ pc, zucchini – ½ pc, olive oil – 1 tbsp (10 g), garlic – 1 clove, spices to taste

👨‍🍳 **Instructions:** Cook the quinoa in water for 15 minutes. Separately sauté chopped vegetables and turkey in olive oil, add spices. Mix everything with the quinoa before serving.

♥ **Benefits:** Turkey is a lean source of protein, quinoa provides a complete amino acid profile, and vegetables are rich in phytonutrients.

Snack: Avocado Toast with Pumpkin Seeds

📍 1 serving 🕒 10 minutes

📖 **Ingredients:** Whole grain bread – 1 slice (40 g), avocado – ½ pc (70 g), pumpkin seeds – 1 tbsp (10 g), lemon juice – 1 tsp (5 ml), salt to taste

👩 **Instructions:** Mash the avocado and mix it with lemon juice and salt. Spread on toast and sprinkle with pumpkin seeds.

♥ **Benefits:** Avocado is rich in monounsaturated fats, pumpkin seeds provide zinc for immunity, and whole grain bread adds fiber.



♥ **Nutrition per serving:** 300 kcal, Protein: 10 g, Fat: 20 g, Carbs: 25 g, Fiber: 6 g, Omega-3: 1.2 g

Dinner: Broccoli Cream Soup with Cashews & Whole Grain Croutons

📍 2 servings 🕒 25 minutes



♥ **Nutrition per serving:** 490 kcal, Protein: 20 g, Fat: 22 g, Carbs: 55 g, Fiber: 10 g, Omega-3: 0.8 g

📊 Updated Total Daily Intake:

1800 kcal, Protein: 93 g, Fat: 79 g, Carbs: 155 g, Fiber: 31 g, Omega-3: 3.7 g

📖 **Ingredients:** Broccoli – 150 g, carrot – 1 pc (60 g), onion – ½ pc, garlic – 1 clove, vegetable broth – 300 ml, cashews – 20 g, olive oil – 1 tbsp (10 g), whole grain bread (cubed, toasted) – 1 slice (40 g), spices to taste

👩 **Instructions:** Sauté the onion, carrot, and garlic in olive oil. Add broccoli and broth, cook for 15 minutes. Blend until smooth and stir in the cashews. Serve with toasted whole grain croutons on top or on the side.

♥ **Benefits:** Broccoli contains sulforaphane to fight inflammation, cashews are rich in essential micronutrients, and carrots are packed with beta-carotene. Whole grain croutons add extra fiber and slow-digesting carbs for satiety.

Day 6: Anti-Inflammatory Meal Plan (1800-2000 kcal)

Breakfast: Pumpkin Quinoa Porridge with Walnuts & Cinnamon

 2 servings  25 minutes

Ingredients:


Quinoa – 80 g, pumpkin purée – 150 g, almond milk – 200 ml, walnuts – 15 g, honey – 1 tsp (5 g), cinnamon – 1/2 tsp

Instructions:

Cook quinoa in almond milk for 15 minutes. Add pumpkin purée, honey, and cinnamon, then stir. Serve topped with chopped walnuts.

Benefits:

Pumpkin is rich in beta-carotene for healthy skin, quinoa provides all essential amino acids, and walnuts are a great source of healthy fats.

 **Nutrition per serving:** 420 kcal, Protein: 14 g, Fat: 18 g, Carbs: 55 g, Fiber: 8 g, Omega-3: 1.2 g

Lunch: Lemon Baked Salmon with Vegetables


 2 servings  30 minutes


Ingredients:

Salmon fillet – 150 g, broccoli – 100 g, carrot – 1 pc (60 g), olive oil – 1 tbsp (10 g), lemon juice – 1 tbsp (15 ml), spices to taste

Instructions:

Marinate the salmon in lemon juice and spices for 10 minutes. Bake together with chopped vegetables brushed with olive oil at 180°C for 20 minutes.

 **Benefits:** Salmon is a rich source of Omega-3 for heart health, broccoli provides antioxidants, and carrots support good vision.


 **Nutrition per serving:** 540 kcal, Protein: 50 g, Fat: 26 g, Carbs: 35 g, Fiber: 7 g, Omega-3: 2.5 g


Snack: Baked Pumpkin with Greek Yogurt & Flaxseeds


 1 serving  15 minutes

Ingredients:

Pumpkin – 100 g, Greek yogurt – 100 g, ground flaxseeds – 1 tbsp (10 g), honey – 1 tsp (5 g), cinnamon – 1/2 tsp

 **Instructions:** Bake the chopped pumpkin at 180°C for 15 minutes. Serve with yogurt, honey, flaxseeds, and a sprinkle of cinnamon.

 **Benefits:** Pumpkin supports digestion, flaxseeds are rich in Omega-3, and yogurt promotes gut health.

 **Nutrition per serving:** 310 kcal, Protein: 12 g, Fat: 10 g, Carbs: 40 g, Fiber: 6 g, Omega-3: 1.3 g

Dinner: Warm Chickpea Salad with Spinach & Avocado

📍 2 servings ⌚ 20 minutes

📄 **Ingredients:**

Cooked chickpeas – 150 g,
spinach – 50 g, avocado – 1/2 (70
g), cherry tomatoes – 6 pcs, olive
oil – 1 tbsp (10 g), lemon juice –
1 tbsp (15 ml), spices to taste

👩🍳 **Instructions:**

Warm the chickpeas in a
skillet with olive oil (5
minutes). Add spinach,
sliced cherry tomatoes,
and avocado. Drizzle with
lemon juice before
serving.

♥️ **Benefits:**

Chickpeas provide plant-based
protein, spinach is rich in iron, and
avocado helps absorb fat-soluble
vitamins.

💛 **Nutrition per serving:** 420
kcal, Protein: 20 g, Fat: 22 g, Carbs:
38 g, Fiber: 9 g, Omega-3: 0.9 g



Day 7: Anti-Inflammatory Meal Plan (1800-2000 kcal)

Breakfast: Cottage Cheese & Fruit Muffins (6 pcs)

📍 6 servings ⌚ Prep: 10–15 min, Bake: 25–30 min, Cool: 5 min → Total: ~40–45 min

💛 **Nutrition per serving:** 🍷 Calories per muffin: ~420 kcal

Protein: ~20 g, Fat: ~17 g, Carbs: ~45 g (of which sugars ~15 g), Fiber: ~4 g

📖 **Ingredients:** Cottage cheese (5%) – 300 g, eggs – 2 pcs, banana – 1 medium (~120 g), berries (blueberries, raspberries, strawberries – fresh or frozen) – 100 g, rolled oats – 60 g, almond flour or crushed nuts – 30 g, honey or agave syrup – 2 tbsp, baking powder – 1 tsp, vanilla extract or vanilla – optional, pinch of salt

👩 **Instructions:** Preheat the oven to 180°C (350°F). In a bowl, whisk the eggs with honey, then add the mashed banana. Stir in the cottage cheese until smooth. Add oats, almond flour, baking powder, salt, and vanilla. Mix well. Gently fold in the berries. Spoon the batter into muffin cups (preferably silicone or with paper liners).

Bake for 25–30 minutes until golden brown.

💚 **Benefits:** These muffins are rich in protein from cottage cheese and eggs, contain complex carbs from oats, healthy fats from nuts, and antioxidants from berries.



Lunch: Baked Mackerel with Lemon & Rosemary, Served with Quinoa and Veggies

📍 2 servings ⌚ 35 minutes

📖 **Ingredients:**

Mackerel fillet – 200 g, quinoa – 100 g, broccoli – 100 g, carrot – 1 pc (60 g), olive oil – 1 tbsp (10 g), lemon juice – 1 tbsp (15 ml), rosemary – ½ tsp, garlic – 1 clove

👩 **Instructions:**

Marinate the mackerel in lemon juice, garlic, and rosemary for 15 minutes. Then bake at 180°C (350°F) for 20 minutes. Cook the quinoa separately and serve alongside the baked fish and steamed vegetables.

💚 **Benefits:** Mackerel is an excellent source of heart-healthy Omega-3s. Quinoa provides all essential amino acids, and the vegetables offer a boost of antioxidants.

💛 **Nutrition per serving:** Calories: 550 kcal, Protein: 50 g, Fat: 28 g, Carbs: 40 g, Fiber: 6 g, Omega-3: 3.2 g



Try adding mackerel to your meals once a week. It's not just tasty, it's full of omega-3s that support your heart and brain. Choose small wild-caught mackerel for all the goodness, without the heavy metals. Take care of yourself with love."



Snack: Handful of Nuts & Berry Chia Smoothie

📌 1 serving ⌚ 5 minutes

♥ Nutrition:

Calories: 320 kcal, Protein: 10 g, Fat: 20 g,

Carbs: 25 g, Fiber: 6 g, Omega-3: 1.5 g

📄 Ingredients:

Almonds – 15 g, walnuts – 15 g, blueberries – 50 g, almond milk – 100 ml, chia seeds – 1 tsp (5 g)

👩 Instructions:

Enjoy the nuts separately. For the smoothie, blend the blueberries with almond milk and chia seeds until smooth.

♥ Benefits:

Nuts support brain health, blueberries are rich in antioxidants, and chia seeds offer a plant-based source of Omega-3.



Dinner: Braised Veal with Vegetables

 2 servings  40 minutes

Nutrition per serving:

Calories: 460 kcal, Protein: 40 g, Fat: 22 g,

Carbs: 30 g, Fiber: 6 g, Omega-3: 0.8 g

Ingredients:


Lean veal – 200 g, onion – 1 pc (50 g), carrot – 1 pc (60 g), zucchini – 100 g, tomato paste – 1 tbsp (20 g), olive oil – 1 tbsp (10 g), spices to taste

Instructions:

Cut veal and vegetables into small pieces. Sear the meat in olive oil for 5 minutes. Add vegetables, tomato paste, and simmer over low heat for 30 minutes until tender.

Benefits:

Veal provides iron for blood health, zucchini and carrots are rich in fiber, and tomato paste adds lycopene for cell protection.

 **Total for the day:** Calories: ~1,970 kcal, protein: ~120 g, fat: ~87 g, carbs: ~140 g, fiber: ~28 g, omega-3: ~6.9 g

Good to Know:

Cow's dairy products can be part of an anti-inflammatory diet - but with some caution. Certain studies suggest that milk and its derivatives may promote inflammation in people who are sensitive to lactose or to milk proteins such as casein and whey.

However, fermented dairy products like yogurt, kefir, and aged cheeses often contain probiotics that benefit the gut microbiome and may even help reduce inflammation.

So, if you don't have a personal intolerance, it's best to choose high-quality fermented dairy with no added sugars or artificial additives, and whenever possible, opt for organic or farm-sourced milk.

Goat and sheep dairy products are usually easier to digest and may have a lower inflammatory potential compared to cow's milk. They contain less lactose and a different type of casein (A2 instead of A1, which is found in most cow's milk), making them gentler on digestion and less likely to irritate the immune system.

Fermented options like goat yogurt, sheep cheese, or brynza can be excellent sources of probiotics, healthy fats, and proteins, supporting gut health and helping to lower chronic inflammation risk.

That's why they can be safely included in an anti-inflammatory diet - as long as there's no individual sensitivity.

Chapter 5

Tasty Anti-Inflammatory Recipes

You can totally mix and match your anti-inflammatory meal plan or even create your own days - just try to keep that balance of healthy fats, good protein, complex carbs, and loads of antioxidants, while skipping the stuff that can stir up inflammation.

But don't worry - so you're not stuck googling or flipping through books for ideas, I've put together some yummy and wholesome recipes for you. They're easy to make, full of goodness, and perfect for swapping into your menu anytime without missing out on all those amazing anti-inflammatory benefits.

Light & Nourishing Salad Recipes

Each of these salads makes a perfect portion for a light dinner or lunch. If you pair them with whole grain bread or other wholesome ingredients, you've got yourself a well-balanced anti-inflammatory meal that's as satisfying as it is good for you.

1. Arugula Salad with Parmesan and Walnuts

🍷 Servings: 2 🕒 Prep time: 10 minutes

🍌 **Nutrition per serving:** Calories: 320 kcal, Protein: 10 g, Fats: 28 g,

Carbohydrates: 6 g, Fiber: 2 g, Calcium: 250 mg, Omega-3: 0.7 g

📄 **Ingredients:**

arugula (100 g),
Parmesan cheese (30 g), walnuts (20 g),
olive oil (1 tbsp), lemon juice (1 tbsp), honey (1 tsp), salt and pepper to taste

🍌 **Benefits:**

Parmesan provides calcium and protein, walnuts are rich in healthy fats, and arugula is loaded with antioxidants.

🍷 **Instructions:**

Wash and dry the arugula. Slice the Parmesan into thin shavings. Lightly toast the walnuts in a dry pan. In a small bowl, mix olive oil, lemon juice, honey, salt, and pepper to make the dressing. In a large bowl, combine arugula, Parmesan, and walnuts. Drizzle with the dressing and toss gently.



2. Salad with Cheddar, Beans & Avocado

🍷 Servings: 2 ⌚ Prep time: 15 min

♥ **Nutrition per serving:** 400 kcal, 18 g protein, 24 g fat, 30 g carbs, 10 g fiber, 280 mg calcium, 0.5 g Omega-3

📖 **Ingredients:** red beans (100 g, cooked or canned), avocado (1 piece), cheddar cheese (50 g), red onion (½ piece), cilantro (10 g), olive oil (1 tbsp), lemon juice (1 tbsp), salt and pepper to taste

♥ **Benefits:** Beans are rich in plant protein and fiber, cheddar provides calcium, and avocado delivers healthy fats.

👩 **Instructions:**
Rinse the beans. Dice the avocado, grate the cheddar, and slice the red onion into thin half rings. In a bowl, combine all ingredients, add chopped cilantro, dress with olive oil and lemon juice, season with salt, and toss everything together.



3. Caprese Salad with Mozzarella, Tomatoes & Basil

🍷 Servings: 2 ⌚ Prep time: 10 min

♥ **Nutrition per serving:** 280 kcal, 18 g protein, 20 g fat, 6 g carbs, 2 g fiber, 220 mg calcium, 0.3 g Omega-3



📖 **Ingredients:** mozzarella (125 g), tomatoes (2 pieces), basil (10 g), olive oil (1 tbsp), balsamic vinegar (1 tsp), salt and pepper to taste

♥ **Benefits:** Mozzarella is a great source of protein and calcium, tomatoes are rich in the antioxidant lycopene, and basil has anti-inflammatory properties.

👩 **Instructions:**
Slice the tomatoes into rounds and the mozzarella into slices. Arrange them in alternating layers with basil leaves. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper.

4. Warm salad with parmesan, quinoa and spinach

🍷 Servings: 2
🕒 Prep time: 20 min.

📄 **Ingredients:**

quinoa 100 g,
spinach 100 g,
parmesan 30 g,
almonds 20 g, olive
oil 1 tbsp, lemon
juice 1 tbsp, salt,
pepper to taste

👩🍳 **Instructions:**

Boil the quinoa until tender, rinse the spinach, fry the almonds and chop them. Mix all the ingredients, add grated Parmesan cheese, drizzle with oil and lemon juice, and mix.

♥ **Benefits:** Quinoa is a source of vegetable protein, spinach is rich in iron, parmesan helps to strengthen bones.



♥ **Nutrition per serving:** Calories 370 kcal, protein 14 g, fat 22 g, carbohydrates 32 g, fiber 5 g, calcium 270 mg, omega-3 0.6 g

5. Mediterranean chickpea salad

🍷 Servings 4 🕒 Prep time: 10 minutes

♥ **Nutrition per serving:** Calories: 190; Protein: 6 g;

Carbohydrates: 18 g; Fats: 8 g; Fiber: 5 g; Cholesterol: 5 mg;

Sodium: 110 mg; Potassium: 320 mg.



📄 **Ingredients:** 1 can (15 ounces) chickpeas, rinsed and drained; 1 (optional); 2 tablespoons olive oil; 1 tablespoon red wine vinegar; 1 teaspoon dried oregano; salt and pepper to taste.

♥ **Benefits:** Due to its high fiber content and healthy fats, this salad contributes to lowering cholesterol and heart health. Chickpeas provide vegetable protein and fiber, while olive oil and vegetables contain heart-healthy nutrients and antioxidants.

👩🍳 **Instructions:** Mix the ingredients: In a large bowl, combine the chickpeas, cucumber, red bell pepper, red onion, parsley, and feta cheese (if using).

Prepare the dressing: In a small bowl, whisk together the olive oil, red wine vinegar, oregano, salt and pepper.

To serve: Pour the dressing over the salad and toss to coat. Serve immediately or chill for up to 4 hours for best flavor.

6. Salad with cheddar, chicken and broccoli

🍷 Servings: 2 ⌚ Prep time: 15 minutes

📖 Ingredients:

boiled chicken fillet 150 g, broccoli 100 g, cheddar 50 g, Greek yogurt 2 tbsp, Dijon mustard 1 tsp, lemon juice 1 tbsp, salt, pepper to taste

👨🍳 Instructions:

Boil the broccoli for 3-4 minutes in salted water, cut the chicken into cubes, grate the cheddar. Mix all the ingredients, season with yogurt, mustard and lemon juice, mix.

♥ Benefits:

Chicken provides the body with easily digestible protein, broccoli contains vitamins and antioxidants, cheddar adds calcium.

♥ **Nutrition per serving:** Calories 360 kcal, protein 40 g, fat 18 g, carbohydrates 10 g, fiber 3 g, calcium 260 mg, omega-3 0.4 g

7. Sardine and Quinoa Salad

🍷 Servings: 2. ⌚ Prep Time: 10 minutes; Cook Time: 5 minutes.

📖 **Ingredients:** 1 cup cooked quinoa; 1 can (3.75 oz) sardines in water, drained; 1 cup baby spinach leaves; 1/2 cup cherry tomatoes, halved; 1/4 cup diced cucumber; 1 tbsp olive oil; 1 tbsp lemon juice; 1 tsp Dijon mustard; 1 tsp fresh parsley, chopped; salt and pepper to taste (optional).

♥ **Nutrition per serving:** Calories: 320; Protein: 18 g; Carbohydrates: 25 g; Fat: 16 g; Fiber: 4 g; Cholesterol: 50 mg; Sodium: 200 mg; Potassium: 500 mg.

👨🍳 Instructions:


In a mixing bowl, combine cooked quinoa, spinach, cherry tomatoes, cucumber, and drained sardines. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, and parsley. Drizzle the dressing over the salad, season with salt and pepper if desired, and toss gently before serving.

♥ **Benefits:** Sardines are rich in omega-3 fatty acids; quinoa provides plant-based protein and fiber; spinach and tomatoes offer antioxidants and potassium.



8. Mediterranean Tuna Salad

📍 Servings: 4. ⌚ Prep Time: 10 minutes; Cook Time: 5 minutes.

 **Ingredients:** 2 cans (5 oz each) low-sodium tuna, drained; 1 cup cherry tomatoes, halved; 1 cup cucumber, diced; 1/2 red onion, thinly sliced; 1/4 cup Kalamata olives, chopped (optional); 1/4 cup parsley, chopped; 2 tbsp olive oil; 1 tbsp fresh lemon juice; 1/4 tsp black pepper; 1/4 tsp dried oregano.

♥ **Nutrition per serving:** Calories: 160; Protein: 18 g; Carbohydrates: 4 g; Fat: 8 g; Fiber: 1 g; Cholesterol: 25 mg; Sodium: 120 mg; Potassium: 300 mg.

 **Instructions:**

Combine canned tuna, cherry tomatoes, cucumber, red onion, olives and parsley in a large bowl. Drizzle with olive oil and lemon juice; sprinkle with black pepper and oregano. Toss gently to combine. Serve fresh.

♥ **Benefits:** Tuna provides omega-3 fatty acids for heart health; olive oil offers heart-healthy monounsaturated fats; fresh vegetables supply antioxidants, fiber, and potassium.



9. Mackerel and Lentil Salad

📍 Servings: 2 ⌚ Prep time: 15 min



 **Ingredients:**

cooked green or brown lentils (200 g), canned mackerel in olive oil (1 can, drained), cherry tomatoes (6–8, halved), red onion (1/4, thinly sliced), fresh parsley (1 tbsp, chopped), olive oil (1 tbsp), lemon juice (1 tbsp), salt and pepper to taste

♥ **Nutrition per serving:** 350–400 kcal, 25 g protein, 20 g fat, 20 g carbs, 6 g fiber, 250 mg calcium, 1 g Omega-3

 **Instructions:**

In a bowl, combine the cooked lentils, halved cherry tomatoes, and thinly sliced red onion. The canned mackerel and add it to the bowl along with chopped parsley. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss gently to combine.

♥ **Benefits:** Mackerel is rich in Omega-3s and vitamin D | Lentils provide plant-based protein and fiber | Lemon and parsley support digestion and add freshness

10. Roasted Beet Salad with Walnuts & Feta

📌 Servings: 2 🕒 Prep time: 10 min + roasting time

📄 **Ingredients:**

roasted beets (2 medium, peeled and cubed), arugula or mixed greens (2 cups), crumbled feta cheese (50 g), walnuts (2 tbsp, toasted), olive oil (1 tbsp), balsamic vinegar (1 tsp), salt and pepper to taste

👩🍳 **Instructions:**

To roast the beets, wrap them in foil and bake at 200°C (400°F) for 40–50 minutes, then let cool, peel, and cube. In a bowl, combine greens, roasted beets, crumbled feta, and toasted walnuts. Drizzle with olive oil and balsamic vinegar, season with salt and pepper, and toss gently.

💖 **Nutrition per serving:**

300 kcal, 10 g protein, 20 g fat, 18 g carbs, 4 g fiber, 150 mg calcium, 0.5 g Omega-3

💚 **Benefits:** Beets support blood pressure and circulation | Walnuts provide Omega-3 and antioxidants | Feta adds calcium and tangy flavor

11. Quinoa, Spinach, and Citrus Salad

📌 Servings 4 🕒 Prep Time: 15 minutes; Cooking Time: 20 minutes.

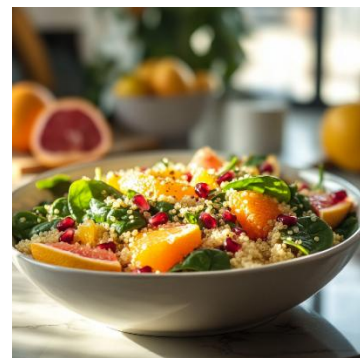
📄 **Ingredients:** 1 cup quinoa, uncooked; 2 cups water; 3 cups fresh spinach, chopped; 1 orange, peeled and segmented; 1 grapefruit, peeled and segmented; 1/4 cup pomegranate seeds; 2 tablespoons olive oil; 1 tablespoon lemon juice; 1 teaspoon honey (optional); salt and pepper to taste.

💖 **Nutrition per serving:**

Calories: 210; Protein: 6g; Carbohydrates: 28g; Fats: 8g; Fiber: 4g; Cholesterol: 0 mg; Sodium: 80 mg; Potassium: 450 mg.

💚 **Benefits:** Rich in potassium and fiber, this salad supports healthy blood pressure and reduces inflammation. Quinoa provides plant-based protein, while citrus fruits and pomegranate seeds add antioxidants to support heart health.

👩🍳 **Instructions:** *Cook the Quinoa:* Rinse quinoa under cold water. In a medium saucepan, bring water to a boil, add quinoa, reduce heat, and simmer for 15 minutes or until water is absorbed. Let cool. *Combine the Salad:* In a large bowl, combine quinoa, spinach, orange, grapefruit, and pomegranate seeds. *Make the Dressing:* In a small bowl, whisk together olive oil, lemon juice, honey, salt, and pepper. Serve: Drizzle the dressing over the salad and toss gently to combine. Serve immediately or refrigerate for up to 2 hours to allow flavors to meld.



12. Roasted Pumpkin Salad with Orange, Pomegranate & Feta

📌 Servings: 2 ⌚ Prep time: 15 min + roasting time

📄 **Ingredients:**

roasted pumpkin (200 g, cubed), fresh orange (1, peeled and segmented), pomegranate seeds (2 tbsp), crumbled feta cheese (50 g), arugula or mixed greens (2 cups), pumpkin seeds (1 tbsp), olive oil (1 tbsp), lemon or orange juice (1 tbsp), salt and pepper to taste

👩🍳 **Instructions:**

Preheat the oven to 200°C (400°F). Toss cubed pumpkin with a bit of olive oil, salt, and pepper, then roast for 25–30 minutes until golden and tender. Let it cool slightly. In a bowl, combine arugula, roasted pumpkin, orange segments, pomegranate seeds, and crumbled feta. Drizzle with lemon or orange juice and olive oil, season to taste, and finish with pumpkin seeds for crunch.

💛 **Nutrition per serving:**

320 kcal, 9 g protein, 17 g fat, 30 g carbs, 5 g fiber, 150 mg vitamin C, 200 mg calcium

💚 **Benefits:** Pumpkin offers beta-carotene for skin & vision | Feta provides calcium & protein for bone health | Pomegranate and orange support heart health & immunity



Chapter 6

Superfoods for Your Anti-Inflammatory Diet

Yogurt: The Probiotic Advantage for Anti-Inflammatory Nutrition

Whip up yogurt magic in just 5–12 minutes - the benefits last all day!

Probiotics live in your gut and have an incredible ability to protect the body from inflammation in ways you might not expect. They reduce inflammation, helping lower bad cholesterol, and keeping your blood vessels smooth and flexible. They can help prevent health issues before they even start.

1. Greek Yogurt Parfait with Berries & Nuts

📌 Servings: 1 ⌚ Prep time: 5 min

📖 **Ingredients:** Greek yogurt (1 cup), mixed berries fresh or frozen (½ cup), chopped nuts – almonds, walnuts, or pecans (1 tbsp), honey (1 tsp, optional)

💛 **Nutrition per serving:** 150 kcal, 15 g protein, 6 g fat (2 g saturated), 15 g carbs, 4 g fiber, 10 g sugar, 5 mg cholesterol, 50 mg sodium, 20 mg vitamin C, 200 mg calcium, 1 mg iron

🍴 **Instructions:** Layer the Greek yogurt, berries, and chopped nuts in a bowl or glass. Drizzle with honey if desired.

💚 **Benefits:** Greek yogurt provides probiotics and calcium, berries are loaded with antioxidants, and nuts offer heart-healthy fats - making this a powerful and tasty anti-inflammatory snack.



2. Tropical Yogurt Parfait with Kiwi, Pineapple & Pumpkin Seeds

📌 Servings: 1 ⌚ Prep time: 5 min



📖 **Ingredients:** Greek yogurt (1 cup), diced pineapple (¼ cup), sliced kiwi (½ piece), pumpkin seeds (1 tbsp), ground flaxseeds (1 tsp), coconut flakes (1 tsp, optional)

💛 **Nutrition per serving:** 170 kcal, 13 g protein, 6 g fat, 18 g carbs, 3 g fiber, 12 g sugar, 150 mg calcium, 1.2 g Omega-3


🍴 **Instructions:**

In a glass or bowl, layer the Greek yogurt with diced pineapple and kiwi. Sprinkle with pumpkin seeds, flaxseeds, and coconut flakes for added texture and nutrition.


💚 💚 **Benefits:** A sunny tropical touch to your anti-inflammatory diet.

3. Yogurt Smoothie with Spinach & Banana

📍 Servings: 1 ⌚ Prep time: 5 min

 **Ingredients:** Greek yogurt (1 cup), banana (1/2), spinach (1 cup), almond or coconut milk (1/2 cup), honey (1 tsp, optional)

♥ **Nutrition per serving:** 200–250 kcal, 15–20 g protein, 20–25 g carbs, 5–8 g fat, 3–5 g fiber, 10–15 g sugar, 500–600 mg potassium, 200–300 mg calcium, 10–20 mg vitamin C

 **Instructions:** Combine all ingredients in a blender and blend until smooth.

♥ **Benefits:** Greek yogurt provides protein and calcium. Spinach is rich in vitamins, minerals, and heart-healthy potassium. Banana adds potassium and fiber for cardiovascular support.




4. Yogurt Pancakes with Fresh Fruit


📍 Servings: 4 🍳 ⌚ Prep time: 10 min ⌚ Cook time: 10–12 min

♥ **Nutrition per serving:** 200–250 kcal, 15–20 g protein, 25–30 g carbs, 5–8 g fat, 3–4 g fiber, 10–15 g sugar, 150–200 mg calcium



 **Ingredients:** Greek yogurt (1 cup), egg (1), whole wheat flour (1/2 cup), baking powder (1 tsp), baking soda (1/4 tsp), salt (1/4 tsp), milk (1/4 cup), fresh fruit for topping (berries, banana, or peaches), maple syrup (optional)

♥ **Benefits:** Greek yogurt provides protein and calcium | Whole wheat flour is a great source of fiber | Fresh fruit is rich in vitamins, minerals, and fiber.

 **Instructions:** In a bowl, whisk together Greek yogurt, egg, flour, baking powder, baking soda, and salt. Stir in the milk. Heat a non-stick skillet over medium heat. Pour about 1/4 cup of batter per pancake into the pan. Cook until golden brown on both sides. Top with fresh fruit and drizzle with maple syrup if desired.

5. Yogurt Dip with Fresh Veggies

🍷 Servings: 4 ⌚ Prep time: 10 min

📖 **Ingredients:** Greek yogurt (1 cup), garlic (2 cloves, minced), fresh dill (1 tbsp), lemon juice (½ lemon), salt and pepper to taste, fresh vegetables for dipping (carrots, celery, cucumber)

💛 **Nutrition per serving:** 100–150 kcal, 10–15 g protein, 5–10 g carbs, 5–8 g fat, 2–3 g fiber, 50–100 mg sodium, 200–300 mg potassium, 150–200 mg calcium

👩🍳 **Instructions:** In a bowl, mix Greek yogurt with minced garlic, dill, lemon juice, salt, and pepper. Serve with fresh chopped vegetables.

♥ **Benefits:** Greek yogurt is a great source of protein and calcium, Garlic helps lower blood pressure and cholesterol levels, Fresh vegetables are rich in vitamins, minerals, and fiber.



6. Oat Yogurt Pancakes with Seeds & Fruit

🍷 Servings: 4 ⌚ Prep time: 10 min ⌚ Cook time: 10–12 min

📖 **Ingredients:** Greek yogurt (1 cup), egg (1), oat flour (½ cup), baking powder (1 tsp), baking soda (¼ tsp), salt (¼ tsp), milk (¼ cup), chia seeds or flaxseeds (1 tbsp), fresh fruit (berries, banana, or kiwi), maple syrup (optional)

💛 **Nutrition per serving:** 220–270 kcal, 14–18 g protein, 24–30 g carbs, 6–9 g fat, 4–5 g fiber, 8–12 g sugar, 180–220 mg calcium

👩🍳 **Instructions:** In a bowl, mix Greek yogurt, egg, oat flour, baking powder, baking soda, salt, and seeds. Stir in the milk until smooth. Heat a non-stick skillet over medium heat. Pour about ¼ cup of batter per pancake. Cook until golden brown on both sides. Serve with fresh fruit and drizzle with maple syrup if you like.

♥ **Benefits:** Oat flour adds fiber and supports digestion | Chia or flaxseeds provide Omega-3s and antioxidants | Greek yogurt delivers protein and calcium | Fresh fruit boosts vitamin C and potassium levels

7. Cherry Yogurt Delight

🍷 2 servings ⌚ Prep Time: 5 minutes

💛 **Nutrition per serving:** Calories: 120, Protein: 10g, Carbohydrates: 12g, Fats: 3g, Fiber: 2g, Sugar: 9g, Calcium: 150 mg, Potassium: 200 mg

📖 **Ingredients:** 1 cup Greek yogurt, ½ cup pitted fresh or frozen cherries 🍒 (lightly mashed), 1 tsp honey or maple syrup (optional), ¼ tsp vanilla extract, pinch of cinnamon (optional)

👩🍳 **Instructions:** In a bowl, mix Greek yogurt with honey and vanilla extract. Gently stir in the mashed cherries and a pinch of cinnamon if desired. Serve immediately or chill for a few minutes for a cooler treat.

♥ **Benefit:** Greek yogurt provides protein and calcium, cherries are rich in antioxidants and support heart and joint health, cinnamon adds anti-inflammatory power

8. Pumpkin Yogurt Bowl with Nuts & Spices

📌 Servings: 2 ⌚ Prep time: 5 min

📖 **Ingredients:** Greek yogurt (1 cup), pumpkin puree (1/2 cup), maple syrup or honey (1 tbsp), ground cinnamon (1/2 tsp), ground nutmeg (a pinch), chopped walnuts or pecans (2 tbsp), pumpkin seeds (1 tbsp), a dash of vanilla extract (optional)

💛 **Nutrition per serving:** 200-220 kcal, 12-15 g protein, 8-10 g fat, 20-25 g carbs, 2-3 g fiber, 150 mg calcium, 5 mg vitamin E, 2000 IU vitamin A

👩🍳 **Instructions:**

In a bowl, mix the Greek yogurt with pumpkin puree, maple syrup, cinnamon, nutmeg, and vanilla extract (if using) until smooth and creamy. Top with chopped nuts and pumpkin seeds. Serve chilled or at room temperature.

💚 **Benefits:** Greek yogurt provides protein and calcium, pumpkin is rich in beta-carotene and fiber, and nuts add healthy fats and a delightful crunch.



9. Warm Pumpkin Yogurt Bowl ("Pumpkin Pie in a Spoon")

📌 Servings: 1 ⌚ Prep time: 5 min 🔥 Warm-up time: 3-4 min

📖 **Ingredients:** Greek yogurt (3/4 cup), pumpkin puree (1/2 cup), almond milk (2 tbsp), maple syrup (1 tsp), ground cinnamon (1/2 tsp), ground ginger (a pinch), nutmeg (a pinch), vanilla extract (a dash), crushed pecans or walnuts (1 tbsp), pumpkin seeds (1 tsp)

👩🍳 **Instructions:**

In a small saucepan over low heat, gently warm the pumpkin puree with almond milk, maple syrup, and spices - stir until fragrant (do not boil). Remove from heat and stir in the Greek yogurt and vanilla. Pour into a bowl, top with crushed nuts and seeds. Enjoy while warm.

💛 **Nutrition per serving:**

200 kcal, 12 g protein, 7 g fat, 18 g carbs, 2 g fiber, 180 mg calcium, 3000 IU vitamin A

💚 **Benefits:** Comforting and nourishing, this warm bowl delivers protein and calcium from yogurt, antioxidants from pumpkin, and healthy fats from nuts - perfect for heart and hormone health.

Fermented Foods: Probiotic Anti-Inflammatory Power

🌿 Sauerkraut and fermented apples are more than just flavorful sides - they are nutritional powerhouses packed with probiotics, the "good bacteria" that help your gut stay balanced and strong. A healthy gut microbiome plays a key role in digestion, immune defense, and even heart health 🥬

💡 *How They Work:*

The probiotics in fermented foods support a healthy gut environment, reduce inflammation, and boost the natural production of key nutrients like B vitamins and short-chain fatty acids. These compounds are essential for cardiovascular health, helping to regulate cholesterol levels and improve the absorption of nutrients your heart loves.

❤️ *Heart-Healthy Benefits:*

The fiber and live cultures in sauerkraut and pickled apples may help lower LDL ("bad") cholesterol, reduce oxidative stress, and keep your arteries flexible. Fermentation also increases the bioavailability of nutrients, making these foods even more effective for long-term wellness.

🍴 *How to Enjoy Them:*

Use as a zesty topping for grains, soups, or roasted vegetables

Add to fresh salads for a tangy probiotic punch

Enjoy as a flavorful side with proteins or whole grains

Mix into bowls or wraps for a satisfying crunch and gut-boosting effect

🥗 *Easy & Creative Ways to Add Fermented Foods to Your Diet*

Fermented vegetables and fruits are incredibly versatile.

They bring not only bright flavor but also lasting benefits for your digestion and heart.

Try them:

On avocado toast or grain bowls

Tossed into seasonal salads

Paired with legumes or lean proteins

Or simply enjoy them straight from the jar with love 🧡

Small spoonfuls, big impact - for both your gut and your glow!

1. Tangy Fermented Cucumber Salad

📌 4 servings ⌚ Prep Time: 10 minutes

📖 **Ingredients:** 2 cups lightly salted fermented cucumbers, thinly sliced, 1 small red onion, thinly sliced, 1 tbsp extra virgin olive oil, 1 tbsp apple cider vinegar, 1 tsp fresh dill, chopped, optional: 1 clove garlic, minced

👩🍳 **Instructions:** In a large bowl, combine the sliced fermented cucumbers and red onion. Drizzle with olive oil and apple cider vinegar. Add chopped dill and minced garlic (if using), then toss gently to combine. Let the salad sit for 5–10 minutes to allow the flavors to meld. Serve as a side dish or a light appetizer.

💖 **Nutrition per serving:** Calories: 60, Protein: 1g, Carbohydrates: 4g, Fats: 4g, Fiber: 1g, Cholesterol: 0 mg, Sodium: 300 mg, Potassium: 120 mg

🌿 **Benefit:** Rich in probiotics to support gut health, Contains heart-friendly olive oil, Low in saturated fat and cholesterol



2. Zesty Fermented Cabbage Salad



📌 4 servings ⌚ Prep Time: 10 minutes



📖 **Ingredients:** 1½ cups fermented cabbage (like sauerkraut), drained, 1 medium carrot, grated, 1 green apple, julienned, 1 tbsp olive oil, 1 tsp apple cider vinegar, 1 tsp caraway seeds (optional), salt and pepper to taste


👩🍳 **Instructions:** In a bowl, combine fermented cabbage, grated carrot, and apple. Drizzle with olive oil and vinegar. Sprinkle caraway seeds (if using), season with salt and pepper, and toss gently. Let rest for 5–10 minutes to blend flavors.


💖 **Nutrition per serving:** Calories: 80, Protein: 2g, Carbohydrates: 9g, Fats: 4g, Fiber: 3g, Sodium: 300 mg, Potassium: 200 mg, Vitamin C: 15 mg


🌿 **Benefit:** High in fiber and probiotics for gut health, Apple and carrot add antioxidants, Olive oil supports heart health


3. Beet & Fermented Apple Salad

 4 servings  Prep Time: 10 minutes (plus roasting time if using fresh beets)

 **Ingredients:** 2 medium roasted beets, sliced, 1/2 cup fermented apples, chopped, 1 tbsp pumpkin seeds, 1 tbsp olive oil, 1 tsp lemon juice, pinch of sea salt


 **Instructions:** Slice roasted beets and place in a bowl. Add fermented apples and pumpkin seeds. Drizzle with olive oil and lemon juice, sprinkle with salt, and mix gently. Serve slightly chilled or at room temperature.


 **Nutrition per serving:** Calories: 100, Protein: 2g, Carbohydrates: 10g, Fats: 5g, Fiber: 3g, Potassium: 250 mg, Folate: 80 mcg, Magnesium: 30 mg


 **Benefit:** Beets support blood pressure regulation, Fermented apples add probiotics, Pumpkin seeds offer heart-healthy fats and minerals

4. Fermented Green Bean & Walnut Salad

 4 servings  Prep Time: 10 minutes

 **Ingredients:** 1 cup fermented green beans, chopped, 1 small red onion, thinly sliced, 1/4 cup walnuts, roughly chopped, 1 tbsp olive oil, 1 tsp red wine vinegar, fresh parsley for garnish

 **Instructions:** Combine chopped green beans, onion, and walnuts in a bowl. Drizzle with olive oil and vinegar, then toss gently. Garnish with fresh parsley. Serve cool or at room temperature.

 **Nutrition per serving:** Calories: 110, Protein: 3g, Carbohydrates: 6g, Fats: 9g, Fiber: 3g, Sodium: 250 mg, Omega-3: 0.5g, Vitamin K: 30 mcg

 **Benefit:** Walnuts provide omega-3 fatty acids, Fermented green beans support digestion and gut health, Onion adds anti-inflammatory flavonoids

|

5. Autumn Ferment Salad with Pomegranate

📍 4 servings ⌚ Prep Time: 10 minutes

📖 **Ingredients:** 1/2 cup fermented red cabbage, 1/2 cup roasted pumpkin, cubed, 1/4 cup pomegranate seeds, 1 tbsp crumbled feta, 1 tbsp olive oil, 1 tsp balsamic vinegar, fresh mint for garnish

👩🍳 **Instructions:** In a bowl, combine fermented cabbage, roasted pumpkin, and pomegranate seeds. Add feta, drizzle with olive oil and balsamic vinegar. Mix gently and top with mint.

💖 **Nutrition per serving:** Calories: 130, Protein: 4g, Carbohydrates: 12g, Fats: 7g, Fiber: 3g, Potassium: 280 mg, Vitamin A: 4500 IU, Calcium: 100 mg

🌿 **Benefit:** Pomegranate supports blood vessel health, Pumpkin adds potassium and beta-carotene, Fermented cabbage enhances gut flora and reduces inflammation



6. Fermented Cauliflower & Herb Salad



📍 4 servings ⌚ Prep Time: 10 minutes

📖 **Ingredients:** 1½ cups fermented cauliflower florets, 1 tbsp chopped fresh parsley, 1 tbsp chopped chives, 1 tsp lemon zest, 1 tbsp lemon juice, 1 tbsp olive oil, freshly ground black pepper to taste

👩🍳 **Instructions:** In a bowl, combine. Drizzle with lemon juice and olive oil. Add black pepper and toss gently. Let sit 5 minutes before serving.

💖 **Nutrition per serving:** Calories: 70, Protein: 2g, Carbohydrates: 5g, Fats: 4g, Fiber: 2g, Vitamin C: 20 mg, Potassium: 180 mg, Sodium: 250 mg

🌿 **Benefit:** Cauliflower provides fiber and antioxidants, Olive oil supports healthy cholesterol, Fresh herbs add anti-inflammatory compounds

7. Fermented Root Veggie Rainbow Slaw

📌 4 servings ⌚ Prep Time: 15 minutes

📖 **Ingredients:** 1 cup fermented beet strips, ½ cup fermented carrots (shredded), ½ cup thinly sliced fermented daikon or turnip, 1 tbsp sunflower seeds, 1 tbsp apple cider vinegar, 1 tbsp walnut oil or olive oil, pinch of sea salt

👩 **Instructions:** Toss all fermented vegetables in a large bowl. Drizzle with vinegar and oil, sprinkle seeds and salt. Let flavors meld for 10 minutes before serving 🌈

💖 **Nutrition per serving:** Calories: 100, Protein: 2g, Carbohydrates: 8g, Fats: 6g, Fiber: 3g, Potassium: 300 mg, Vitamin B9 (Folate): 40 mcg

🌿 **Benefit:** Root veggies boost circulation and reduce inflammation, Walnut oil provides omega-3s, Fermented ingredients aid gut and heart health



8. Fermented Carrot & Apple Slaw

📌 4 servings ⌚ Prep Time: 10 minutes

📖 **Ingredients:** 1 cup fermented shredded carrots, 1 small crisp apple (e.g. Granny Smith), julienned, 1 tbsp pumpkin seeds, 1 tbsp lemon juice, 1 tsp honey or maple syrup, 1 tbsp olive oil, a pinch of cinnamon (optional)

👩 **Instructions:** In a bowl, combine fermented carrots and julienned apple. Add pumpkin seeds. Drizzle with lemon juice, olive oil, and honey. Sprinkle a pinch of cinnamon if desired. Toss gently and serve fresh.

💖 **Nutrition per serving:** Calories: 90, Protein: 1g, Carbohydrates: 10g, Fats: 5g, Fiber: 3g, Vitamin A: 6000 IU, Potassium: 250 mg, Vitamin C: 8 mg

🌿 **Benefit:** Carrots offer beta-carotene for antioxidant protection, Fermented veggies support gut balance and lower inflammation, Apples and seeds add fiber and heart-healthy crunch

9. Fermented Broccoli & Avocado Crunch



🍷 4 servings ⌚ Prep Time: 10 minutes

📖 **Ingredients:** 1 cup fermented broccoli florets 🥬, 1/2 ripe avocado (cubed), 2 tbsp chopped red onion, 1 tbsp lemon juice, 1 tbsp flaxseed oil or olive oil, 1 tsp fresh dill

👩🍳 **Instructions:** Mix fermented broccoli with avocado, red onion, lemon juice, oil, and dill. Gently stir to combine. Chill for 5 minutes before serving.

💛 **Nutrition per serving:** Calories: 110, Protein: 2g, Carbohydrates: 6g, Fats: 8g, Fiber: 4g, Vitamin K: 80 mcg, Potassium: 300 mg

🌿 **Benefit:** Broccoli supports detox and vascular health, Avocado provides heart-healthy fats and potassium, Flaxseed oil boosts omega-3s

10. Fermented Green Cabbage & Apple Slaw

🍷 4 servings ⌚ Prep Time: 10 minutes

📖 **Ingredients:** 1 1/2 cups fermented green cabbage (shredded), 1 small green apple (thinly sliced), 1 tbsp fresh lemon juice, 1 tbsp extra virgin olive oil, 1 tsp caraway seeds (optional), pinch of black pepper

👩🍳 **Instructions:** In a mixing bowl, combine fermented cabbage and apple. Drizzle with lemon juice and olive oil. Add caraway seeds and black pepper, then toss to combine. Let sit for 5–10 minutes.

💛 **Nutrition per serving:** Calories: 80, Protein: 1g, Carbohydrates: 9g, Fats: 4g, Fiber: 3g, Vitamin C: 25 mg, Potassium: 200 mg

🌿 **Benefit:** Fermented cabbage supports digestion and immunity, Apples add fiber and natural sweetness, Caraway aids gut comfort

11. Fermented Pineapple & Mint Salad

📍 4 servings ⌚ Prep Time: 10 minutes

📖 **Ingredients:** 1 cup fermented pineapple (chopped), 1 fresh kiwi (sliced), 1 tbsp fresh mint leaves (chopped), 1 tsp lime juice, 1 tsp honey (optional), pinch of chili flakes (optional for a spicy kick)

👩🍳 **Instructions:** Combine fermented pineapple, kiwi, and mint in a bowl. Drizzle with lime juice and honey (if using). Sprinkle with chili flakes for a spicy touch. Toss gently and chill before serving.

💖 **Nutrition per serving:** Calories: 70, Protein: 1g, Carbohydrates: 16g, Fats: 0g, Fiber: 2g, Vitamin C: 40 mg, Potassium: 180 mg

🌿 **Benefit:** Fermented pineapple supports digestion and reduces inflammation, Kiwi adds antioxidants and vitamin C, Mint provides a refreshing boost



12. Fermented Fruit Medley with Yogurt

📍 2 servings ⌚ Prep Time: 8 minutes

📖 **Ingredients:** 1/2 cup fermented peach slices, 1/2 cup fermented berries (like strawberries or blueberries), 1/2 cup Greek yogurt, 1 tbsp chopped walnuts, 1 tsp cinnamon

👩🍳 **Instructions:** In serving bowls, layer yogurt with fermented fruits. Top with chopped walnuts and a sprinkle of cinnamon. Serve immediately as a light breakfast or dessert.

💖 **Nutrition per serving:** Calories: 150, Protein: 8g, Carbohydrates: 18g, Fats: 6g, Fiber: 3g, Calcium: 120 mg, Potassium: 250 mg

🌿 **Benefit:** Probiotic-rich fruits and yogurt aid gut and heart health, Walnuts add omega-3s, Cinnamon helps regulate blood sugar



13. Fermented Berry & Dark Chocolate Bites

🍷 4 servings ⌚ Prep Time: 10 minutes

📖 **Ingredients:** 1/2 cup fermented berries (blueberries, raspberries, or strawberries), 40 g dark chocolate (70%+ cocoa), 1 tsp chopped almonds

👨‍🍳 **Instructions:** Melt the dark chocolate over a water bath. Spoon a little melted chocolate onto parchment paper, place 1–2 fermented berries on top, and sprinkle with chopped almonds. Let set in the fridge for 15 minutes.

💖 **Nutrition per serving:** Calories: 90, Protein: 2g, Carbohydrates: 7g, Fats: 6g, Fiber: 2g, Sugar: 4g, Magnesium: 30 mg
🌿 **Benefit:** Antioxidant boost from dark chocolate, probiotic-rich berries for gut support, almonds for heart-healthy fats

14. Frozen Fermented Berry Yogurt Bites

🍷 6 mini servings ⌚ Prep Time: 10 minutes (plus freezing time)

📖 **Ingredients:** 3/4 cup Greek yogurt, 1/2 cup fermented mixed berries (blueberries, strawberries, raspberries), 1 tsp honey or maple syrup (optional), 1/2 tsp vanilla extract

👨‍🍳 **Instructions:** In a bowl, mix Greek yogurt with honey and vanilla. Gently fold in fermented berries. Spoon into silicone molds or mini cupcake liners. Freeze for 2–3 hours or until firm. Let sit at room temp for 2–3 minutes before serving 🍷

💖 **Nutrition per serving:** Calories: 70, Protein: 4g, Carbohydrates: 6g, Fats: 2g, Fiber: 1g, Sugar: 4g, Calcium: 80 mg

🌿 **Benefit:** Supports gut health with fermented fruits, provides calcium and protein, naturally sweetened and portion-controlled



15. Fermented Apple Yogurt Cups

📍 2 servings ⌚ Prep Time: 7 minutes

📖 **Ingredients:** 1/2 cup fermented apple slices (diced), 1/2 cup plain Greek yogurt, 1 tsp chia seeds, 1 pinch cinnamon

👩🍳 **Instructions:** In a small glass or bowl, layer yogurt with fermented apple pieces. Sprinkle with chia seeds and cinnamon. Serve chilled.

💛 **Nutrition per serving:** Calories: 120, Protein: 8g, Carbohydrates: 10g, Fats: 4g, Fiber: 2g, Calcium: 130 mg, Vitamin C: 8 mg

🌿 **Benefit:** Gut-friendly probiotics from apples and yogurt, protein-rich base, cinnamon supports blood sugar balance

16. Spiced Fermented Apple Chia Pudding

📍 2 servings ⌚ Prep Time: 5 minutes (plus chilling)

📖 **Ingredients:** 1 cup unsweetened almond milk, 3 tbsp chia seeds, 1/2 tsp cinnamon, 1/2 tsp vanilla extract, 1/2 cup fermented apple slices (chopped), 1 tsp maple syrup (optional)

👩🍳 **Instructions:** In a jar or bowl, combine almond milk, chia seeds, cinnamon, vanilla, and maple syrup. Stir well. Let sit for 5 minutes, stir again to prevent clumping, then refrigerate for 2–3 hours or overnight. Top with fermented apples before serving



💛 **Nutrition per serving:** Calories: 150, Protein: 4g, Carbohydrates: 14g, Fats: 8g, Fiber: 6g, Omega-3: 2g, Vitamin E: 6 mg

🌿 **Benefit:** Chia seeds support heart and brain health, fermented apples promote gut balance, almond milk adds lightness without dairy



Good to know:

You can ferment herbs, and the process not only enhances their flavor but also boosts their health benefits! While we commonly think of fermenting vegetables like cabbage or cucumbers, herbs such as basil, dill, mint, parsley, and cilantro can also be fermented. The fermentation process involves immersing the herbs in a brine or mixing them with salt to allow beneficial bacteria to thrive. This not only preserves the herbs but also creates a tangy, complex flavor profile that works wonderfully in dressings, sauces, or marinades. Fermented herbs are rich in probiotics, which support gut health, and they retain many of their original nutrients, including vitamins and antioxidants. A popular example is fermented garlic herb paste, which combines garlic, herbs, and salt for a versatile and healthful addition to meals.

Chapter 7

Comfort in a Bowl: Anti-Inflammatory

Soups, Pastas & More

Food should never be dull - it should nourish your body and delight your soul. In this chapter, you'll discover cozy, healing meals that prove healthy eating can be full of flavor and joy. I'm sure some of your new favorite recipes live right here.

Can You Create Anti-Inflammatory Pasta Recipes?

Yes - and they can be absolutely delicious!

Pasta is a beloved comfort food, and the good news is that it can fit into an anti-inflammatory lifestyle—if you choose your ingredients wisely.

- ♦ **Healthy base:** Go for whole grain, lentil, chickpea, or buckwheat pasta. They offer more fiber and lower the inflammatory response.
 - ♦ **Sauces:** Swap creamy sauces for tomato-based (unsweetened), green pesto with olive oil, or veggie-packed blends.
 - ♦ **Toppings:** Add inflammation-fighting ingredients like broccoli, spinach, sweet peppers, garlic, herbs, turmeric, or even salmon.
- ♥ Pasta doesn't have to be a guilty pleasure - it can be a healing comfort dish when made with mindful, nourishing choices.

1. Buckwheat Pasta with Mushrooms & Walnut Pesto

📍 2 servings ⌚ Prep Time: 20 minutes

📄 **Ingredients:** 1½ cups cooked buckwheat pasta, 1 cup cremini mushrooms (sliced), 1 tbsp olive oil, 1 garlic clove (minced), ¼ cup walnuts, 1 tbsp nutritional yeast, 1 handful fresh parsley, 1 tbsp lemon juice

👩🍳 **Instructions:**
Sauté mushrooms and garlic in olive oil until soft and golden. In a blender, pulse walnuts, parsley, nutritional yeast, lemon juice, and a bit of water into a chunky pesto. Toss cooked pasta with mushrooms and walnut pesto. Serve warm.

💖 **Nutrition per serving:**
Calories: 410, Protein: 14g, Carbs: 38g, Fats: 24g, Fiber: 7g, Magnesium: 70 mg

🌿 **Benefit:** Rich in plant-based omega-3s, antioxidants from mushrooms, and gluten-free grains.

2. Zucchini & Spinach Whole Wheat Pasta with Garlic-Tahini Sauce

📍 2 servings ⌚ Prep Time: 15 minutes

📄 **Ingredients:** 1½ cups cooked whole wheat pasta, 1 small zucchini (spiralized or chopped), 1 cup baby spinach, 1 tbsp extra virgin olive oil, 1 garlic clove (minced), 1 tbsp tahini, 1 tbsp lemon juice, 2 tbsp warm water, pinch of cumin

👩🍳 **Instructions:**

Sauté garlic in olive oil for 1 minute. Add zucchini and spinach, cook until just tender. In a small bowl, mix tahini, lemon juice, water, and cumin until creamy. Toss pasta with sautéed veggies and drizzle with the garlic-tahini sauce. Serve warm.

💖 **Nutrition per serving:** Calories: 340, Protein: 11g, Carbs: 42g, Fats: 15g, Fiber: 8g, Sugar: 4g, Calcium: 80 mg

🌿 **Benefit:** Rich in fiber and healthy fats, supports gut health and reduces inflammation.



3. Chickpea Pasta with Roasted Veggie-Tomato Sauce



📌 2 servings ⌚ Prep Time: 20 minutes

📖 **Ingredients:** 1½ cups cooked chickpea pasta, ½ red bell pepper, ½ zucchini, ½ red onion, 1 garlic clove, 1 cup cherry tomatoes, 1 tbsp olive oil, ½ tsp dried basil

👩 **Instructions:**

Roast bell pepper, zucchini, onion, garlic, and tomatoes at 400°F (200°C) for 15 minutes. Blend the roasted veggies with olive oil and basil until smooth. Toss with chickpea pasta and warm through. Garnish with fresh herbs if desired.

🍷 **Nutrition per serving:** Calories: 380, Protein: 16g, Carbs: 42g, Fats: 12g, Fiber: 10g, Sugar: 5g, Potassium: 500 mg

🌿 **Benefit:** Packed with antioxidants and plant protein, boosts immunity and digestive health.

4. Green Pasta with Avocado-Broccoli Sauce



📌 2 servings ⌚ Prep Time: 15 minutes

📖 **Ingredients:** 1½ cups cooked lentil pasta, ½ ripe avocado, ½ cup steamed broccoli, 1 tbsp lemon juice, 1 tbsp olive oil, 1 tbsp nutritional yeast, pinch of garlic powder

👩 **Instructions:**

Blend avocado, broccoli, lemon juice, olive oil, nutritional yeast, and garlic powder into a creamy sauce. Toss with warm lentil pasta. Add a splash of pasta water if needed to loosen the sauce.

🍷 **Nutrition per serving:** Calories: 370, Protein: 18g, Carbs: 35g, Fats: 18g, Fiber: 11g, Iron: 4 mg

🌿 **Benefit:** Creamy without dairy, rich in good fats, fiber, and inflammation-fighting greens.

5. Salmon & Asparagus Pasta with Lemon-Herb Sauce

📌 2 servings ⌚ Prep Time: 20 minutes

📖 **Ingredients:** 1½ cups cooked brown rice pasta, 1 small salmon fillet (cooked and flaked), 1 cup asparagus (cut into 1-inch pieces), 1 tbsp olive oil, 1 tbsp lemon juice, 1 tsp fresh dill or parsley, pinch of black pepper

👨‍🍳 **Instructions:**

Lightly sauté asparagus in olive oil until crisp-tender. In a bowl, mix lemon juice, herbs, and pepper. Toss pasta with flaked salmon, asparagus, and lemon-herb mixture. Serve warm or chilled.

💖 **Nutrition per serving:** Calories: 420, Protein: 25g, Carbs: 35g, Fats: 22g, Omega-3s: 1.8g, Vitamin D: 350 IU

🌿 **Benefit:** High in anti-inflammatory omega-3s, supports brain and heart health.



Layers & Spices: Where Lasagna Meets Curry Magic

Who says comfort food can't be healing? Whether it's the warm, layered embrace of a veggie-packed lasagna or the bold, soul-soothing spices of a hearty curry — these dishes prove that nourishing your body can (and should) taste amazing 🍴

In this flavorful corner of the book, you'll find recipes that wrap you in a cozy hug while delivering serious anti-inflammatory benefits. These aren't your average weeknight meals — they're vibrant, feel-good favorites designed to be both delicious and functional.

✦ So go ahead — dive into a bubbling lasagna or a creamy, spiced curry. Your taste buds and your body will thank you.

1.Veggie-Packed Zucchini Lasagna



🍷 6 servings ⌚ Prep Time: 20 minutes |
Cook Time: 35 minutes

📖 **Ingredients :**

3 medium zucchinis, thinly sliced lengthwise, 1 cup diced carrots, 1 cup chopped spinach, 1 cup low-sodium tomato sauce, 1 cup low-fat ricotta or cashew cheese, 1 tsp olive oil, 1 clove garlic (minced), ½ tsp dried oregano, ½ tsp dried basil, pinch of black pepper

👩🍳 **Instructions:**

Preheat oven to 375°F (190°C). Lightly sauté carrots and garlic in olive oil until soft. Stir in spinach and cook until wilted. In a baking dish, layer zucchini slices, veggie mix, a spoon of tomato sauce, and ricotta. Repeat layers, ending with zucchini and a touch of sauce on top. Bake for 30–35 minutes until bubbly and golden. Let it cool for 5 minutes before serving.

💛 **Nutrition per serving:** Calories: 140, Protein: 7g, Carbohydrates: 10g, Fats: 7g, Fiber: 3g, Sugar: 4g, Calcium: 120 mg

🌿 **Benefit:** Low-carb, rich in fiber and antioxidants, supports digestion and inflammation reduction

Lasagna: Comforting layers of goodness, lasagna can be both hearty and health-conscious when packed with veggies, whole grains, and plant-based sauces that support gut and heart health.

2. Sweet Potato & Kale Lasagna (No Noodles!)

📍 6 servings ⌚ Prep Time: 25 minutes | Cook Time: 40 minutes

📖 **Ingredients:**

2 medium sweet potatoes, thinly sliced, 1½ cups chopped kale, 1 small onion (sliced), 1 cup crushed tomatoes, ½ cup cooked lentils, ½ cup plant-based béchamel (or almond milk + flour base), 1 tbsp olive oil, ½ tsp cumin, salt and pepper to taste

👩🍳 **Instructions:**

Preheat oven to 375°F (190°C). Sauté onion and kale in olive oil until soft. Add lentils and cumin, stir to combine. In a baking dish, layer sweet potato slices, kale-lentil mix, a little tomato sauce, and béchamel. Repeat the layers and finish with sauce on top. Cover and bake for 40 minutes, uncover for the last 10 to brown slightly. Let it sit before slicing.

💛 **Nutrition per**

serving: Calories: 180, Protein: 6g, Carbohydrates: 20g, Fats: 8g, Fiber: 4g, Sugar: 5g, Iron: 2 mg

🌿 **Benefit:** Root veggie goodness, iron-rich kale, and anti-inflammatory lentils in a cozy, pasta-free twist

3. Sweet Potato & Green Bean Thai Curry

📍 4 servings

⌚ Prep Time: 15 minutes | Cook Time: 25 minutes

📖 **Ingredients:** 1 tbsp avocado oil, 1 shallot (finely chopped), 2 garlic cloves (minced), 1 tbsp red curry paste, 1 tsp ground turmeric, 2 cups sweet potatoes (cubed), 1 cup green beans (trimmed), 1 can (400 ml) light coconut milk, ½ cup vegetable broth, fresh basil to garnish

👩🍳 **Instructions:** Heat oil in a pot and sauté shallot and garlic. Stir in red curry paste and turmeric. Add sweet potatoes, green beans, coconut milk, and broth. Simmer for 20–25 minutes or until veggies are soft. Garnish with fresh basil and enjoy with jasmine rice.

💛 **Nutrition per serving:** Calories: 295, Protein: 6g, Carbohydrates: 32g, Fats: 16g, Fiber: 6g, Potassium: 560 mg

🌿 **Benefit:** Packed with antioxidants and healthy fats for inflammation control and immune support



Curry: Bursting with bold spices and vibrant colors, curry not only delights the senses but also nourishes the body with anti-inflammatory ingredients like turmeric and ginger.

4. Turmeric Turkey & Veggie Curry



📌 4 servings

🕒 Prep Time: 15 minutes | Cook Time: 25 minutes

📖 **Ingredients:**

1 tbsp olive oil, 1 small onion (diced), 2 garlic cloves (minced), 1-inch fresh ginger (grated), 1 tsp ground turmeric, 1 tsp paprika, ½ tsp cinnamon, 300 g ground turkey (lean), 1 cup zucchini (sliced), 1 red bell pepper (chopped), 1 cup chopped tomatoes (canned or fresh), ½ cup low-sodium broth, salt and pepper to taste, fresh parsley to garnish

👩 **Instructions:**

In a large skillet, heat olive oil over medium heat. Sauté onion, garlic, and ginger until soft. Stir in turmeric, paprika, and cinnamon. Add ground turkey and cook until browned. Toss in zucchini, bell pepper, and tomatoes. Pour in broth, cover, and simmer for 15–20 minutes until veggies are tender and flavors combine. Garnish with fresh parsley and serve with brown rice or cauliflower rice.

💖 **Nutrition per serving:** Calories: 330, Protein: 28g, Carbohydrates: 12g, Fats: 18g, Fiber: 3g, Zinc: 15% DV

🌿 **Benefit:** Lean turkey and anti-inflammatory spices help build immunity and support muscle recovery

5. Chickpea & Spinach Coconut Curry

📌 4 servings 🕒 Prep Time: 10 minutes | Cook Time: 20 minutes

📖 **Ingredients:** 1 tbsp olive oil, 1 onion (chopped), 2 garlic cloves (minced), 1-inch fresh ginger (grated), 1½ tsp turmeric, 1 tsp cumin, 1 tsp coriander, 1 can (400 ml) coconut milk, 1 can (400 g) chickpeas (drained), 3 cups baby spinach, salt and pepper to taste, juice of ½ lemon

👩 **Instructions:** In a pan, heat olive oil. Sauté onion until soft, then add garlic and ginger. Stir in spices and cook for 1–2 minutes. Pour in coconut milk and add chickpeas. Simmer for 10 minutes. Add spinach and lemon juice, cook until wilted. Serve with quinoa or brown rice.

💖 **Nutrition per serving:** Calories: 310, Protein: 10g, Carbohydrates: 24g, Fats: 21g, Fiber: 7g, Iron: 20% DV

🌿 **Benefit:** Anti-inflammatory turmeric and fiber-rich chickpeas support gut and heart health

Soup: A Cozy Ally in Your Anti-Inflammatory Kitchen

Soup isn't just comfort in a bowl — it's a smart and nourishing way to boost your anti-inflammatory diet. With one simple dish, you can blend a rainbow of vegetables, fiber-rich legumes, and lean proteins into a warm, healing meal. When prepared thoughtfully, soups are naturally hydrating, low in calories, and easy to tailor to your personal dietary needs.

They calm the digestive system, offer gentle satiety without heaviness, and invite seasonal creativity — from earthy fall flavors to light and refreshing spring broths. Adding soups to your weekly routine is a delicious way to increase your intake of fiber, vitamins, and minerals, all while supporting heart health, immunity, and overall well-being.

Sometimes, the most powerful nourishment comes in the simplest, steamy spoonful.

1. Lemon-Ginger Salmon Soup

📌 4 servings ⌚ Prep Time: 10 minutes | Cook Time: 20 minutes

📖 **Ingredients:** 200 g wild salmon fillet (cubed), 1 tbsp olive oil, 1 small onion (chopped), 2 garlic cloves (minced), 1 tbsp fresh ginger (grated), 1 small carrot (sliced), 1 stalk celery (chopped), 1 small zucchini (diced), juice of ½ lemon, 750 ml vegetable broth, 1 tbsp chopped fresh dill, salt & pepper to taste

👩🍳 **Instructions:** Heat olive oil in a pot over medium heat. Sauté onion, garlic, and ginger for 2–3 minutes. Add carrots, celery, and zucchini. Pour in the broth and bring to a boil. Lower heat and simmer for 10 minutes. Add salmon cubes and cook for 5–6 minutes until just done. Stir in lemon juice, dill, and season to taste. Serve warm.

💛 **Nutrition per serving:** Calories: 210, Protein: 22g, Carbohydrates: 8g, Fats: 10g, Fiber: 2g, Sugar: 3g, Omega-3s: high



🌿 **Benefit:** Rich in anti-inflammatory omega-3s, ginger supports digestion and immunity, lemon adds vitamin C and a fresh touch

2. Mediterranean Cod & Veggie Stew



📍 4 servings ⌚ Prep Time: 10 minutes | Cook Time: 25 minutes

📄 **Ingredients:** 250 g cod fillet (cut into chunks), 1 tbsp avocado oil, 1 red bell pepper (chopped), 1 zucchini (sliced), 1 cup chopped tomatoes, 1 small red onion (chopped), 1 garlic clove (minced), ½ tsp turmeric, ½ tsp paprika, ½ tsp thyme, 700 ml fish or veggie broth, 1 tbsp chopped parsley

👩🍳 **Instructions:** In a soup pot, heat avocado oil over medium heat. Add onion, garlic, and bell pepper, sauté 3–4 minutes. Add zucchini, tomatoes, and spices. Pour in the broth and simmer 10 minutes. Add cod and cook another 7–8 minutes until tender. Finish with fresh parsley.

💛 **Nutrition per serving:** Calories: 190, Protein: 20g, Carbohydrates: 9g, Fats: 7g, Fiber: 3g, Sugar: 5g, Sodium: moderate

🌿 **Benefit:** Cod is lean and protein-rich, turmeric and veggies add antioxidants, hydrating and warming without heaviness

3. Red Lentil & Carrot Coconut Soup

📍 4 servings ⌚ Prep Time: 10 minutes | Cook Time: 20 minutes

📄 **Ingredients:** ¾ cup red lentils (rinsed), 1 tbsp coconut oil, 1 medium carrot (grated), 1 small onion (chopped), 1 garlic clove (minced), 1 tsp grated fresh ginger, ½ tsp turmeric, ½ tsp cumin, 400 ml coconut milk, 500 ml veggie broth, juice of ½ lime, salt to taste

👩🍳 **Instructions:** Heat coconut oil in a pot. Add onion, garlic, ginger, and carrot — sauté for 3–4 minutes. Stir in turmeric and cumin. Add lentils, coconut milk, and broth. Bring to a boil, then simmer for 15–18 minutes until lentils are soft. Blend lightly (optional), stir in lime juice, and adjust salt.

💛 **Nutrition per serving:** Calories: 240, Protein: 10g, Carbohydrates: 22g, Fats: 12g, Fiber: 5g, Sugar: 4g, Iron: high

🌿 **Benefit:** Rich in plant protein and fiber, supports gut health, anti-inflammatory spices and healthy fats

Good to know: Plant protein differs from animal protein in its amino acid composition. Animal protein contains all essential amino acids in the right proportions — it's called a complete protein (found in meat, fish, eggs, dairy). Plant protein often lacks some amino acids (like lysine or methionine), so it's considered incomplete, but with proper combinations (e.g., legumes + grains), it can meet the body's needs. Animal protein is generally easier to digest, while plant protein is richer in fiber and antioxidants.

4. Green Detox Soup with Broccoli & White Beans

📌 4 servings 🕒 Prep Time: 10 minutes | 🍳 Cook Time: 15 minutes

📄 **Ingredients:** 1 tbsp olive oil, 1 small leek (sliced), 1 garlic clove (minced), 1 cup broccoli florets, 1 cup spinach, 1 small zucchini (diced), 1 can (400g) white beans (drained and rinsed), 600 ml veggie broth, juice of ½ lemon, pinch of black pepper, optional: fresh basil or parsley

👩🍳 **Instructions:** In a soup pot, heat olive oil and sauté leek and garlic for 2–3 minutes. Add broccoli, zucchini, and broth. Simmer for 10 minutes, then add spinach and beans. Cook another 2–3 minutes. Blend until smooth or leave chunky. Finish with lemon juice and herbs.

💖 **Nutrition per serving:** Calories: 180, Protein: 9g, Carbohydrates: 20g, Fats: 6g, Fiber: 6g, Sugar: 3g, Magnesium: high

🌿 **Benefit:** Cleansing greens + fiber-rich beans = digestive boost and gentle detox, supports heart and liver health

5. Creamy Mushroom & Thyme Soup

📌 4 servings 🕒 Prep Time: 10 minutes | 🍳 Cook Time: 20 minutes

📄 **Ingredients:** 1 tbsp olive oil, 1 small onion (chopped), 1 garlic clove (minced), 300 g mushrooms (sliced — e.g., cremini, shiitake, or button), 1 tsp fresh thyme leaves (or ½ tsp dried), ½ tsp ground black pepper, 1½ cups unsweetened almond milk (or oat milk), 500 ml low-sodium veggie broth, 1 tbsp nutritional yeast (optional), salt to taste

👩🍳 **Instructions:** Heat olive oil in a pot. Add onion and garlic, sauté 3–4 minutes until soft. Add mushrooms and thyme, cook over medium heat for 8–10 minutes, stirring occasionally. Pour in veggie broth and plant milk, season with pepper and salt. Simmer for 7–8 minutes. Blend part of the soup for a creamy texture (or leave chunky). Add nutritional yeast at the end if using.

💖 **Nutrition per serving:** Calories: 140, Protein: 5g, Carbohydrates: 10g, Fats: 8g, Fiber: 2g, Sugar: 3g, Vitamin D: high



🌿 **Benefit:** Immune-supporting mushrooms, anti-inflammatory thyme, plant-based creaminess without dairy

Good to know: Mushrooms are a low-calorie source of protein, B vitamins, antioxidants, and fiber that support immunity and heart health.

6. Spiced Sweet Potato & Chickpea Soup



📍 4 servings ⌚ Prep Time: 10 minutes | Cook Time: 25 minutes

📖 **Ingredients:** 1 tbsp olive oil, 1 small red onion (chopped), 2 garlic cloves (minced), 1 tsp grated fresh ginger, ½ tsp ground turmeric, ½ tsp smoked paprika, 2 medium sweet potatoes (peeled, diced), 1½ cups cooked chickpeas (or canned, drained), 600 ml low-sodium vegetable broth, ½ cup coconut milk (light), salt and pepper to taste

👨‍🍳 **Instructions:** Heat olive oil in a large pot. Sauté onion, garlic, and ginger for 3–4 minutes until fragrant. Add turmeric, paprika, and diced sweet potatoes — stir well. Pour in broth and bring to a simmer. Cook for 15–18 minutes until potatoes are tender. Add chickpeas and coconut milk, simmer for 5 more minutes. Blend half the soup for a creamy texture, or leave chunky. Season to taste.

💛 **Nutrition per serving:** Calories: 210, Protein: 6g, Carbohydrates: 26g, Fats: 9g, Fiber: 5g, Sugar: 5g, Vitamin A: high

🌿 **Benefit:** Rich in antioxidants, supports gut and immune health, cozy and satisfying with plant-based protein

7. Turkey & Red Lentil Soup with Turmeric

📍 4 servings ⌚ Prep Time: 15 minutes | Cook Time: 35 minutes

📖 **Ingredients:** 1 tbsp olive oil, 1 medium onion (diced), 3 carrots (sliced), 3 garlic cloves (minced), 1 lb lean ground turkey (93%+), 1 tsp ground turmeric, 1 tsp ground cumin, ¼ tsp cayenne pepper (optional), 1 cup red lentils (rinsed), 6 cups low-sodium vegetable broth, 2 cups canned diced tomatoes (no salt added)

👨‍🍳 **Instructions:** Heat olive oil in a large pot over medium heat. Sauté onion, carrots, and garlic for 5 minutes until soft. Add ground turkey and cook until browned, about 8 minutes. Stir in turmeric, cumin, and cayenne (if using), cooking for 1 minute. Add lentils, broth, and tomatoes. Bring to a boil, then reduce heat and simmer for 25 minutes, stirring occasionally.

💛 **Nutrition per serving:** Calories: 280, Protein: 29g, Carbohydrates: 28g, Fat: 7g, Fiber: 8g, Cholesterol: 55mg, Sodium: 170mg, Potassium: 720mg

🌿 **Benefit:** Lean protein + fiber-rich lentils + anti-inflammatory turmeric = comforting and heart-supportive nourishment



Healing Herbal Soups:

Boost Your Immunity and Weather the Seasons with Recipes Healing Herbal Soups: Healing herbal soups are best enjoyed during the colder months, especially when your body needs a little extra support. For optimal benefits, sip them on an empty stomach or between meals—but they can also be a soothing addition to your main dish.

8. Immune-Boosting Garlic & Thyme Soup

📍 4 servings ⌚ Prep Time: 10 minutes | Cook Time: 30 minutes

📖 **Ingredients:** 1 tbsp olive oil, 1 large onion (chopped), 6 garlic cloves (minced), 2 tsp fresh thyme leaves (or 1 tsp dried), ½ tsp ground turmeric, ½ tsp ground black pepper, 4 cups low-sodium vegetable broth, 1 cup unsweetened almond milk, salt to taste, juice of ½ lemon

👨‍🍳 **Instructions:** Heat olive oil in a saucepan over medium heat. Sauté onion and garlic until soft and fragrant, about 5–6 minutes. Stir in thyme, turmeric, and black pepper, cooking for 1 minute. Add broth and bring to a boil, then reduce heat and simmer for 15 minutes. Stir in almond milk and lemon juice, simmer another 5 minutes. Blend until smooth for a creamy texture or leave rustic.

🍷 **Nutrition per serving:** Calories: 120, Protein: 3g, Carbohydrates: 12g, Fat: 7g, Fiber: 2g, Sugar: 3g

🌿 **Benefit:** Antibacterial garlic + antioxidant thyme + warming turmeric = gentle immune support and inflammation relief

9. Nettle & Parsley Green Detox Soup



📍 4 servings ⌚ Prep Time: 10 minutes | Cook Time: 20 minutes

📖 **Ingredients:** 1 tbsp avocado oil, 1 small leek (sliced), 2 garlic cloves (minced), 2 cups fresh nettle leaves (or ½ cup dried), 1 bunch fresh parsley (roughly chopped), 2 small potatoes (peeled, cubed), 4 cups vegetable broth, salt and pepper to taste, squeeze of lemon juice

👨‍🍳 **Instructions:** Heat oil in a pot. Sauté leek and garlic for 4 minutes until softened. Add potatoes, nettle, parsley, and broth. Bring to a boil, reduce heat, and simmer for 15 minutes until potatoes are tender. Blend until silky smooth. Finish with lemon juice and adjust seasoning.

🍷 **Nutrition per serving:** Calories: 135, Protein: 4g, Carbohydrates: 17g, Fat: 6g, Fiber: 3g, Vitamin C: high, Iron: high

🌿 **Benefit:** Gentle detox with iron-rich nettle, vitamin-C parsley, and grounding potatoes — energizing and cleansing

10. Immunity-Boosting Celery Root & Ginger Soup

📌 4 servings ⌚ Prep Time: 10 minutes | Cook Time: 30 minutes

📄 **Ingredients:** 1 tbsp olive oil, 1 medium celery root (peeled, diced), 1 medium onion (chopped), 2 garlic cloves (minced), 1 tbsp grated fresh ginger, 1 medium carrot (chopped), 1 small parsnip (optional, diced), 1 tsp dried thyme, 1/2 tsp ground turmeric, 1 bay leaf, 4 cups (1 liter) low-sodium vegetable broth, salt and pepper to taste, juice of 1/2 lemon, fresh parsley to garnish

👩 **Instructions:** Heat olive oil in a large pot. Add onion, garlic, ginger, and sauté 3–4 minutes until fragrant. Stir in celery root, carrot, parsnip, thyme, turmeric, and bay leaf — cook for another 5 minutes. Pour in broth, bring to a boil, then reduce heat and simmer 20–25 minutes until vegetables are soft. Remove bay leaf, blend until creamy (or leave slightly chunky), stir in lemon juice and adjust seasoning. Serve hot, topped with fresh parsley.

📌 **Nutrition per serving:** Calories: 140, Protein: 3g, Carbohydrates: 19g, Fats: 5g, Fiber: 4g, Sugar: 6g, Sodium: 120mg

🌿 **Benefit:** Anti-inflammatory and detoxifying, supports digestion and immunity, grounding and soothing

11. Lemon & Fresh Herb Healing Broth

📌 4 servings ⌚ Prep Time: 10 minutes | Cook Time: 20 minutes

📄 **Ingredients:** 1 tbsp extra virgin olive oil (plus more to drizzle), 7 garlic cloves (smashed), 1 whole lemon (zest + juice), 1 cup fresh sage leaves, 10 sprigs fresh thyme, 1 tsp chopped fresh rosemary (or to taste), 1/2 tbsp capers (rinsed if salty), 4 cups (1 liter) water or light vegetable broth, salt and black pepper to taste

👩 **Instructions:** In a medium pot, warm olive oil over low heat. Add smashed garlic and sauté for 2–3 minutes until fragrant (do not brown). Stir in sage, thyme, rosemary, and capers — cook gently for another 2 minutes. Add lemon zest and juice, then pour in water or broth. Simmer gently, covered, for 15 minutes. Strain if desired, or serve as is with herbs. Drizzle with extra olive oil and enjoy warm.

📌 **Nutrition per serving:** Calories: 70, Protein: 1g, Carbohydrates: 5g, Fats: 5g, Fiber: 1g, Sodium: 120mg, Vitamin C: high

🌿 **Benefit:** Immune-boosting and cleansing, soothes digestion, gently antimicrobial and uplifting

Chapter 8

Healing Drinks

Healing Drinks: Sip Your Way to Wellness

In a world that moves too fast and pulls us in many directions, self-care often starts with the simplest rituals. Healing drinks aren't just soothing — they're powerful allies for your body and spirit 🌿

Each cup offers something special: anti-inflammatory herbs to calm the body, roots and spices to warm digestion, citrus and mint to refresh, and adaptogens to help you handle stress with more grace 🌀

🍯 **Why it matters:** Many of these ingredients are backed by science for their immune-boosting and anti-inflammatory benefits.

They support heart health, balance blood sugar, reduce stress, and promote better sleep.

Most importantly, they create a moment of pause — a warm, healing space in the middle of your day.

So brew a cup. Inhale the aroma. Let your body respond with gratitude.

These drinks are not about complexity — they're about intention. About presence. About you. ❤️

1. Citrus Ginger Immune Tea

🍷 1 serving ⌚ Prep Time: 5 minutes | Steep Time: 10 minutes

📖 **Ingredients:** 1 cup hot water, 1 tsp freshly grated ginger, 1 lemon slice, 1 orange slice, ¼ tsp ground turmeric, 1 tsp honey (optional)

👩🏫 **Instructions:** Add ginger, lemon, and orange to hot water and let steep for 10 minutes. Stir in turmeric and honey if using. Sip slowly and breathe in the steam — it's part of the healing ritual.

❤️ **Nutrition per serving:** Calories: 25, Carbs: 6g, Protein: 0g, Fat: 0g, Fiber: 0g, Potassium: 80mg, Sodium: 5mg

🌿 **Benefit:** Soothes inflammation, boosts immunity, warms the soul with citrus and spice



2. Immune Boosting Thyme & Lemon Tea

📌 1 serving ⌚ Prep Time: 5 min | Steep Time: 10 min

📖 **Ingredients:** 1 cup hot water, 1 tsp dried thyme (or 2 fresh sprigs), 1 slice lemon, ½ tsp honey (optional), pinch of black pepper

👩🍳 **Instructions:** Pour hot water over thyme and lemon slice. Cover and steep for 10 minutes. Strain, stir in honey and black pepper (enhances bioavailability of thyme), and enjoy warm.

💛 **Nutrition per serving:** Calories: 18, Carbs: 4g, Sugar: 3g, Sodium: 5mg

🌿 **Benefit:** Antimicrobial and antiviral properties; supports respiratory health and digestion

3. Golden Turmeric Latte



📌 2 servings ⌚ Prep & Cook Time: 10 minutes

📖 **Ingredients:** 2 cups unsweetened oat milk, 1 tsp turmeric powder, ½ tsp ground cinnamon, ¼ tsp black pepper, 1 tsp honey (optional)

👩🍳 **Instructions:** Warm oat milk in a small saucepan over low heat. Whisk in turmeric, cinnamon, and black pepper. Simmer gently for 5 minutes, stirring occasionally. Sweeten with honey if desired. Serve warm and golden.

💛 **Nutrition per serving:** Calories: 90, Protein: 2g, Carbohydrates: 16g, Fat: 2g, Fiber: 1g, Sodium: 30mg, Potassium: 220mg

🌿 **Benefit:** Anti-inflammatory and antioxidant-rich, supports heart and immune health

4. Calming Sage & Ginger Tea

📌 1 serving ⌚ Prep Time: 5 min | Simmer Time: 7 min

📖 **Ingredients:** 1 cup water, 1 tbs fresh sage (or 1 tsp dried), ½ tsp grated ginger, 1 tsp lemon juice, 1 tsp honey (optional)

👩🍳 **Instructions:** Simmer sage and ginger in water for 7 minutes. Remove from heat, strain, and stir in lemon juice and honey. Sip slowly.

💛 **Nutrition per serving:** Calories: 20, Carbs: 5g, Sugar: 4g

🌿 **Benefit:** Soothes sore throat, aids digestion, calms the nervous system

5. Rosemary & Orange Morning Tonic

📌 1 serving ⌚ Prep Time: 5 min | Steep Time: 10 min

📖 **Ingredients:** 1 cup hot water, 1 tsp dried rosemary (or 1 fresh sprig), 1 slice orange, 1/2 tsp apple cider vinegar, 1/2 tsp raw honey

👩🍳 **Instructions:** Pour hot water over rosemary and orange slice. Let steep for 10 minutes. Remove herbs, add vinegar and honey. Stir well and serve warm.

💛 **Nutrition per serving:** Calories: 22, Carbs: 5g, Vitamin C: high

🌿 **Benefit:** Boosts circulation and alertness, gently detoxifying, rich in antioxidants



6. Beet & Carrot Elixir



📌 2 servings ⌚ Prep & Juice Time: 10 minutes

📖 **Ingredients:** 1 medium beet (peeled, chopped), 2 medium carrots (peeled, chopped), 1/2 apple, 1/2-inch fresh ginger, 1/2 cup water

👩🍳 **Instructions:** Juice all ingredients using a juicer — or blend and strain for a silky texture. Serve immediately for a vibrant, fresh boost.

💛 **Nutrition per serving:** Calories: 80, Protein: 2g, Carbohydrates: 18g, Fat: 0g, Fiber: 3g, Sodium: 45mg, Potassium: 400mg

🌿 **Benefit:** Boosts circulation, rich in antioxidants and natural nitrates for heart and energy health

7. Mint & Thyme Soothing Tea

📌 2 servings ⌚ Prep & Steep Time: 10 minutes

📖 **Ingredients:** 1 tbsp fresh mint leaves, 1 tbsp fresh thyme (or 1 tsp dried), 1 slice lemon, 1 tsp honey (optional), 2 cups hot water

👩🍳 **Instructions:** Add mint, thyme, and lemon to a teapot. Pour over hot water and steep for 8–10 minutes. Strain, sweeten with honey if desired, and sip warm.

💛 **Nutrition per serving:** Calories: 10, Carbs: 2g, Sugars: 1g (with honey)

🌿 **Benefit:** Eases digestion, relieves inflammation in the respiratory tract, calms nerves

8. Chamomile & Ginger Anti-Inflammatory Tea

📌 2 servings ⌚ Prep & Steep Time: 10 minutes

📖 **Ingredients:** 1 tbsp dried chamomile flowers (or 1 chamomile tea bag), ½ tsp grated fresh ginger, 1 tsp apple cider vinegar, 1 tsp raw honey, 2 cups hot water

👩🍳 **Instructions:** Steep chamomile and ginger in hot water for 8–10 minutes. Add apple cider vinegar and honey just before serving. Stir gently and enjoy.

💛 **Nutrition per serving:** Calories: 20, Carbs: 4g, Sugars: 3g

🌿 **Benefit:** Calms the mind, reduces gut and joint inflammation, supports immune balance



9. Holy Basil & Lemon Balm Healing Brew



📌 2 servings ⌚ Prep & Steep Time: 10 minutes

📖 **Ingredients:** 1 tbsp dried holy basil (tulsi), 1 tbsp lemon balm leaves, 1 small cinnamon stick, 1 cup boiling water

👩🍳 **Instructions:** Place all ingredients in a teapot. Pour boiling water over and let steep for 10 minutes. Strain and serve warm. Add a splash of oat milk for a soft herbal latte vibe, if you like.

💛 **Nutrition per serving:** Calories: 5, Carbs: 1g

🌿 **Benefit:** Adaptogenic and calming, balances cortisol, supports liver detox and reduces systemic inflammation

10. Green Matcha Elixir

📌 1 serving ⌚ Prep Time: 5 minutes

📖 **Ingredients:** 1 tsp matcha powder, 1/2 cup warm water, 1/2 cup unsweetened almond milk, 1/2 tsp honey (optional), pinch of cinnamon

👩🍳 **Instructions:** Whisk matcha with warm water until smooth and frothy. Gently heat almond milk and froth it, then pour into matcha. Stir in honey and a pinch of cinnamon, if desired.

💛 **Nutrition per serving:** Calories: 40, Protein: 1g, Carbohydrates: 5g, Fat: 1.5g, Fiber: 1g, Sugar: 2g


🌿 **Benefit:** Antioxidant-rich, supports metabolism, calms focus with a gentle lift


Chapter 9

Frequently Asked Questions and Myths About Anti-Inflammatory Eating

Can You Eat Gluten and Dairy?

The question isn't can you, it's should you — for your body. Gluten is a protein found in wheat, rye, and barley, and dairy products are packed with protein, calcium, and gut-friendly probiotics. Both can be part of a balanced diet — unless you have a medical reason to avoid them.


 Gluten isn't the villain unless you have celiac disease or gluten sensitivity. In fact, whole grains provide fiber, B vitamins, and help regulate blood sugar levels.


 Dairy isn't "bad" if your system tolerates lactose. Yogurt, kefir, cheese — they can support strong bones, immunity, and a healthy gut microbiome.


The real answer? Listen to your body. If you feel great after bread or cheese — no need to cut them just because it's trendy. But if something feels off, check with a doctor or nutritionist.

Are All Fats Bad?

Absolutely not! Not all fats are created equal — and some are essential for your health. Bad fats have a bad name, but fat itself doesn't deserve to be banned from your plate.

 Saturated fats, in moderation, can be part of a healthy diet (think butter or coconut oil).

 Trans fats — now these are the real villains. Highly processed, they raise bad cholesterol and increase heart disease risk.

 But unsaturated fats? They're your wellness warriors. Avocados, olive oil, fatty fish, nuts — they nourish your heart, brain, and skin.

We shouldn't fear fat — we should learn to choose it wisely. Fat isn't the enemy. It's energy, cellular support, and protection. Pick the right kinds, and it will work for you, not against you.

Does Anti-Inflammatory Eating Really Help You Lose Weight?

Yes — but not because it's some magic “drop 10 pounds fast” plan.

Anti-inflammatory eating isn't about restriction. It's about restoring balance inside your body. When inflammation goes down, your hormones regulate, metabolism improves, bloating reduces — and naturally, the weight starts to shift.

There's no starving, no stress, no harsh rules — just real, nourishing food. Colorful veggies, berries, greens, whole foods, healthy fats — they don't just fill you up, they cool the inner fire.

So yes, weight loss can happen. But the real win? You feel clearer, lighter, more energized — and your body begins to find its own happy rhythm.

Chapter 10

Small Changes – Big Results

How to Turn Knowledge into Action?

Knowing doesn't equal doing. We often collect tips, read inspiring stories, save healthy recipes... and then set it all aside for "someday." The secret lies in small steps. One simple, positive action each day brings knowledge to life. Read about the power of veggies? Start with one salad a day. Learned about sugar's downside? Swap just one dessert for fruit. Action isn't a sprint — it's a rhythm of small, meaningful moves. And those little moves are what change everything.

The Secret to Long-Term Motivation

Motivation isn't a firework — it's a steady inner glow. It's not always loud or exciting, but it's always there if you learn how to protect it. The secret? Don't wait for inspiration — build a routine that supports you. Long-term motivation grows from small wins: when you do the thing even without feeling like it. When you choose better over easier. When you thank yourself instead of scolding. It doesn't live in emotional highs — it lives in self-respect, step by steady step.

Your 30-Day Reset Plan

This is not about changing your entire life overnight. The first 30 days are not a sprint — they're a gentle awakening. A soft reset. A time to begin listening to your body, noticing the signals it's been sending, and responding with care instead of criticism.

✦ Start with a few honest questions:

Why do I feel so drained by evening — is it just stress, or is something deeper at play?

Why is it hard to wake up in the morning — is my sleep restful, or is my body struggling to restore itself?

Why do I get sick so often — are my immune defenses being quietly overworked?

Why does my skin look dull, or my digestion feel sluggish — could my daily choices be adding to the load?

When was the last time I truly felt energized, light, or clear-headed?

There may be many reasons behind these patterns, but one common thread — often overlooked — is nutrition. The food we eat, or don't eat, speaks to every cell in our body. And when that message is nourishing, everything begins to shift.

So don't aim for perfection — aim for consistency.

🌿 Start with a glass of water in the morning.

🥬 Add one more vegetable to your plate.

🚶 Choose a short walk over another scroll or show.

This is the beginning of something kind. A reconnection. A new friendship with your body — not a punishment for the past. Follow the gentle guidance and recipes in this book, and you may be surprised how quickly your body responds with gratitude: clearer energy, better moods, stronger immunity, deeper rest.

🌱 Let the next 30 days be a season of coming home to yourself 🧡

How This Book Will Help You

This book is more than just a collection of recipes — it's your compass to renewed energy, lightness, and clarity. Inside, you'll find not only inflammation-fighting meals, but also clear, down-to-earth explanations of why they work. Each recipe is a step toward a healthier gut, stronger immunity, and a more stable mood. Most of all, it's about building self-care through food. With simplicity, flavor, and real-life results, this book becomes your daily ally — one meal at a time.

Why Only a 7-Day Menu and Not 28 or More?

Because life doesn't always follow a script. You won't always have the exact ingredients on hand — and that's perfectly okay. I don't want your anti-inflammatory journey to feel stressful or limiting. The key is understanding the approach and learning to build your own menu that suits your taste, lifestyle, and needs. This book gives you plenty of delicious, healing recipes to mix and match for your personal anti-inflammatory plan. Add a pinch of flexibility, follow the helpful tips — and you'll do just fine.

Bonus Chapter 1

Soy Power: Natural Support for Skin, Bones, Heart & Mood

1. Tofu & Veggie Stir-Fry

📍 2 servings ⌚ Prep Time: 10 minutes | Cook Time: 15 minutes

📖 **Ingredients:** 1 tbsp olive oil, 200g firm tofu (cubed), 1 cup broccoli florets, 1 bell pepper (sliced), 1 small carrot (julienned), 2 tbsp low-sodium tamari or soy sauce, 1 tsp grated fresh ginger, 1 clove garlic (minced), sesame seeds for garnish

👩🍳 **Instructions:** Heat olive oil in a pan, add tofu cubes, and cook until golden on all sides (6–8 minutes). Add garlic, ginger, and veggies; stir-fry for 5–6 minutes until tender-crisp. Pour in tamari, toss to coat, cook for 1 more minute. Serve warm with sesame seeds on top.

💛 **Nutrition per serving:** Calories: 250, Protein: 16g, Carbohydrates: 14g, Fat: 15g, Fiber: 5g, Sugar: 5g

🌿 **Benefit:** Rich in plant protein and antioxidants, supports muscle health and immunity



2. Creamy Tofu Herb Dip

📍 4 servings ⌚ Prep Time: 10 minutes

📖 **Ingredients:** 200g silken tofu, 1 tbsp lemon juice, 1 tbsp olive oil, 1 clove garlic, 2 tbsp chopped fresh dill, 1 tbsp chopped parsley, salt and pepper to taste

👩 **Instructions:** Blend all ingredients in a food processor until smooth and creamy. Chill for 15–20 minutes before serving. Perfect with raw veggies or whole-grain crackers.

💖 **Nutrition per serving:** Calories: 90, Protein: 5g, Carbohydrates: 3g, Fat: 6g, Fiber: 1g, Sugar: 1g

🌿 **Benefit:** Gut-friendly, dairy-free source of protein and healthy fats, supports skin and mood



3. Hearty Soy Goulash

📍 4 servings ⌚ Prep Time: 10 minutes | Cook Time: 25 minutes

📖 **Ingredients:** 1 tbsp olive oil, 1 medium onion (chopped), 1 clove garlic (minced), 1 cup textured soy protein (rehydrated), 1 tbsp tomato paste, 1 tsp smoked paprika, 1/2 tsp caraway seeds, 1 1/2 cups low-sodium vegetable broth, 1 bell pepper (diced), 1 medium potato (cubed), salt and pepper to taste

👩 **Instructions:** Sauté onion and garlic in olive oil until soft. Stir in tomato paste, paprika, and caraway. Add rehydrated soy, potato, and bell pepper. Pour in broth, bring to a boil, then simmer for 20 minutes until thickened and potatoes are tender. Season to taste and serve warm.

💖 **Nutrition per serving:** Calories: 210, Protein: 14g, Carbohydrates: 22g, Fat: 7g, Fiber: 6g, Sugar: 5g

🌿 **Benefit:** Comforting and protein-rich, supports heart and muscle health



4. Textured Soy Power Salad

🍷 2 servings ⌚ Prep Time: 15 minutes

📖 **Ingredients:** ¾ cup textured soy protein (rehydrated), 1 tbsp olive oil, ½ tsp ground cumin, 1 cup cherry tomatoes (halved), 1 cucumber (chopped), ½ red onion (thinly sliced), 2 cups mixed greens, juice of ½ lemon, salt and pepper to taste

👩🍳 **Instructions:** Sauté rehydrated soy in olive oil with cumin for 5 minutes until lightly crispy. In a bowl, combine veggies and greens. Add warm soy crumbles on top. Drizzle with lemon juice, season with salt and pepper, and toss gently.

💛 **Nutrition per serving:** Calories: 180, Protein: 15g, Carbohydrates: 10g, Fat: 9g, Fiber: 4g, Sugar: 4g

🌿 **Benefit:** High in plant protein and fiber, supports digestion and energy



5. Silken Tofu Chocolate Mousse

🍷 2 servings ⌚ Prep Time: 5 minutes | Chill Time: 1 hour

📖 **Ingredients:** 200g silken tofu, 2 tbsp cocoa powder, 2 tbsp maple syrup or honey, ½ tsp vanilla extract, pinch of sea salt

👩🍳 **Instructions:** Blend all ingredients in a food processor until smooth and creamy. Pour into small bowls or glasses. Chill in the fridge for at least 1 hour before serving. Top with berries or dark chocolate shavings if desired 🍰

💛 **Nutrition per serving:** Calories: 160, Protein: 6g, Carbohydrates: 14g, Fat: 9g, Fiber: 3g, Sugar: 10g

🌿 **Benefit:** Guilt-free dessert with protein and antioxidants, supports skin and mood balance



Bonus Chapter 2

The Beauty Within – Why Collagen Matters

More Than You Think

Collagen isn't just about glowing skin and youthful looks — it's a powerful protein that supports the structure and function of your heart, blood vessels, bones, joints, and connective tissue. It's like the inner scaffolding that keeps you strong, flexible, and radiant — inside and out 🍌

Why Collagen is Essential for Health & Longevity

✓ *Vascular Strength & Flexibility*

Collagen helps maintain the elasticity and strength of blood vessels, supporting healthy blood flow and balanced blood pressure.

✓ *Barrier Against Toxins*

A healthy collagen layer in vessel walls acts like a protective shield, preventing harmful substances from entering your bloodstream.

✓ *Defense Against Atherosclerosis*

Low collagen can weaken vessel walls, increasing the risk of plaque buildup and heart disease.

✓ *Joint & Bone Support*

Collagen works hand-in-hand with calcium to keep your bones resilient and your joints cushioned and flexible.

✓ *Skin, Hair & Nail Vitality*

A collagen-rich diet promotes smoother skin, shinier hair, and stronger nails — all signs of inner health shining outward.

But Why Might Your Collagen Be Low?

Factors that reduce collagen production include:

- ◆ Poor diet (low in protein, vitamin C, zinc)
- ◆ Smoking, alcohol, and excess sugar

- ◆ Sun overexposure
- ◆ Environmental toxins and stress

How to Naturally Boost Collagen in Your Daily Life

♥ *Eat Smart*

Include collagen-rich foods like bone broth, chicken skin, fish with skin, and egg yolks. Don't forget vitamin C from citrus, berries, kiwi, and bell peppers — it's essential for collagen synthesis.

♥ *Cook with Care*

Slow-cooking, simmering, and stewing (hello, bone broth!) help preserve collagen in your meals.

♥ *Live Well*

Exercise regularly, sleep deeply, hydrate, and avoid toxic habits. Your body will thank you with stronger tissues and youthful resilience.

What About Plant-Based Collagen?

There's a little secret: plants don't actually contain collagen. But they do provide the building blocks your body needs to make its own!

💡 *Top Plant Allies for Collagen Support:*

- ✓ Vitamin C – found in citrus, kiwi, berries, red peppers
- ✓ Antioxidants – found in leafy greens, berries, nuts
- ✓ Amino acids – from legumes, seeds, nuts

🥗 *Easy Ways to Eat for Collagen Support*

Supercharged Salads – Mix spinach, kale, citrus, avocado & nuts with lemon-olive oil dressing

Power Smoothies – Blend berries, banana, spinach, chia, and plant milk for skin-loving goodness

Comfort Soups – Make creamy veggie soups with broccoli, carrots, or pumpkin

Nutty Bakes – Add flax, sesame, or sunflower seeds to bread and muffin recipes

☀️ Final Thoughts

You don't need fancy powders or expensive supplements to nourish your collagen — just thoughtful meals, real ingredients, and a little care for your beautiful, hardworking body. Your skin will glow, your joints will move with ease, and your heart will beat stronger — all thanks to the nourishing power of food.

Collagen Kitchen: Slow-Cooked for Beauty & Strength

🌊 There's a quiet magic in slow cooking — the kind that draws flavor from bone and root, releasing nutrients drop by drop, hour by hour. When we simmer meats with love and patience, we unlock something extraordinary: natural collagen.

Not from powders or fancy supplements, but from real food — humble bones, joints, skin — cooked low and slow, just like our grandmothers once did. This collagen doesn't just support our joints, skin, and hair — it nourishes deeply, strengthens the heart, and helps us glow from the inside out.

Here, you'll find recipes that honor this tradition: no additives, no shortcuts. Just pure, soul-warming dishes made to comfort your body and nourish your beauty — gently, naturally, powerfully. ✦ Let's bring back the beauty of slowness. One pot. One simmer. One golden broth at a time.

1. Collagen-Rich Pork Broth Stew

📍 Serves 4 ⌚ Cook Time: 4–6 hours

🍲 **Ingredients:** 600 g pork hock with skin and bone, 1 onion (halved), 2 carrots (chunky cut), 2 celery stalks, 3 garlic cloves (smashed), 2 bay leaves, a few peppercorns, 1 tsp sea salt, 2 L water

👩🍳 **Instructions:**
Rinse the pork and place in a large pot. Add vegetables, spices, and cold water. Bring to a simmer over low heat. Skim off foam and cover. Let simmer gently for 4–6 hours, until the pork is meltingly tender and the broth is rich and slightly gelatinous. Strain if desired, or serve rustic with vegetables.

💛 **Nutrition per serving:** High in natural collagen, iron, minerals

🌿 **Benefit:** Supports joints, skin elasticity, and heart health



2. Veal Bone & Marrow Pot

📍 Serves 4 ⌚ Cook Time: 6–8 hours

📖 **Ingredients:** 700 g veal bones with marrow, 1 leek (sliced), 1 parsnip, 1 onion, 2 garlic cloves, 1 tbsp apple cider vinegar, 2.5 L water, bay leaf, thyme sprig

👨‍🍳 **Instructions:**

Soak the bones in cold water with vinegar for 30 minutes. Drain, then place in a heavy pot with the rest of the ingredients. Bring to a gentle simmer, reduce heat to low, cover and cook for 6–8 hours. The longer, the better for collagen release. Strain and enjoy as a broth or base for soups.

💛 **Nutrition per**

serving: Deep source of collagen, calcium, and magnesium

🌿 **Benefit:** Nourishes bones, supports blood vessels and skin regeneration

3. Silky Fish Bone Elixir

📍 Serves 2–3 ⌚ Cook Time: 2–3 hours

📖 **Ingredients:** 1 small whole fish (e.g. trout or sardine), 1 onion, 1 carrot, parsley stems, bay leaf, a pinch of salt, 1 L water

👨‍🍳 **Instructions:**

Clean the fish, keeping head, bones, and skin. Add all ingredients to a pot, bring to a boil, then reduce to very low and simmer for 2–3 hours, until the fish bones begin to soften and dissolve. Strain gently through cheesecloth. The broth should be silky and rich.

💛 **Nutrition per serving:** Omega-3s, marine collagen, minerals

🌿 **Benefit:** Enhances skin hydration and elasticity, supports brain and heart health



4. Slow-Stewed Chicken Collagen Bowl

📍 Serves 4 ⌚ Cook Time: 3–4 hours

📖 **Ingredients:** 1 whole chicken (or 4 chicken thighs with skin and bones), 1 carrot, 1 celery stalk, 1 onion, 2 garlic cloves, 1 tsp sea salt, 2 L water

👨‍🍳 **Instructions:**

Place chicken in a pot with chopped vegetables, garlic, and water. Bring to a gentle simmer, then reduce heat to low and cover. Let stew for 3–4 hours until the meat falls off the bone. Skin and bones release collagen into the broth. Serve warm, topped with fresh herbs.


💛 **Nutrition per**

serving: Collagen type II, protein, electrolytes

🌿 **Benefit:** Eases joint stiffness, improves skin plumpness, and soothes digestion


5. Gentle Beef Shank & Root Veggie Stew


 Serves 4  Cook Time: 5–6 hours

 **Ingredients:** 800 g beef shank with bone, 1 parsley root, 1 carrot, 1 celery stalk, 1 onion (roasted for flavor), 2 garlic cloves, 1 bay leaf, 1 tsp salt, 2 L water



Instructions:



Place the beef shank into a large pot with all vegetables. Pour in water, add salt and bay leaf. Bring to a soft simmer, then reduce heat to low. Cook covered for 5–6 hours. The broth will become rich and golden, while the shank gently releases collagen and flavor. Serve in bowls with tender veggies and a spoonful of broth.

 **Nutrition per serving:** Deep-tissue collagen, iron, slow carbs

 **Benefit:** Strengthens connective tissues, supports recovery and energy balance


6. Rustic Chicken Feet & Ginger Broth


 Serves 3–4  Cook Time: 4–5 hours

 **Ingredients:** 500 g chicken feet (cleaned), 1 piece fresh ginger (sliced), 1 garlic clove, 1 spring onion, 1 tsp sea salt, 2 L water 



Instructions:


Place chicken feet, ginger, garlic, and onion into a pot. Add cold water and bring to a simmer. Remove foam, then cover and cook on low heat for 4–5 hours. The broth will become slightly sticky — a sign of high collagen. Strain and enjoy warm, or use as a base for healing soups.

 **Nutrition per serving:** Extremely high in natural gelatin (collagen), skin-boosting amino acids

 **Benefit:** Promotes youthful glow, joint flexibility, and gut lining support


7. Slow-Cooked Chicken Necks with Carrot & Herbs


 4 servings  Prep Time: 15 min | Cook Time: 3 hrs (low and slow)

 **Ingredients:** 600g chicken necks, 2 carrots (sliced), 1 onion (quartered), 2 garlic cloves (smashed), 2 bay leaves, fresh thyme or rosemary, 1 tsp sea salt, 6–7 cups water

Instructions:

Rinse chicken necks and place them in a pot. Add all veggies, herbs, and salt. Cover with water and bring to a gentle simmer. Skim any foam, reduce heat to very low, and let it barely bubble for 2.5–3 hours. Strain and serve warm as a nourishing broth or base for soups.

 **Nutrition per serving:** Calories: 120, Protein: 12g, Fat: 7g, Collagen-rich

 **Benefit:** Supports joint flexibility, skin elasticity, and immune balance

8. Silky Fish Bone Broth with Fennel & Ginger

📌 4 servings ⌚ Prep Time: 20 min | Cook Time: 2.5 hrs (gentle simmer)

📖 **Ingredients:**

Fish head & bones (from white fish like cod or sea bass), 1 small fennel bulb (sliced), 1-inch fresh ginger (sliced), 1 celery stalk, 1 tsp apple cider vinegar, ½ tsp sea salt, 1 tsp lemon juice, water to cover

👩🍳 **Instructions:**

Rinse bones well, removing any blood. Place in a pot with vegetables, vinegar, salt, and enough water to cover. Bring to a low simmer and cook uncovered for 2.5 hours — just below a boil. Strain and add lemon juice before serving. Enjoy warm or chilled.

💖 **Nutrition per serving:** Calories: 70, Protein: 10g, Fat: 2g, Minerals & collagen

🌿 **Benefit:**

Deeply nourishing for joints, bones, skin and gut lining

9. Tender Slow-Cooked Beef Heart with Root Veggies & Thyme

📌 4 servings ⌚ Prep Time: 20 min | Cook Time: 3–4 hrs (slow & loving)

📖 **Ingredients:**

1 whole beef heart (about 1–1.2 kg, trimmed), 2 carrots (sliced), 1 parsnip or celery root (cubed), 1 onion (chopped), 3 garlic cloves (smashed), 2 bay leaves, 1 tsp sea salt, a few sprigs fresh thyme, 1 tbsp apple cider vinegar, water or unsalted broth to cover

👩🍳 **Instructions:**

Clean and slice the beef heart into thick strips (remove large vessels if needed). In a heavy-bottomed pot or Dutch oven, layer the heart, root vegetables, onion, garlic, herbs, and salt. Add a splash of vinegar and enough water or broth to barely cover. Bring to a gentle simmer, then cover and let it stew over low heat for 3–4 hours until meltingly tender. The aroma is rich and cozy! Serve with a spoonful of broth and the sweet, soft vegetables. Perfect over buckwheat or with roasted pumpkin for extra heart-loving nutrients.

💖 **Nutrition per serving:** Calories: 220, Protein: 26g, Fat: 11g, Iron & CoQ10-rich

🌿 **Benefit:** Boosts heart vitality, collagen renewal, and energy metabolism



10. Silky Slow-Cooked Beef Tongue with Garlic & Laurel

🍷 6 servings ⌚ Prep Time: 15 min | Cook Time: 3 hrs (gentle & soul-warming)

📖 **Ingredients:**

1 whole beef tongue (about 1–1.5 kg), 1 onion (halved), 3 bay leaves, 5–6 black peppercorns, 2 garlic cloves (peeled), 1 tsp sea salt, filtered water to cover

👩🍳 **Instructions:**

Place the beef tongue in a large pot with onion, garlic, bay leaves, peppercorns, and salt. Cover with cold water. Slowly bring to a gentle simmer, then reduce heat and cook over low heat for about 3 hours, until the tongue is tender and the skin peels off easily. Remove the tongue, peel while warm, and slice into medallions. Serve warm with a drizzle of olive oil, fresh horseradish, or with root veggie purée. Keeps beautifully in broth for sandwiches or salads, too!

🍷 **Nutrition per serving:** Calories: 230, Protein: 28g, Fat: 13g, Rich in B12 & Zinc

🌿 **Benefit:**

Nourishes skin & nails, supports red blood cells & connective tissue

🍷 *Collagen in Your Kitchen: How It Nourishes You Softly:* in slow-simmered broths, it draws out every trace of healing from bones, in chicken feet, it supports supple joints, in beef heart and tongue, it strengthens and softens the heart, in slow-cooked fish, it melts into your body, bringing glow to your skin and strength to your vessels

The Gentle Power of Collagen

Collagen Calm: Gentle Support from Within

When you learn more about collagen's role in the body, you'll understand exactly why this section belongs in a book on anti-inflammatory eating.

While collagen is not a classic anti-inflammatory like turmeric or omega-3s, its gentle, restorative effects help reduce chronic inflammation from within — naturally and beautifully.

🌿 *How Collagen May Ease Inflammation:*

📖 Supports Connective Tissue Healing

When joints, muscles, and skin receive enough collagen, they repair better, stay resilient, and are less prone to tiny injuries that cause chronic inflammation.

🌀 *Soothes the Gut*

Collagen contains amino acids like glycine, proline, and glutamine that help heal the gut lining — and a healthy gut means less “silent” systemic inflammation.

👤 *Helps with Joint Discomfort*

Hydrolyzed collagen has been shown to reduce pain and swelling in joint conditions such as osteoarthritis and rheumatoid arthritis.

🔧 *Acts as a Rebuilder*

Rather than fighting fire with fire, collagen gives your body the tools to calmly repair tissues and restore balance — inflammation fades as healing begins.

💛 *What Collagen Does — Quietly and Kindly*

🧑‍🚒 Restoration Without Pressure

Collagen helps joints move with ease, muscles recover smoothly, and skin regenerate softly and naturally.

🌿 A Gentle Gut Protector

Glycine and glutamine calm the intestinal lining, supporting your mood, immunity, and deep inner balance.

❤️ *Support Without Stimulation*

Instead of harsh interventions, collagen quietly nurtures your body, creating an environment where inflammation doesn't thrive.

Conclusion

🌿 A Gentle Farewell — and a Beginning

This is my fourth cookbook dedicated to healthy eating as a way to restore, protect, and support your well-being.

Like the ones before it, this book was created to make healthy living feel simple, natural, and kind — never stressful or overwhelming.

With over 100 no-stress recipes and practical meal plans, *The Anti-Inflammatory Diet Cookbook for Beginners* invites you to enjoy real food that not only nourishes your body but also brings comfort, joy, and energy to your everyday life.

Because when eating well becomes easy and enjoyable, it's much easier to stay consistent — and that's where true transformation begins.

In each of my books, I focus not only on delicious meals, but also on sharing why they matter: how food can calm inflammation, support immunity, improve digestion, and help you gently reclaim your energy and inner balance.

You can explore my other titles and stay connected through my author account: [Solya Q. Berry](#).

This book continues that same gentle path — showing you what matters most when it comes to anti-inflammatory eating, and how to take your first steps with ease.

Start where you are. Use what you have. Try what feels right for you.

And always return to the kitchen as a place of care, clarity, and calm.

Thank you for reading, cooking, and taking care of yourself.

I'm honored to be part of your journey.

With warmth,

Solya Q. Berry

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Disclaimer

This book is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare professional before starting any new diet or exercise program, especially if you have a medical condition or are taking any medication. The recipes and recommendations in this book are intended for general health and wellness and may not be suitable for all people.

The author and publisher are not responsible for any adverse effects or consequences associated with the use of recipes or information provided in this book.

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