

Anti-Inflammatory Diet

21 Recipes and an Overview to Getting Started

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Smashwords Edition

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Why Use the Anti-Inflammatory Diet

It's important to understand that inflammation means that there is something off balance in your body, and it's not always easy to spot what's wrong. You may be plagued with joint pain, including arthritis or other diseases and issues. Inflammation can cause digestion problems, moodiness, food cravings, and even chronic fatigue, as it hides under these titles. You'll even find that it can show that you may have diabetes or may be becoming diabetic.

Long Term Issues & Your Diet:

There are many things that can cause inflammation issues long term, and it includes processed foods, exposure to environmental toxins, and it can all be linked to premature aging. It can also be linked to heart disease, diabetes, psoriasis, Alzheimer's and even cancer.

If you are following a standard American diet, you may be aggravating inflammation. This includes white flour that's been refined, dairy products, fast food, food additives, sugar, and even red meats. Many people have these commonly in their diet, even on a daily basis. It's not just your health that diminishes either, you will actually start to lose your beauty through premature aging as well.

Luckily, an anti-inflammatory diet can help you to reverse the process and make sure that you're becoming a healthier you. It is your dietary changes that can do the most for chronic inflammation. If you eat the right foods, your body is able to even make its own compounds for fighting inflammation.

Protect Yourself:

You can create your own protective menu right at home, and it will help you to control your inflammation because you're in control of all of your ingredients. This will be all the way from your cooking oil and spices to the meats that you use. You will need polyphenols, which can help to dampen inflammation, and these can be found in many fruits. Many of these fruits include strawberries, blackberries, and even blueberries and raspberries. They also have flavonoids which will protect you against oxidative damage.

Quercetin is also an anti-inflammatory compound and it'll help you as a histamine inhibitor as well, which can help you with seasonal allergies. You can get it in garlic, broccoli, apples, yellow onions, red onions and commonly in red grapes. Even if you don't cook with these ingredients, many of them you can pick up just for a snack.

Antioxidants are also needed in an anti-inflammatory diet and it'll help your body protect itself from free radicals, which trigger inflammation and cause premature aging. Try orange winter squash, carrots, and even bell peppers. Bell peppers are also high in vitamin C, and you'll get

beta carotene from the carrots that you're adding in. leafy greens actually have a large amount of antioxidants that can help with inflammation as well, such as spinach and kale.

You'll also want to make sure you put together meals that have omega-3 fatty acids, which will help with inflammation and are commonly found in seafood. Salmon, preferably wild salmon, sardines, anchovies, and flaxseed oil can help. You can even pick up some walnuts and other nuts to make sure you're getting the omega-3 fatty acids that you need.

You can't forget about oleic acid either, which can be found in almonds and macadamias. You can use their oils if you don't want to use the nuts, and this is because it'll provide you omega-9 fatty acids. This will help omega-3 fatty acids to complete their job, helping you to stay fit and healthy. This is why many recipes will call for olive oil, and it's simple to cook with.

Curcumin is also needed, and that's why it's important you add turmeric whenever you can. Curcumin is an extremely powerful anti-inflammatory, and it's easy to add in. ginger and rosemary will help you as well, and it's easy to stock them in your spice cabinet. It's a little better for you if it's fresh, but dried will do the trick in a pinch, especially if it gets you using it more often.

Some Foods to Avoid:

There are foods that you're going to want to cut out of your diet if you're starting an anti-inflammatory diet as well, and this will help you to stick to it and get the help you need. You're going to want to get rid of yeast, red meat, soybeans, most eggs, and this includes pork and lamb. Beef especially needs replaced if possible, and ground turkey and more poultry is considered healthier option. A lot of meat contains arachidonic acid, which will promote inflammation in your body. Dairy products also contain arachidonic acid, but it is at least in lower amounts.

You need to avoid omega-6 fatty acids, so you need to try and cut out vegetable oils and fat rich butter to help avoid them. This includes corn, peanut oil, and soy oil and cotton seed. Try coconut oil and olive oil instead, as it'll help to fight the inflammation you suffer from.

Turkey, duck and chicken are best if they're free range it's even better. This is because they are rich in omega-3 fatty acids. You can even buy eggs that have extra omega-3 fatty acids. Remember to avoid sugary drinks, including sweet tea and soda. Fried potatoes are also bad for you. When you avoid the foods that you shouldn't eat and pair it with a diet that will help you with the fight against inflammation, then you'll be able to keep your body healthy.

Recipes #1-8 Cooking Up Breakfast

Anti-inflammatory recipes are important, but it's also important that you get the breakfast you want. These recipes are going to help out without making you lose the flavor that you want from your breakfast. From traditional recipes to those that have a little more kick to them, there's a little something for everyone in the recipes below.

Recipe #1 Simple Smoothie

If you're on the go and still want something that's anti-inflammatory, then a smoothie is one of your best breakfast meals because you can take it anywhere once it's made. It's cold, but the thickness is still up to you, and the ingredients have been hand-picked to help with inflammatory issues. Green tea is meant to be a mild anti-inflammatory, and it's a great base for the smoothie and way to start your day. Raspberries are also antioxidant rich as well as being yet another anti-inflammatory food that makes up the majority of this recipe. Everything else is a healthy and sweet additive.

Ingredients:

1. 2 Cups Raspberries, Frozen
2. ¼ Cup Protein Powder, Vanilla
3. 1 Banana, Sliced & Peeled
4. 1 Tablespoon Honey, Raw
5. 1 ½ Cups Green Tea, Chilled

Directions:

1. Just throw it all into the blender, and then you can be done with it. If you want a sweeter smoothie, you can add more honey, but try not to add too much. Fresh raspberries will help as well, but if you're using fresh raspberries, remember to freeze your green tea to get close to the same consistency.

Recipe #2 Ginger & Oats

Ginger is great for inflammation. It's also immunity boosting, which will help to keep you feeling a little better throughout the year. Ginger is known to help with arthritis and other inflammatory based issues, and it's a great addition to your oatmeal. Blueberries helps with inflammation, and so does steel cut oats, which is what you'd need.

It's easy to start your day, and the spice is just enough when you're using fresh blueberries and banana. Never actually use frozen blueberries. They won't help with inflammation as well, and they're more prone to being bitter. Bitter blueberries will make a bitter breakfast. Be sure that you're using a ripe banana as well, since it'll be what you're using to sweeten your oatmeal naturally. The coconut milk is a mild anti-inflammatory, and coconut oil helps your digestion.

Ingredients:

1. ½ Cup Oatmeal
2. ½ Cup Water
3. ½ Cup Coconut Milk
4. 1 Teaspoon Coconut Oil
5. ½ Cup Banana, Chopped
6. 1 ½ Teaspoon Ginger Powder
7. 1/3 Cup Fresh Blueberries

Directions:

1. Everything except the banana should go into a pot to cook.
2. Cook until ready like you would for normal oatmeal, and then take it out and place into a clean bowl.
3. Add in the bananas, and eat while warm. If you do need something to sweeten it with, do not use sugar. A teaspoon of raw, local honey is usually best. Remember that the darker the honey the more taste and flavor it'll have.

Recipe #3 Smooth Blueberries

Blueberries are known as an anti-inflammatory, and that's because of its antioxidants. It's known as a powerhouse for antioxidants, and it has phytonutrients that gives you the anti-inflammatory protection that you need. It can even help you fight dementia. It's best when mixed with cranberries and strawberries, as they are comparable to the same antioxidant levels.

It's best to have these berries in one way or another at least once weekly if you are on an anti-inflammatory diet, but if you can try to add them in more often. Remember to clean your berries before using them, as it'll help to rinse off any pesticides, and wild crafted versions of these berries are actually healthier for you. As stated before, the coconut milk is anti-inflammatory, and so is the almonds.

Ingredients:

1. 1 Cup Blueberries, Fresh

2. 1 Cup Greek Yogurt, Vanilla
3. $\frac{3}{4}$ Cups Raspberries
4. $\frac{1}{4}$ Cup Cranberries
5. 10-12 Almonds, Raw
6. 2 Tablespoons Coconut Milk

Ingredients:

1. Mix everything together, and then just blend until it's smooth and ready to drink.

Recipe #4 A Breakfast Scramble

If you like scrambled breakfasts, you can try out this wonderful anti-inflammatory recipe. Sweet potatoes are great for inflammation, and often it's overlooked. It has beta-carotene, vitamin B6, C, fiber, complex carbs and even manganese. With these nutrients as well as antioxidants, it'll help to heal and fight inflammation in your body. It's great when you can pair with spinach, but it's not always necessary. Never put it with processed potatoes, which are too high in sugars. The coconut oil, which is used for sautéing in this recipe, will also help you with inflammation, and garlic will help you to boost your immune system.

Cinnamon, which is present in this recipe, is also anti-inflammatory, and it can be used to treat a variety of conditions. It also has a lot of antioxidants, and a bit of cinnamon in each of your dishes on a regular basis will help you to make sure that you are on a good diet. Garlic isn't just great for boosting your immune system, but it'll boost your inflammation. Using it with cooking is best, and you can use it minced for the best results, but garlic powder will do in a pinch.

Ingredients:

1. $\frac{1}{2}$ lb Ham Steak, Cubed
2. 4 Eggs, Scrambled
3. 1 $\frac{1}{2}$ Teaspoons Coconut Oil
4. $\frac{1}{2}$ Onion, Diced
5. 1 Medium Sweet Potato, Peeled & Cubed
6. 1 Apple, Peeled & Diced
7. $\frac{1}{2}$ Teaspoon Sea Salt, Fine
8. $\frac{1}{2}$ Teaspoon Cinnamon
9. $\frac{1}{2}$ Teaspoon Garlic, Minced

10. ½ Teaspoon Onion Powder

11. ¼ Teaspoon Allspice

12. ¼ Teaspoon cayenne Pepper

Directions:

1. You should mix all of your spices together in a clean, small bowl.
2. Get out a large frying pan, and begin to heat up the coconut oil on medium heat.
3. Take your onions and sauté them for about four to five minutes.
4. Take the sweet potatoes, and add them into the onions. Add more coconut oil if necessary, and continue to cook for four to six minutes.
5. Add in your spices, apples, and the ham into the pan, continuing to cook.
6. When the apples and sweet potatoes are tender, you can remove them from the pan, setting them aside.
7. Start to scramble your eggs, adding in everything once they're done to heat up.
8. Serve hot, and enjoy the meal.

Recipe #5 Anti-Inflammatory Banana Bread

Coconut milk and coconut oil are both anti-inflammatory, and shredded coconut is as well, which is why they've been added to this recipe. The banana provides you with needed nutrients, and vanilla is known to calm your nerves. Honey is anti-inflammatory to a point as well, especially when raw or local, as it contains various antioxidants.

Quinoa is commonly used in an anti-inflammatory diet, and it helps to take the place of oats. You can use oats if you prefer, but the recipe comes out better when quinoa is used, as it provides the right consistency. Remember to store bread properly after it's baked, and pre-slicing it makes it an easy breakfast on the go, lasting you a few days to an entire week.

Ingredients:

1. ½ Cups Quinoa, Uncooked
2. 3 Medium Bananas, Ripe & Peeled
3. 1 Cup Flour, All-Purpose
4. 1 ½ Teaspoon Vanilla Extract
5. ¼ Cup Coconut Oil, Melted

6. ¼ Cups Honey, Raw
7. 1 Teaspoon Baking Soda
8. ¼ Teaspoon Sea Salt, Fine
9. ½ Cups Shredded Coconut, Shredded
10. 2 Tablespoons Flaxseed, ground
11. ¼ Cup Coconut Milk
12. 1 Cup Steel Cut Oats

Directions:

1. Take the quinoa and cook it according to the package, bringing it to a boil with three quarters a cup of water, and then let it simmer for about fifteen minutes.
2. You need to remove it from heat, and you will have to fluff it with a fork.
3. The oven needs to be preheated to 350, and you should grease a pan with olive oil or coconut oil.
4. Take a large, clean bowl, mashing the bananas with a fork, and stir in the coconut oil, vanilla and honey. Set it aside.
5. Take a medium to large bowl, combining baking soda, coconut, flaxseed, cooked quinoa, oats, and flour. Take the mixture and dump it with the mix ingredients. S
6. Stir the two together, and then make sure to stir in the coconut milk.
7. The batter can then be poured into the pre-prepared pan. You can top it with extra coconut or oats if you desire to.
8. Bake until it's golden brown, and that should take forty-five to fifty-five minutes.
9. Let it cool before you serve it.

Recipe #6 Pudding Delight

Sometimes, you want something a little sweeter in the morning, and pudding is usually the answer. Topping it with blueberries or even papaya is a good choice because they both have an anti-inflammatory agent. It will help you with vitamin C, E, and the papain in it is what helps with the inflammation, and it can even improve your digestion for the same reason. Of course, pineapple will help as well. Turmeric is great for cooking, and it'll help you lose weight and even detox your body as well on top of making sure that you fight your inflammation. The cinnamon is able to help you as well, and the almond milk will help with inflammation as well. It's even a diet food, so it'll help you with any weight loss goals you may have.

Ingredients:

1. 1 ½ Cups Almond Milk, Sweetened
2. ½ Cup Chia Seeds
3. 2 Tablespoons Honey, Raw
4. 1 ½ Teaspoons Turmeric, Ground
5. ¾ Teaspoon Cinnamon, Ground
6. 1/8 Teaspoon Cardamom, Ground
7. 1/8 Teaspoon Cloves, Ground

Directions:

1. All the ingredients will need to be mixed in a large bowl.
2. You can then pour it into individual bowls or jars to let it sit in the fridge overnight.
3. It will solidify and turn into a pudding. Make sure to stir before eating, and you can top with either nuts or fruit to make a delicious pudding breakfast.

Recipe #7 Chocolate Chia Delight

One of the main ingredients with this recipe is the dark chocolate, and you need to go easy on it, but it still is anti-inflammatory to a point. Milk chocolate will actually cause inflammation, so do not substitute for milk chocolate under any circumstances. Keep your portion size in check, and the dark chocolate in this recipe is going to help. The chia seeds keep you full until lunch, and the coconut milk is anti-inflammatory as well. For the most benefits, it's usually best to use full-fat coconut milk.

Ingredients:

1. 14 Ounces Coconut Milk
2. 1 Tablespoon Cocoa Powder
3. 6 Tablespoons Chia Seeds
4. 2 Teaspoons Vanilla Extract
5. 2-3 Ounces Dark Chocolate, Chopped Fine

Directions:

1. Get a saucepan and put it over medium heat. Take the coconut oil, cocoa powder, and dark chocolate and combine them over the heat.

2. The milk should be warmed up, and the chocolate should be melted. Once it is, turn the heat off, and stir in the vanilla extract as well as the chia seeds. Make sure to whisk thoroughly or the chia seeds could get stuck to the bottom.
3. Pour it into individual cups for serving, and they need to be refrigerated for at least an hour.
4. The cinnamon and cardamom should be sprinkled on top, and you can also top with coconut whipped cream or dark chocolate. Many people will top with blueberries for added anti-inflammatory properties.

Recipe #8 Crazy Carrot Muffins

Carrots is one of the main ingredients in this breakfast recipe, and that's because carrots are good for more than just your eyesight. They are great at helping you to fight inflammation in your body, making them great for those who suffer from arthritis. Carrots have a high vitamin A and beta carotene level, and it gives any recipe an anti-inflammatory upgrade.

The cinnamon is also going to help, and eggs are also anti-inflammatory to a point. However, you'll need to make sure that the eggs you are using have added omega-3, which is a little more expensive but well worth the price. They're an easy to use food item, and they're great for anti-inflammatory breakfasts. Apple cider vinegar is a detox to your system, while still helping your digestive system. It is known for anti-inflammatory properties as well, just like walnuts.

Ingredients:

1. 2 Cups Almond Flour
2. 2 Teaspoons Baking Soda
3. ½ Teaspoon Sea Salt, Fine
4. 1 ½ Teaspoons Cinnamon, Ground
5. ½ Cup Shredded Coconut, Unsweetened
6. 3 Large Eggs
7. 3 Bananas, Peeled & Mashed
8. 1 ¼ Chopped Dates, Pitted
9. 2 Medium Carrots, Shredded
10. ¾ Cup Chopped Walnuts
11. ½ Cup Unsalted Butter
12. 2 ½ Tablespoons Honey, Raw

13. 1 Teaspoon Apple Cider Vinegar

Directions:

1. Start by heating up your oven to 325.
2. You'll need a twelve cup muffin pan, and you should oil it with coconut oil to help with inflammation as well. If you prefer, you can use paper liners.
3. Take a large, clean bowl, and mix the salt, baking soda, almond flower, coconut, and cinnamon together.
4. Get out another bowl, whisking the bananas, honey, butter, eggs, and vinegar together.
5. All of the wet ingredients will then need stirred into the dry ones.
6. Fold in your walnuts, carrots, and dates into the mixture.
7. Spoon into the muffin cups, and place in the oven, baking for thirty-five to for minutes.
8. Let cool before eating. Remember to fill the pans liberally, as they will not significantly rise with no actual flour.

Recipes #9-14 A Delicious Lunch

You need an anti-inflammatory lunch that's easy and tasty even when you're on this special diet. All of these recipes will help to make you feel full, satisfied, and your taste buds happy.

Recipe #9 Coconut Thai Soup

Coconut soup is a great anti-inflammatory lunch, and it has the taste of Thai food that many people love. Better yet, it's really easy and quick to prepare, so you won't have to spend too much time making it. Remember that coconut and coconut products are great for fighting inflammation, but the ginger and mushrooms will help as well. Shitake mushrooms are great for your immune system, but they're even better at fighting inflammation in your body. You can replace any mushroom recipe with shitake mushrooms for this added benefit. Shrimp is even anti-inflammatory, which has been added to this recipe.

Ingredient:

1. 4 Cups Vegetable Broth
2. 3 Cans Coconut Milk
3. 1 Cup Shitake Mushrooms, Fresh & Sliced
4. ¼ Cup Cilantro, Fresh & Chopped
5. ¼ Teaspoon Red Pepper, crushed
6. 2 Tablespoons Coconut Sugar
7. 1 Tablespoon Olive Oil
8. 1lb Cooked Shrimp, Chopped
9. 3-4 Stalks Lemon Grass, Bruised
10. 2 ½ Tablespoons Minced Ginger
11. 2 Shallots, Chopped Fine
12. ¼ Cup Lime Juice, Fresh
13. ¼ Teaspoon Sea Salt, Fine

Directions:

1. The broth and coconut milk should be mixed together in a large pan, heating it up over medium heat until it becomes warm.

2. Once it's warm, then add in all of your other ingredients, cooking for just a few minutes.
3. Stir in olive oil after you remove it from heat. Then, it's ready to serve.

Recipe #10 Cauliflower Delight

You already know that cilantro and turmeric can help with inflammation. However, cauliflower is a great anti-inflammatory vegetable that can be used for lunch. You can often pair it with broccoli, but it's great on its own, as seen in this wonderful recipe. It has vitamin K, vitamin C, and a ton of antioxidants that will help you out, and its anti-inflammatory properties are nothing less than impressive.

Ingredients:

1. 1 Cup Sunflower Oil
2. 1 Tablespoon Cumin, Ground
3. 2 ½ Teaspoons Turmeric, Ground
4. 2 Teaspoons Crushed Red Pepper
5. 4 Heads Cauliflower
6. ¼ Cup Almonds
7. 2 Tablespoons Cilantro, Chopped
8. 1 Tablespoon Mint, Fresh & Chopped
9. ¼ Teaspoon Sea Salt, Fine

Directions:

1. Your oven is going to need to be turned onto to 425, and take a small bowl to combine your crushed red pepper, salt, turmeric, oil, and cumin.
2. Take two large baking sheets, making sure to cut up your cauliflower and place it on the sheet.
3. Take the spiced oil and drizzle it over it, making sure it's coated well before seasoning it with salt. The cauliflower should be spread evenly over the sheet.
4. Bake it for an hour, and switch the sheets about halfway through.
5. Take a pie plate, and bake your almonds, which can be substituted for pine nuts. They should be toasted for about a minute before being taken out to cool.
6. The cauliflower will then need to be put into a serving bowl, mix your mint, cilantro, and nuts before serving.

Recipe #11 Baked Sweet Potato Surprise

Sweet potato, as you already know, is great for inflammation and providing you with the vitamins you need. Swiss chard is also great for inflammation, and it's a leafy green that gives you the fiber that you need for a healthy diet. Onions are also one of the top anti-inflammatory foods, and it's a cheap vegetable that can be added into a variety of food. Sautéing them, like in this recipe, is one of the easiest ways to add them in to get the full effects that onion has to offer. Ingredients:

1. 2 Large Sweet Potatoes
2. 1 Small Onion, Sliced Thin
3. 1 Bunch Swiss Chard, Chopped & Steamed
4. 1 Avocado, Slice & Divided
5. ¼ Teaspoon Cayenne Pepper
6. 1 Teaspoon Lemon juice, Fresh
7. ½ Teaspoon Sea Salt, Coarse
8. 1 Tablespoon Olive Oil

Directions:

1. Your oven will need to be turned on to 400 degrees, and then you are going to want to bake for about forty-five minutes or until they're tender.
2. Take a large skillet, turning it to medium heat and cooking your onions until tender. It may take up to six minutes.
3. Add in your chard, and continue to cook and stir. It should turn wilted and bright green, which may take about five to six minutes. Add salt and stir.
4. Split the potato, and top with the greens. Season with the salt, lemon, and cayenne.

Recipe #12 Chicken & Broccoli

Coconut oil is better for you than olive oil in a way since it has more health benefits, but both are anti-inflammatory and that's why they've been added to this meal. Broccoli and onion are high anti-inflammatory vegetables, and when added to the ginger, it makes a meal that is both healthy and tasty. This is an arthritis friendly meal that's easy to make, which is why it was added under lunch. Some people prefer it for dinner.

Ingredients:

1. 1 Teaspoons Olive Oil
2. 1 Teaspoon Coconut Oil
3. 3 Ounces Boneless Chicken Breast, Cut
4. 2 Cups Broccoli, Chopped
5. 1 ¼ Cups Snow Peas
6. ¾ Cup Yellow Onion, Chopped & Peeled
7. 1 Teaspoon Ginger Root, Grated
8. ½ Cup Green or Red Grapes
9. ¼ Cup Water

Directions:

1. Take a wok or a large skillet and heat up your oil, putting it over medium-high.
2. Take your chicken, adding it, and sauté it until it's browned slightly. This can take from four to six minutes.
3. Add in your water, ginger, broccoli, onion, and snow peas. Stir often as you continue cooking until chicken is done and the water is reduced to a glaze. The vegetables should also be tender. This may take fifteen to twenty minutes. Remember to add water when necessary.
4. The grapes are for a garnish to be added when you plate and serve the food.

Recipe #13 Ginger & Carrot Soup

As stated before, ginger and carrot are great if you're looking for something to stop inflammation in its track. Olive oil and coconut oil will contribute too, as well as coconut milk. The onion helps, and so does the garlic. All around this soup is made to stop inflammation before it gets too far along, and it's packed with vitamins and minerals that your body needs to stay fit and healthy.

Ingredients:

1. 1 Tablespoon Olive Oil
2. 1 Tablespoon Coconut Oil
3. 1 Medium Onion, Chopped
4. 1 ½ lbs Carrots, Chopped

5. ¼ Tablespoon Red Pepper Flakes
6. ¾ Teaspoon Turmeric, ground
7. 1 Teaspoon Sea Salt, Fine
8. ¼ Teaspoon Black Pepper
9. 4 ½ Cups Vegetable Stock
10. 2 Teaspoons Garlic, Minced
11. ½ Cup Coconut Milk, Full Fat

Directions:

1. The oils will need heated together over medium heat in a medium to large saucepan.
2. Add in your onions so they can sauté for four to five minutes. They should turn translucent.
3. Then, add your turmeric, salt, red pepper flakes, garlic and ginger, sautéing for two to three minutes. The spices should become fragrant before it's done.
4. Take your carrots, adding them in to sauté for three to four minutes.
5. The vegetable stock will then need poured in and brought to a boil. Turn it on low for it to simmer. It should cook for fifteen to twenty minutes. The carrots should be cooked all the way through.
6. The soup can then be removed from heat.
7. Puree the soup in a blender, and then divide between bowls.
8. When serving, drizzle on the full fat coconut milk, adding salt and pepper as desired.

Recipe #14 Easy Wraps

Cabbage is okay, but red cabbage is great at fighting inflammation, and you get a lot of it with these chicken wraps. They are also extremely high in vitamin C, and the apple cider vinegar is also known to help. If you want to boost it even more, add a half a teaspoon of ginger to the mix.

Ingredients:

1. 1 Tablespoon Apple Cider Vinegar
2. ¼ Teaspoon Sea Salt, Fine
3. ¼ Teaspoon Cayenne Pepper
4. 1 Roasted Chicken, Cooled

5. 6 Flatbreads, Whole Wheat
6. 1 Teaspoon Black Pepper
7. 1 ½ Cups Red Cabbage, Shredded
8. 2 Tablespoons Pickle Juice
9. ½ Cup Mayonnaise, Reduced Fat

Directions:

1. Take the pepper, pickle juice, and mayonnaise, combining it in a bowl and then refrigerating it.
2. Add the salt, vinegar, cabbage, cayenne and cabbage together in a medium bowl, making sure you toss to mix it.
3. Discard the bones and skin from the chicken, shredding it into bite size pieces.
4. Mix the shredded chicken into the mayonnaise combination, making sure to stir so that it is completely combined.
5. The cabbage and chicken mixtures should be divided on each flatbread, and then you can roll them up so that they're ready to eat. Sometimes, you can stick a toothpick through them so that they stay rolled until you are ready to pick them up.

Recipes #15-21 Fixing the Right Dinner

Dinner is an important meal of the day that you can't afford to just forget about. Instead, make sure that you have anti-inflammatory foods mixed in to your dinner recipes as well. Of course, you can always opt for a smoothie, but sometimes a solid hot meal really makes the difference.

Recipe #15 Stuffed Bell Peppers

Everyone likes stuffed bell peppers, but sometimes they're not always good for you. However, this recipe is great at fighting inflammation because of the olive oil and onion. Then you add in the bell peppers which has antioxidants and anti-inflammatory properties as well. Every bell pepper will help, but red bell peppers are one of the best. You can replace it with orange, green or yellow though for antioxidants and inflammation fighting properties as well.

Ingredients:

1. 4 Large Red Bell Peppers
2. 1/3 Cup Brown Rice, Cooked
3. 1 ½ Cups Onion, Diced
4. 6 Ounces Ground Turkey
5. 2 Teaspoons Olive Oil
6. ¼ up Mozzarella, Low Fat
7. ½ Teaspoon Sea Salt, Fine
8. ¼ Teaspoon Black Pepper
9. 14.5 Ounces Diced Tomatoes, Canned & Drained

Directions:

1. The tops should be cut off of your red bell peppers, and you're going to need to cut the seeds off. Make sure the bottom is flat, shaving a little of the bell pepper off the bottom if necessary.
2. Take the bell peppers and the juice from the canned tomatoes, and place them into the microwave. Microwave them until they're tender.
3. Dice your bell pepper tops, and combine them with the rice, onion, turkey, salt, pepper, and tomatoes in olive oil over medium heat to sauté. Cook until the vegetables are tender.

4. Take the peppers, and stuff them with the mixture. Place any remaining mixture around them.
5. Your oven needs to be preheated to 350, and continue to cook for 25 minutes.
6. After 25 minutes, take them out and sprinkle the cheese over them. Place them back in the oven, continuing to cook until the cheese is melted.

Recipe #16 Coconut Ginger Chicken

This is a slow cooker recipe, so it's easy to make, and all you have to do is pair it with a rice that you like. Brown rice is usually best. From garlic, ginger, coconut oil and even coconut milk, there is a lot in this recipe to help you with your inflammation. The onion works into it as well.

Ingredients:

1. 4-6 Cloves Garlic, Minced
2. 2 Inches Ginger, Chopped
3. 1 Medium Onion, Sliced
4. 1 Tablespoon Coconut Oil
5. 2 Tablespoons Butter
6. 2 ½ lbs Chicken Thighs, Boneless & Skinless
7. 2 Cans Coconut Milk
8. 2 Tablespoons Cornstarch
9. 1 Cup peas, Frozen
10. 1 Can Baby Corn Cobs
11. 1 Teaspoon Coriander, Ground
12. 1 Teaspoon Cumin, Ground
13. ½ Teaspoon Black Pepper, Ground
14. 2 Teaspoons Turmeric, Ground
15. 1 Teaspoon Sea Salt, Fine

Directions:

1. All the spices should be blended together, and you'll want to put them aside temporarily.

2. Take a food processor, combining the onion, garlic, and ginger together. It should form a paste before you're done.
3. Heat your oil and butter together carefully in the bottom of your slow cooker, and then add in the puree, stirring well to combine. It should cook for two to three minutes, but you need to stir constantly or it will burn.
4. The chicken can then be added, making sure to cook it on all sides. Make sure it's coated well with the mixture.
5. Place in your coconut milk from your cans. When you open the cans it is important you do not shake it so you can remove the cream. Just put in the broth part, and it should cover the chicken barely.
6. Drain the corn cobs, chopping them in half before adding them to the mixture.
7. Cook it on low for four hours.
8. The cream you placed aside should be whisked with the cornstarch. Make sure it's smooth before adding it to the chicken and stirring well.
9. Take your peas, adding them in while you cook for another thirty minutes.
10. Let cool, and it's ready to serve.

Recipe #17 Easy Pumpkin Chili

Pumpkins are great for inflammation, and the cloves, olive oil and onions help as well. Tomatoes are also great, and canned tomatoes will work in a pinch, especially if you don't have fresh tomatoes available. On top of it all, it has a delicious and unique flavor.

Ingredients:

1. 1 Cup Pumpkin Puree
2. 2 ½ Tablespoons Chili Powder
3. ½ Teaspoon Sea Salt, Fine
4. ½ Teaspoon Black Pepper
5. 1 Tablespoon Cumin, Powder
6. ½ Can Garbanzo Beans
7. 15 Ounces Black Beans
8. 1 Cup Vegetable Stock
9. 5 Garlic Cloves, Minced

10. 1 Large Onion, Sliced
11. 1 Tablespoon Olive Oil
12. 1 Cup Tomatoes, Canned

Directions:

1. Take a large, clean pot and take the onion and garlic, mixing it in the olive oil to cook for about five minutes. It should turn soft, and it's best to cook over medium heat.
2. Take your canned tomatoes, pumpkin, black beans, garbanzo beans, and vegetable stock. Add in half the chili powder and cumin. Add in all the salt and pepper, and then season more if needed.
3. Bring it all to a boil, and stir all ingredients together. Let it simmer for 20 minutes.
4. Serve when cooled.

Recipe #18 Simple Shrimp Fried Rice

Sometimes you just want some shrimp fried rice, and usually that's a bad thing, but not with this one dish recipe. It's easy to make, and it doesn't even take that long. The shrimp and broccoli are good for your inflammation, and so is the coconut oil. It has an Asian inspired taste that leaves you wanting more.

Ingredients:

1. 12 Ounces Shrimp, Peeled & Deveined
2. 1 Cup Broccoli, Chopped
3. 1 Small Red Bell Pepper, Chopped
4. 1 Large Yellow Bell Pepper, Chopped
5. 1 Cup Sugar Snap Peas, Trimmed & Halved
6. 1 Cup Brown Rice, Cooked
7. 7 Teaspoons Coconut Oil, Divided
8. 1 Tablespoon Dark Sesame Oil
9. 1 Tablespoon Ginger, Grated & Fresh
10. ¼ Cup Soy Sauce, Low Sodium
11. 1 Teaspoon Hot Chile Sauce
12. ¼ Cup Green Onions, Sliced Thin

13. 1 ½ Tablespoons Rice Vinegar

14. 1 ½ Cups Edamame, Frozen

Directions:

1. Steam the broccoli for about four minutes, and it should be tender before you set it aside.
2. Take a large skillet, putting it over medium to high heat, and adding in your coconut oil, and then your bell peppers. Add in the snap peas and stir for about two minutes. The vegetable mixture will then need to be placed and set aside in a large bowl.
3. The remaining coconut oil should be added to the pan, and then you can add in ginger, stir frying for only a few seconds before adding in the rice. It should stir fry for about five minutes. It should be browned before you finish.
4. Remove the rice, and add the rice with the vegetable mixture.
5. The pan needs to be wiped out before you return it to medium heat, and add the sesame oil.
6. Add in your shrimp, frying for about a minute before adding the edamame and doing the same.
7. Take the soy sauce, hot chile sauce, and vinegar, stirring it in. then, bring it to a boil. It should cook for three minutes, and you should see it start to thicken.
8. Add in the vegetable mixture as well as your green onions, making sure they're combined as you cook for a minute longer.

Recipe #19 Chicken Curry

Curry can be good for you as well, including your inflammation. From the pumpkin to the coconut, cauliflower, and turmeric, there are many anti-inflammatory spices and foods in this wonderful recipe. Grab a taste of India, and the coconut cream really helps to set it all off.

Ingredients:

1. ¾ lb Butternut Pumpkin, Mashed & Cooked
2. 2 1/4lb Chicken Thighs, Diced
3. 1 Tin Coconut Cream
4. 3 Teaspoons Tamarind Paste
5. ½ Cup Water
6. 2 Cups Cauliflower, Chopped Small

7. 3 Teaspoons Sweet Paprika
8. ½ Teaspoon Chili Flakes, Dried
9. 1 ½ Teaspoons Ginger, Grated
10. 1 Large Onion, Diced
11. 1 Tablespoon Olive Oil
12. 1 Teaspoon Turmeric Powder
13. 3 Teaspoons Cilantro, Dried

Directions:

1. Make sure to heat all the oil in a pan, and then add in the ginger and onion. It should cook for five minutes and be slightly browned before you remove it from the pan.
2. Add more oil to the pan, and fry up the chicken until you see that it's browned slightly.
3. Add in the spices. The tamarind paste as well as the chili and onion mix should be in the pan, and it should be stirred until it's aromatic.
4. Add in your cauliflower, cooking for five more minutes
5. The coconut milk and water needs stirred in, and if it's too thick add a little more water, as well as the mashed pumpkin.
6. Bring everything to a boil, letting it simmer for three to four minutes.
7. Turn the heat off, and let sit for ten minutes before eating.

Recipe #20 Salmon & Salad

Topping off this delicious salad with anti-inflammatory salmon makes a great dinner with a fresh taste. Of course, the salad is made of anti-inflammatory ingredients as well, and it's easy enough to use.

Ingredients:

1. ½ cup Quinoa, Cooked
2. ¼ Cup Pomegranate Arils
3. 1 Small Avocado, Cubed
4. 1 Cup Kale, Chopped
5. ½ Cup Baby Spinach

6. 3 Ounces Wild Salmon, Boneless & Skinless

Directions:

1. Make sure to season the salmon with salt and pepper, and then sauté it in a pan. It should be over medium to high heat, and you will want to pan sear it until it is a golden color. If you like it medium rare, it should only be cooked for two to three minutes. Then, you'll want to set it aside as you prepare the salad.
2. Tenderize the kale, and then add in the spinach, stirring in the quinoa.
3. Drizzle with dressing as desired, tossing until it's combined. Top with the avocado and salmon.
4. Sprinkle over the pomegranate arils.

Recipe #21 An Artichoke Pasta

Artichokes are great, and pasta is something that is healthy so long as your sauce is healthy. This is anti-inflammatory, and it'll be easy to make sure that you have a tasty meal without too much work.

Ingredients:

1. 4 Artichokes, Boiled
2. 2 Large Zucchini, Chopped Fine
3. 4-5 Cloves Garlic, Minced
4. 1 Teaspoon Thyme, Chopped
5. 1 ½ Teaspoons Basil, Chopped
6. ½ Teaspoon Oregano, Chopped
7. 1 ½ Cups Pasta
8. 1 Teaspoon Parsley, Chopped
9. 6 Cups Spinach
10. ¼ Cup Olive Oil
11. 1 Large Shallot, Chopped Fine

Directions:

1. Boil your pasta, and then sauté your onions and garlic together in the olive oil. It should become fragrant.

2. You should toss the herbs in with the zucchini, adding them into the mixture.
3. Take the water, and put it in, lowering the heat. It should take about ten minutes for it to become creamy.
4. Add in the hearts of your artichokes, and put in a little oil or water as needed, sautéing for a few more minutes.
5. Blend the mixture together, and pour it onto the pasta.
6. Mix in six cups of spinach.

Bonus Tips to Help You Start

The anti-inflammatory diet will help you if you have a problem with inflammation, but it will help you even if you don't. If nothing, it'll help you to avoid the pains of inflammation and start on a healthier diet. Of course, there are some foods that you should probably still keep in your cabinet, and you'll find them listed below. It'll make it a little easier to make your own recipes, and they'll often work for a smoothie or a salad in a pinch.

A Few More Foods to Keep:

These foods are great to keep in hand, and it'll help to make sure that it'll help you add something in every day to help make sure that you are getting the anti-inflammatory foods you need. Inflammation is a natural response, but it should never happen to the point that you feel that you're in pain.

Fennel:

There are many health benefits to fennel, and they're anti-inflammatory as well as antioxidant rich. It's great if you're dealing with chronic inflammation, and it has phytonutrients. Of course, not everyone likes what fennel has to offer because of the taste. It's easy to add into a salad to give it a crisp taste, or you can simply put it into a curry, soup, or even a smoothie.

Flaxseed:

Flaxseed can also be added into a smoothie, and that's so that it's a little more filling. This is great if you're using smoothies as a meal replacement, but they go great into soup as well. Flaxseed can be hidden in a variety of dishes, and you can even eat it in a spoonful all on its own. It's high in omega-3, which is great for inflammation as well. It also has lignans and alpha-Linolenic acids.

Kale:

Kale isn't just an anti-inflammatory, it's a great way to add fiber to your diet as well as calcium. It'll help to make sure that you get the greens you need to stay healthy, and it's needed for a green smoothie as well, which is also a healthy habit to get into. It also has vitamin A and vitamin C. It doesn't just help with inflammation, but it can reverse the damage from inflammation as well. Just remember that kale is a little more bitter than its counterparts, spinach, cabbage, or lettuce. However, the hidden nutrients are usually worth it, and it goes great with fish.

Oranges:

Oranges can be eaten on their own, but you can put them in a smoothie as well. You can even dry the rinds so that you can use them in your cooking as well, such as sautéed broccoli and chicken. It'll also help you to make sure that you get your daily dose of vitamin C. It's also a great energy boost, and if you suffer from inflammation a lot, it's something that you'll usually

need. Inflammation can cause pain and even fatigue. So as well as being anti-inflammatory it's an immune system booster that's a must.

Zucchini:

Zucchini is great, and it'll help you fight your inflammation, and it goes great in stir fries. It's extremely low in calories, and it's high in vitamin A. It has various antioxidants which will help you stay looking younger, and it can help make sure that you get enough potassium, which will help you to avoid cramps. It is also high in vitamin B and vitamin C.

Celery:

Celery is known to be a health food, and it's great because it'll also keep you hydrated. It is low in calories, and yet high in fiber, which is needed to maintain a healthy body. As an anti-inflammatory, it's easy to throw in to just about anything, including a green smoothie, and it's great for spicy foods as well.

Some Tips to Help:

Starting a new diet is hard, and an anti-inflammatory diet is no different. There are some tips and tricks that you can use to make sure that you stick to it and start it on the right foot. Stocking your cabinet with the right ingredients is only the first start, and it'll be easy to get right if you employ the four tips below.

A Journal:

You may not have to keep the journal up for good, but starting with a food journal will help. There are some foods that really will do nothing but hurt you by causing inflammation and adding unhealthy and unhelpful calories to your diet. Instead, you'll find that it's important that you make sure you get at least three or four anti-inflammatory foods and spices in your diet every day to make sure that you're staying on the right track.

It'll even help you to see if there are any foods that you're eating that are actually triggering painful inflammation in your body or not. There are foods that can make you feel ill and sluggish as well as bloated or inflamed in certain areas. You won't know until you can make sure that you're doing things that will help with inflammation and keep you healthy. Try to do it week by week, but keep every journal that you make so that you can identify patterns.

Be Social:

Don't give up your social life because you're trying to make a lifestyle change. You don't need to give up being social, as it would make it hard for you to actually stick to it, even if you like the food. You can just choose a salad or a healthy alternative while you're out or just get a drink. You can still hang out with people, so don't worry about trying to avoid social situations.

As you learn what foods are anti-inflammatory you'll be able to take dishes that won't hurt you, and you should always keep in mind which dishes have foods that are your triggers. Your friends

may even want to go on an anti-inflammatory diet with you, as it can help to boost their immune system and help stave off the effects of depression and aging.

Try New Things:

It's important that you try new things as well. New recipes are going to make sure that you make sure there are recipes out there that will help you get interested in what you're doing. You have to enjoy everything that you're doing if you really want to stick to a new diet, and that's why you should mix it up. Get smoothies, oatmeal, shrimp dishes, curry, Asian inspired food, Thai food, Mexican and various other recipes that you can enjoy. Greek and Mediterranean recipes are even out there waiting for you. If you're looking forward to the recipes that you're going to be cooking, then you're more likely to stick to these recipes that are in your diet's guidelines.

Get Support:

Starting any lifestyle change on your own is hard, so having a support system will help you to make sure that you stick with it. Of course, you'll find that you don't need to actually have anyone supporting you if you have a strong enough will, but it does make you less likely to succeed. Instead, you'll find that you need people who at least support your decisions. If they want, it's even better because there is much more support if there are people who are trying the recipes with you. It'll also make it easier if your friends and family understand why you're starting an anti-inflammatory diet. If you explain to them why you want to and how it'll help you feel better and stay healthier, then they're much more likely to support your decision, which is a great way to help keep temptation at bay.