THE ANTI INFLAMMATION DIET BOOK

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We are facing a health crisis. Diseases such as cancer, diabetes and obesity are more prevalent than ever, and chances are you are at risk of contracting one of them.

So what is causing this epidemic? Surprisingly, it can all be traced back to one thing - chronic inflammation.

It is the cause of most of the serious ailments that affect us today, and chances are good that you have it without even knowing it. Most cancers, heart diseases, diabetes, obesity and many more can be traced back to inflammation.

Inflammation isn't necessarily bad for us. It shows on the skin surface as swelling, redness, pain or heat. It is your body's healing response. It helps stimulate immune activity at the site of the injury or infection. However, if it persists for an extended period of time and serves no purpose, it can cause unwanted stress on the body. This can lead to serious illnesses.

It occurs for a number of reasons, most of them lifestyle related. A poor diet, lack of exercise and exposure to toxins can all lead to chronic inflammation. Fortunately, this means that it is also preventable.

With a diet that consists of carefully selected foods that have been proven to alleviate inflammation, you can reduce the risk of those deadly diseases. Using natural, whole foods, you can reduce systemic inflammation and improve your overall health in no time.

Here is where you will learn about the causes of chronic inflammation and what you can do to reduce it.

Inside, you'll find in-depth explanations of the condition, what foods and spices help alleviate it, as well as recipes and a week-long meal plan to help you get started. So the question is, are you ready to begin your journey towards a chronic inflammation-free life?
CHAPTER 1: WHAT IS INFLAMMATION?

It was not until relatively recently that inflammation was discovered to play such an important role in our health. It is now one of the hottest topics out there, and scientific research has shown it to be the cause of a wide range of lifestyle diseases.

Inflammation plays a huge role in our health. It is part of the body’s complex immune system, which is your first line of defense against sickness and infection.

It is actually something that we need, but when we put too much strain on our bodies, it starts to become harmful.

If we constantly expose ourselves to toxins, eat a calorie dense and nutrient lacking diet, inflammation goes into overdrive. This is where the problems start. If it is prolonged, it can start to harm the body's tissues.

Today's world makes it easy for all of us to suffer from chronic inflammation without us even knowing it. Every day, we are exposed to toxins that our body was never meant to handle. This leaves us vulnerable to a host of illnesses.

If we don’t balance that out with diet and exercise, it is even more likely that we will contract one of these diseases. But before we start to treat this condition, we have to know what it actually is, and how it works.

HOW IT WORKS

The lymphatic system is a network of tissues and organs that is responsible for getting rid of any toxins in the body.

Therefore, it is vital for the treatment of diseases. It is through this that cytokines, which are released by the mast cell, flow through. They then recruit immune cells to do their work at the injured part of the body, resulting in inflammation.

So, if you were to injure your wrist, cytokines are released by the mast cell and flow to the area, resulting in swelling.

The mast cells then release histamines to trigger the immune response. Histamine is responsible for the redness you see on a bug bite.
WHEN IT GOES WRONG

Histamine helps healing by stimulating the blood cells to get large amounts of protein and white blood cells to the affected area and attack the foreign invaders.

This is required for us to heal. However, sometimes histamine can go wrong and respond in an exaggerated manner.

When it does this, it causes an allergic reaction. This occurs when the cells attacking the foreign bodies start attacking your own cells.

Once this happens, antihistamine is needed to stop it. Rheumatoid arthritis is another example. There are no foreign invaders in the body and yet the sufferer's joints display signs of inflammation.

When the inflammation is too strong, it starts to damage the body's tissues gradually. The body then responds by trying to heal itself the only way it knows how - by creating more inflammation. This cycle is called chronic inflammation and it is almost impossible to break, unless you radically change your diet and lifestyle.

It starts in one place and spreads quickly, which leads healing and destructive processes happening at once. Although the body tries to fight it, in the end the destructive process wins and you wind up with a chronic illness, and it will not be the last.

HOW IT AFFECTS YOUR HEALTH

There are two types of inflammation - acute and chronic.

Acute inflammation happens when you ingest something that you're allergic to, such as peanuts. Within a few minutes or hours, you start showing signs of inflammation. After taking antihistamine or if the allergen leaves your system, your body returns to normal.

Chronic inflammation occurs when something like an infection remains uncured for weeks, months or more.

Sometimes this doesn't even cause any pain, causing you to think that you are perfectly healthy, even though our body is basically hurting itself every day.

You might find that you're tired all the time, because inflammation requires a lot of energy.
This type of inflammation puts your body under constant strain. You might not even be able to discover what the problem is, but at some point you will experience bad symptoms.

Chronic illnesses are not caused by foreign bodies, so are very hard to cure.

Sometimes they can even last for years.

Examples of chronic illnesses are cardiovascular diseases, Alzheimer’s disease or dementia, Cancer, infertility and diabetes, among many others. Once you get one of these illnesses, it is very hard to undo it. This means that prevention is the best remedy.

Over 70% of deaths around the world are due to chronic illnesses like these. A closer examination will reveal that most of these has some form of inflammation.

For example, heart disease is caused by inflammation of the arteries, while arthritis is inflammation of the joints.

Since modern medicine only treats the symptoms, it is up to you to treat the root cause. In order to truly fix these ailments, we have to go straight to the source.
Your body functions on food. It is the fuel that keeps us healthy and allows everything in the body to operate properly. So it stands to reason that we should only be consuming the best fuel that we can.

If you deprive your body, and your organs, of the nutrients that they need, your systems will start to slow down. If nothing is done to stop it, they slowly start to shut down, resulting in full-blown inflammation. This is what happens when we ingest a calorie heavy diet of low nutrient foods like fast food.

In other words, your diet is critical to your health and well-being. The diet plan described here will give you the best health and also slow down the aging process in your body. It is all about restoring balance to your systems and stimulating the body's natural self-healing. It will also succeed in eliminating the unwanted foreign invaders in your system, like toxins and bacteria.

ANTI-INFLAMMATORY PRINCIPLES

These principles will act as a guideline for you. If you keep them in mind, you can easily stick to the anti-inflammation diet on a daily basis.

- **Eat a minimum of 25g of fiber daily**
  - This nourishes your body with natural anti-inflammatory phytonutrients. These are found in veggies, fruits and other natural whole foods.

- **Have 9 servings of fruit and vegetables daily**
  - One servings is equal to a cup of raw leafy greens or half a cup of fruit or cooked vegetables.

- **Eat 4 servings of crucifers and alliums in a week**
  - Alliums are leeks, scallions, garlic and onions, while crucifers are broccoli, cauliflower and cabbage. They have power anti-oxidant qualities that lower your risk of cancer and other chronic illnesses.

- **Have a maximum of 10% saturated fat in your daily calories**
  - A diet high in saturated fat means greater risk of heart disease due to high cholesterol levels. Also limit your intake of meat to once a week, making sure to marinate it in natural herbs and spices to remove any toxins.
Eat fish 3 times a week
- You can eat cold-water fatty fish like salmon, mackerel, anchovies and sardines, or low fat fish like flounder or sole. They are also a rich source of protein.

Have plenty of Omega - 3 fats
- These fats have been shown to drastically reduce inflammation and the risk of chronic illnesses. Foods rich in omega-3 are walnuts, kidney beans, soy, mackerel, salmon, oysters and sardines, among others.

Be careful when choosing fats
- Fat is essential to our bodies, but some types are better than others. Examples of good fats that fight inflammation are extra virgin olive oil and canola.

Eliminate processed foods from your diet
- This includes foods that have been stripped of all their good nutrients, like white rice. Sometimes harmful artificial ingredients are added to processed food as well. Avoid high sodium foods, high fructose corn syrup, artificial sweeteners and refined sugars.

Eliminate trans fats
- You have to read food labels for this. Stay away from any food that has the words vegetable shortenings, partially hydrogenated, hydrogenated and selected margarines. Cookies, crackers and chips usually have high levels as well.

Flavor your food with natural herbs and spices, sweeten with fruits
- Use berries, apricots and apples to sweeten your food, instead of sugar. Cinnamon, cloves, sage, turmeric, ginger, thyme and rosemary are known for their anti-inflammatory properties, so use them to add flavor to your food.

Since food and inflammation come hand-in-hand, it is up to you to decide how you want to lead your life.

Do you want to have a healthy immune system or one that attacks your own cells?

It all comes down to what you put in your mouth. If you treat your body with respect, then you will remain happy and healthy. So swap that fast food hamburger for a healthy, home-cooked meal. Make healthy food choices, get regular exercise, drinks lots of water and soon you'll be free of chronic inflammation.
There are certain foods and spices that deserve special mention for their excellent anti-inflammatory properties.

Be sure to include these in your diet to help alleviate your inflammation.

**ANTI-INFLAMMATORY FOODS**

- **Animal-based omega-3 fat**
  - These help fight inflammation throughout your body. They are also very important for brain health. You can get them from fish like salmon, or take it as a dietary supplement.

- **Leafy greens**
  - Dark leafy greens, like kale and spinach, contain powerful antioxidants, flavonoids, carotenoids, and vitamin C. These all help protect your body against cell damage. Consider consuming them raw to get the most out of them.

- **Shiitake mushrooms**
  - These contain strong compounds with the ability to discourage inflammation. There are also a number of unique nutrients in them that many of us do not get in our diets, such as copper. Copper deficiency can be a factor in the development of heart disease, and since our body doesn’t produce it, we need it from the food we eat.

- **Tea**
  - The most nutrient-rich green tea around is Matcha tea. The best of it comes from Japan with 17 times the anti-oxidants of wild blueberries. Tulsi is another great option, as it has plenty of anti-inflammatory antioxidants and other micronutrients that support the immune system and heart health.

- **Garlic**
  - Treasured for centuries for its healing properties, it is also one of the most heavily researched plant foods out there. It has multiple benefits, including offering anti-bacterial, anti-viral, anti-fungal, and antioxidant properties.

- **Whole Grains**
  - Whole grains are high in fiber, which helps lower bad cholesterol and keep you full for longer, meaning that you consume less calories. They also reduce the risk of diabetes, lower your blood pressure and help prevent heart disease. Another benefit is that they are good sources of good gut bacteria.
ANTI-INFLAMMATORY GRAINS

As we've said before, if you have arthritis, you need to stay away from inflammatory foods, but did you know that certain types of grains can have incredibly harmful effects on your body? The wrong types can cause serious inflammation in your joints and have you feeling the pain.

In order to prevent this, you need to know which to avoid and which are safe for you to consume, and that's what this chapter is about. You're about to learn which grains are pro-inflammatory and the ones that you can consume instead.

PRO-INFLAMMATORY GRAINS

We get it—grains are hard to resist. Pasta, bread and cereal are all things we've been brought up with, and are excellent comfort foods. But the problem is that a lot of the grains we consume are highly processed, with almost every ounce of their nutritional value removed.

You see, the average grain has three parts: the bran or outer skin, the germ which is kind of like the seed and the endosperm at the center, which acts as food for the plant.

Processed, simple or refined grains have none of these parts, and sadly, these parts are where all the really great nutrients belong. Whole grains, on the other hand, have all three, which come along with the good vitamins, minerals and protein as well.

Foods with refined grains include stuff like white bread and rice, doughnuts, cookies, cakes, and the like. When they are refined, their structure becomes a lot simpler, making it a lot easier for the body to break them down. This isn't a good thing.

You see, when carbs are broken down, they get turned into sugar that the body can use as fuel.

Simple carbs get turned into sugar really quickly, and if it isn't burned off during exercise, it becomes highly inflammatory. Research has shown that a diet high in refined grains has led to more inflammation in the body, which is bad enough if you have arthritis, but it can also increase your risk of heart disease and diabetes.

NOT ALL GRAINS ARE BAD

There's a lot of buzz going around about going no-carb, or incredibly low-carb when on a diet.

The recent popularity of the paleo diet is a testament to that. The thinking behind it is that the lectins in grains bind with receptors in your immune cells and cause an inflammatory response. So the answer seems to be to eliminate all carbohydrates from your diet.

What you need to keep in mind is that this hasn't been confirmed when it comes to whole grains, and there is very little evidence to suggest that they will cause this inflammatory reaction. However, there are plenty of proven reasons for you keep them in your diet.
Whole grains are high in fiber, which helps lower bad cholesterol and keep you full for longer, meaning that you consume less calories. They also reduce the risk of diabetes, lower your blood pressure and help prevent heart disease. Another benefit is that they are good sources of good gut bacteria. Examples of grains to incorporate into your diet include:

**AMARANTH:**
This incredible food can be traced back almost 8,000 years to the time of the Aztecs, and is now grown across the world. While not technically a grain, it usually falls into the same category cause its flowers are grain-like, but it is actually a type of cereal because of how both have nutritional profiles that are very much alike.

It can be cooked as you would pasta or rice, and can serve as a replacement for it. Although too heavy to be used on its own, it can be combined with other types of grains to make it lighter. It's also brilliant for soups, stews and the like as a thickener.

It has great nutritional value as well, including a remarkable amount of protein, as well as high contents of calcium, iron, phosphorous, and carotenoids. This makes it more nutritious than a lot of other grains, and puts it ahead of them.

There is also some evidence that it could be helpful in the prevention of cardiovascular disease, as well as cancer, inflammation, and diabetes. All of this makes it a fine addition to anyone's diet, so you should definitely seek some out.

**BARLEY:**
With it's almost-nutty flavor and almost pasta-esque texture, this grain is highly versatile, and is found in many things, from bread to beverages. It is one of the most widely used grains in the world today. Commonly found in two forms – hulled or pearled – and they differ in the fact that hulled barley has had its edible outer shell removed. Both forms still have their bran and germ.

Nutritionally, it has high amounts of fiber and protein, as well as calcium, iron, magnesium and zinc. Barley also has a type of fiber called beta-glucans, which researchers have taken a keen interest in recently. They have shown to help lower insulin resistance and cholesterol as well, which help with weight loss and immunity.

In regards to inflammation, barley's effect there is due to the nutrient it contains, called choline. It aids sleep, muscle movement, learning and memory, as well as maintain the structure of your cell's membranes. All of this means that it reduces chronic inflammation effectively.

Not only can it help with that, barley also helps lower blood pressure, supports bone and heart health, helps prevent cancer and aids in weight loss due to its high fiber content.
BROWN RICE:
Rice is a staple all over the world, and has several different types, from basmati to sticky. But not all of them offer the same health benefits. Take brown rice, for instance. Like all of the other grains on our list, it is an incredibly nutritious food, and it all comes down to how it's prepared.

You see, white rice was brown at one point, before it was heavily processed. The processing removes all the good stuff, which is located in the bran. Large quantities of nutrients are lost during processing, including 90% of B vitamins.

Unprocessed brown rice, on the other hand, is relatively low in calories, high in fiber, phosphorus, magnesium, selenium, niacin, thiamin and vitamin B6. It is also a fantastic source of manganese, containing as much as 20% of your recommended daily intake.

The wealth of antioxidants in brown rice make it an excellent anti-inflammatory food, so it will definitely help those stiff joints of yours.

It has also proven beneficial for heart health and digestion, lowering cancer risks and even helps provide the body with energy. It is prepared in much the same way as white rice, and we advise using it as a substitute whenever possible.

BUCKWHEAT:
Consumed in large quantities in Asian countries for ages now, buckwheat is another nutrient-dense seed that has numerous health benefits. That's right, it's a seed, although many will still classify it as a whole grain.

This doesn’t mean it should be viewed any less than the other grains on this list though!

While it’s now recognized as one of the healthiest foods out there, it's actually an ancient seed that has been consumed for years, and has only recently gained popularity again. When looking at its nutritional profile, it's easy to see why.

Buckwheat, like many of the grains on this list, is fairly high in protein, but also manganese, magnesium and phosphorus, along with some iron, vitamin B6 and zinc.

This makes it a great addition to any recipe for anyone who’s serious about adding essential nutrients to their diet.

With regards to inflammation, the antioxidants in buckwheat make it an effective fighter of the chronic kind. It also helps decrease bad cholesterol levels, and is a good source of rutin – a phytonutrient that’s important for your heart health. In addition, its fiber content improves digestion and it also helps prevent diabetes.

Since it usually comes in a flour-type form, you can use it in baked goods. There’s also buckwheat groats, which can be used in stews and soups.
BULGUR WHEAT:

Also known as cracked wheat, this is one of the least known forms of whole wheat on our list. Another similarity it shares with the rest is its nutritional value – you're about to get another super grain to add to your arsenal against inflammation.

Like all the grains on this list, one of the things that makes bulgur special is that it has not been refined, so it still has the bran and germ, where most of the nutrients are found.

As we've stated before, the refining process strips away the goodness of the grain and leaves you with a high carb load.

Bulgur is great because it is so low in fat, yet high in minerals. Manganese, magnesium and iron are found in abundance here, as well as protein and a big hit of fiber. In fact, just one cup of bulgur can provide you with about 25% of your daily recommended dose of fiber.

Its health benefits are numerous as well – it provides a high dose of antioxidants, and helps combat inflammation. It also helps protect your heart, improve your digestion, slows down the body's absorption of sugar and fat, and improves your immune system to help you fight off chronic diseases. All of this makes it something you definitely want to try out.

MILLET:

One of the most overlooked grains on our list, this slightly sweet and nutty grain can be used in a wide variety of dishes, and has such a nice texture that it makes a great comfort food.

Millet is another one of those ancient grains (maybe our ancestors had better taste in food than we do), and is a staple food in over a third of the world. It is commonly used in flatbreads, roti, or porridge, and even used to make beer in certain parts of Africa.

Recently, however, millet has been more commonly used in the west as birdseed, and only now is it starting to get noticed as something more.

This is due to the fact that it has a great nutritional profile, including tons of fiber, B vitamins, iron, manganese and magnesium.

Another interesting thing about it is that it is very alkaline, which makes it more easily digestible.

Millet comes in several different varieties, including pearl, foxtail, proso and finger.

You're most likely to have seen yellow proso, the most common type, in the health section of your local supermarket.

It's usually cooked by boiling, and can be used in salads, stir fries, or even simmered with milk and honey as a sweet breakfast treat.
QUINOA:
We’re sure you've heard of this one. Pronounced 'keen-wah', it is currently taking the fitness community by storm. Impressively so, considering this is another of those ancient grains that originated from South America over 7,000 years ago.

However, chances are that unless you've been on a health kick, or frequenting healthy restaurants, you probably haven't come across this before.

Trust me, it's another one of those grains that's worth its weight in gold when it comes to health.

It has a large amount of protein, as well as a ton of antioxidants, vitamins and minerals. It has iron, B vitamins, magnesium, phosphorus, potassium, calcium, and vitamin E, as well as the all-important fiber. Going back to the protein, it is actually one of the few grains that is considered a complete protein, as it has all nine essential amino acids.

It is such an effective fighter of inflammation because it is high in flavonoids, which are well-known to help reduce disease risk.

Quinoa also helps prevent cancer, aid weight loss efforts and supports heart health, much like the other grains on our list.

One of the best ways to use quinoa is as a replacement for rice. It goes great with stews, curries, and salads. It can also be used in baked goods or as a tasty breakfast dish.

SORGHUM:
From a grain that's over 7,000 years old to a relatively young one, this 5,000 year old cereal grain hails from Africa and Australia. In fact, the sorghum plant still provides sustenance to some of the most impoverished nations in the world – and for good reason.

Now widely grown in the United States, sorghum is a nutritional powerhouse, like all the other whole grains on this list. With its high protein content, B vitamins, iron and dietary fiber, it's another great addition to your daily diet. One of the most interesting things about it is its ability to fight free radical damage, due to its antioxidant content.

Those antioxidants, as we're sure you know by now, make it an incredibly inflammation fighter. The ones in sorghum seek out those nasty little free radicals (which can cause serious damage to your body) and help stop them.

This, in turn, eases inflammation and curbs the potential for painful joints.

It is commonly used in fermented beverages, flatbreads, porridge, and as a thickener in stews.

It's an incredibly versatile ingredient, and a quick search online will give you a ton of different recipes to use.
RYE:
Long associated with the lower classes in some parts of the world, rye has gotten an unfairly bad reputation. While some have considered it an acquired taste, we should join Russia, Poland, all of Scandinavia in embracing this great grain.

Once considering a weed by many, this grass (yes, it is actually classified as a grass), is massive in Russia. It is one of the most vital cereal crops in the world today, and works in food in much the same way as barley does.

And like everything else on this list, its nutritional value is a real whopper.

High in selenium, phosphorous, magnesium, protein and fiber, it is an incredible weight loss tool as it helps keep you full for longer on fewer calories.

Once again, all of this helps fight inflammation, as well as help to prevent diabetes, aid digestion and fight cancer. Another benefit of rye is that it actually helps prevent the formation of gallstones, so it's very useful if you suffer from any issues there.

It is mostly used in rye breads, such as pumpernickel, and even in some alcohols. With these benefits, what was once called the 'poverty grain' doesn't seem so bad now, does it?

WHOLE OATS:
This is perhaps one of the more common breakfast foods on our list – but sadly it’s usually eaten with a ton of sugar and other additives. However, if you leave these out, you can have an incredibly healthy breakfast that can start your day on the right foot.

The first thing you need to know is that whole oats are different from the other types of oats out there. They are actually the most unrefined variety there is, with only the inedible hull taken off.

This means that they have all their nutrients intact, as well as possess a stronger, nuttier flavor than other types.

Nutritionally, they possess a decent amount of high-quality protein and fiber, as well as much of the same minerals and vitamins that all the other grains on our list have, including manganese, iron and selenium. The variety and quantity of these nutrients make them a great inflammation fighter.

They also help lower cholesterol, and prevent diabetes.

Their fiber content means that they can keep you full for longer periods too, meaning that a bowl at breakfast will mean that you have no trouble avoiding the urge to snack.
ANTI-INFLAMMATORY SPICES

These ten spices have been proven to have incredible anti-inflammatory properties.

- Cloves
- Cinnamon
- Jamaican allspice
- Apple pie spice mixture
- Oregano
- Pumpkin pie spice mixture
- Marjoram
- Sage
- Thyme
- Gourmet Italian spice
BREAKFAST:

1. CITRUS SALAD WITH GINGER YOGURT

Serves 6

**INGREDIENTS**

- 1 pink grapefruit, peeled
- 2 large tangerines or Minneolas, peeled
- 3 oranges
- 1/2 cup dried cranberries
- 2 tablespoons honey
- 1/4 teaspoon ground cinnamon

- 1 16- or 17.6-ounce container Greek yogurt
- 2/3 cup minced crystallized ginger
- 1/4 cup golden brown sugar
- Additional dried cranberries

**DIRECTIONS**

- Break grapefruit and tangerines into sections. Cut grapefruit sections into thirds and cut tangerine sections in half. Transfer grapefruit, tangerines, and all juices to deep serving bowl.

- Using a sharp knife, cut all peel and white pith from oranges. Slice oranges into 1/4-inch-thick rounds, then cut slices into quarters. Add oranges and all juices to same bowl.

- Mix in 1/2 cup dried cranberries, honey, and cinnamon.

- Cover and refrigerate for at least 1 hour.

- Mix yogurt and ginger in bowl.

- Spoon yogurt onto fruit. Sprinkle with brown sugar and dried cranberries.
2. SPANISH FRITTATA


Serves 4-6

INGREDIENTS

- 12 large eggs
- ½ cup coconut milk
- ½ teaspoon sea salt, or more to taste
- 2 tablespoons coconut oil or extra-virgin olive oil
- 1 small red onion, finely chopped
- ½ cup sautéed mushrooms or your favorite vegetable
- 1 cup spinach or arugula

DIRECTIONS

- Preheat oven to 190 degrees Celsius.
- Whisk the eggs and coconut milk with 2 pinches of salt. Set aside.
- Prepare pan with coconut oil and medium-high heat. Sauté onions until translucent and add mushroom or favorite vegetable and sauté until soft. Toss in spinach and fold into veggie mixture just until wilted. Remove vegetables from pan; set aside.
- Turn down the heat to low, adding a little more coconut oil if needed. Using the same skillet, add the eggs, shaking to distribute the mixture evenly. Cook over medium-low heat for 5 minutes using a spatula to spread the eggs from the edges to the center until the edges are no longer runny. Arrange the vegetable mixture over the top evenly.
- Transfer to the oven and cook for 5 minutes until set and slightly browned. Remove from oven.
- To finish, slide partially cooked frittata onto a large plate; wearing oven mitts, place a plate over the pan and, holding the two together, invert them so the frittata drops onto the plate. Slide the frittata back into the pan so partially cooked side is up. Place back in oven to cook 3-4 minutes more.
3. CHIA QUINOA PORRIDGE

http://www.culinarynutrition.com/3-awesome-anti-inflammatory-breakfast-recipes/

Serves 2

INGREDIENTS

1 cup thick cashew milk
2 cups cooked quinoa
1 cup fresh organic blueberries (or frozen)
¼ cup toasted walnuts
½ tsp ground cinnamon
2 tsp raw honey
1 Tbsp chia seeds

DIRECTIONS

◆ Combine the quinoa and cashew milk in a saucepan and slowly warm over medium low heat.

◆ Stir in blueberries, cinnamon and walnuts until all are evenly warmed.

◆ Remove from heat and stir in raw honey.

◆ Top with chia seeds and serve.
4. CHERRY COCONUT PORRIDGE

http://greedygourmand.blogspot.sg/2013/05/cherry-coconut-porridge.html
Serves 1

INGREDIENTS
1.5 cups oats
4 tablespoons chia seeds
3-4 cups of coconut drinking milk
3 tablespoons raw cacao
pinch of stevia
coconut shavings
cherries (fresh or frozen)
dark chocolate shavings
maple syrup

DIRECTIONS
◆ Combine oats, chia, coconut milk, cacao and stevia in a saucepan.

◆ Bring to a boil over medium heat and then simmer over lower heat until oats are cooked.

◆ Pour into a bowl and top with coconut shavings, cherries, dark chocolate shavings and maple syrup to taste.
5. RHUBARD, APPLE, GINGER MUFFINS


Serves 8.

**INGREDIENTS**

| 1/2 cup (55g) almond meal (ground almonds) | 1/2 teaspoon ground cinnamon |
| 1/4 cup (50g) unrefined raw sugar | 1/2 teaspoon ground ginger |
| 2 tablespoons finely chopped crystallized ginger | a good pinch fine sea salt |
| 1 tablespoon ground linseed meal | 1 cup finely sliced rhubarb |
| 1/2 cup (70g) buckwheat flour | 1 small apple, peeled, cored and finely diced |
| 1/4 cup (35g) fine brown rice flour | 95ml (1/3 cup + 1 tablespoon) rice or almond milk |
| 2 tablespoons organic cornflour or true arrowroot | 1/4 cup (60ml) olive oil |
| 2 teaspoons gluten-free baking powder | 1 large egg |
| | 1 teaspoon vanilla extract |

**DIRECTIONS**

- Preheat oven to 180C. Grease or line eight 1/3 cup (80ml) cup capacity muffin tins with paper cases.

- Place almond meal, sugar, ginger and linseed meal into a medium bowl. Sieve over flours, baking powder and spices, then whisk to combine evenly.

- Stir in rhubarb and apple to coat in the flour mixture.

- In another smaller bowl whisk milk, oil, egg and vanilla before pouring into the dry mixture and stirring until just combined.

- Evenly divide batter between tins/paper cases (scatter with a few slices of rhubarb if desired) and bake for 20-25 minutes or until risen, golden around the edges and when a skewer is inserted into the centre it comes out clean.

- Remove from the oven and set aside for 5 minutes before transferring to a wire rack to cool further.

- Eat warm or at room temperature
6. BUCKWHEAT AND GINGER GRANOLA

Makes one big container

**INGREDIENTS**

- 2 cups of oats (220g)
- 1 cup of buckwheat (280g)
- 1 cup of sunflower seeds (200g)
- 1 cup of pumpkin seeds (200g)
- 1 and a ½ cups of pitted dates (300g)
- 1 cup of apple puree/sauce (about the size of a 360g jar)
- 6 tablespoons of coconut oil
- 4 tablespoons of raw cacao powder
- A piece of ginger (20g)

**DIRECTIONS**

- Start by pre-heating the oven to 180C
- Place the oats, buckwheat and seeds into a large mixing bowl and stir well
- Next add the dates, coconut oil and apple puree into a sauce pan and allow them to simmer for five minutes, until the dates are nice and soft
- While the dates cook peel the ginger and grate it onto a plate, once it’s grated mix it into the date pan.
- When the dates are soft place them (including the melted coconut oil, grated ginger and apple puree) into a blender with the raw cacao powder and blend until the mix is totally smooth.
- Pour the mix over the buckwheat, oat and seed mix and stir well so that everything is coated.
- Grease one large or two medium baking trays with coconut oil before spreading the granola out over them
- Place the baking trays in the oven and bake for about forty five minutes. After fifteen minutes remove the trays from the oven and stir everything well so that the top doesn’t burn, then keep doing this every five to ten minutes for the rest of the time it’s in the oven.
- Once it’s nice and crispy, but not burnt, take the granola out of the oven and allow it to cool before placing it in an airtight container to store.
7. PINEAPPLE SMOOTHIE

http://www.culinarynutrition.com/3-awesome-anti-inflammatory-breakfast-recipes/
Serves 1

**INGREDIENTS**

1 cup brewed and cooled green tea
2 cups spinach or kale
1 cup frozen pineapple chunks
⅔ cup cucumber, peeled and cut into large chunks
½ cup frozen mango chunks
½ of a medium banana, peeled
½” fresh ginger – peeled and cut from stalk (about ½ tsp)
¼ tsp ground turmeric
3 mint leaves - rough chopped
1 scoop protein powder
1 Tbsp chia seeds
4-5 ice cubes (or more or less to personal desired consistency)

**DIRECTIONS**

◆ Combine all the ingredients, except the chia seeds, in a high speed blender.

◆ Add chia seeds at the end of the blending process.

◆ To get a thicket smoothie, add iceubes and blend until desired consistency is met.
LUNCH:

1. QUINOA SALAD WITH CASHEWS

Serves 4

INGREDIENTS

1 cup dried quinoa, rinsed well
½ red onion, finely chopped
1 cup apple or carrot, finely chopped
juice of 1 lime
2 tablespoons honey or agave
1 tablespoon extra-virgin olive oil
1 large mango, chopped (not overly ripe)

¾ cup mint, finely chopped
1 teaspoon sea salt, to taste
freshly ground black pepper, to taste
½-inch-piece ginger, finely chopped
1 avocado, chopped or thinly sliced
1 cup cashews, coarsely chopped
3 cups Romaine lettuce (or greens of choice), roughly chopped

DIRECTIONS

◆ Cook the quinoa: Bring 2 cups of water to a boil in a medium saucepan; add the quinoa and simmer, covered 15-20 minutes. Set aside and let cool.

◆ In a large bowl toss the chopped red onion and apple/carrot.

◆ Whisk together the lime juice, honey and olive oil. Add to the bowl.

◆ Add the cooked, cooled quinoa and mango to the bowl and toss well. Mix in mint, cilantro, ginger and salt and pepper, to taste.

◆ Garnish with sliced avocado and cashews. Scoop mixture over greens and serve chilled or at room temperature.
2. LENTIL AND SQUASH CURRY

http://ohsheglows.com/2011/10/05/red-lentil-and-squash-curry-stew/
Serves 4

**INGREDIENTS**

- 1 tsp Extra virgin olive oil
- 1 sweet onion, chopped
- 3 garlic cloves, minced
- 1 tbsp good quality curry powder (or more to taste)
- 1 carton broth (4 cups)
- 1 cup red lentils
- 3 cups cooked butternut squash
- 1 cup greens of choice
- Fresh grated ginger, to taste (optional)
- salt & black pepper, to taste

**DIRECTIONS**

- In a large pot, add olive oil and chopped onion and minced garlic. Sauté for about 5 minutes over low-medium heat.

- Stir in curry powder and cook another couple minutes. Add broth and lentils and bring to a boil. Reduce heat and cook for 10 minutes.

- Stir in cooked butternut squash and greens of choice. Cook over medium heat for about 5-8 minutes.

- Season with salt, pepper, and add some freshly grated ginger to taste.
3. TURKEY AND QUINOA STUFFED PEPPERS

http://www.momendeavors.com/2013/08/turkey-quinoa-stuffed-bell-peppers.html

Serves 3

INGREDIENTS
3 large yellow peppers
1.25lb extra lean ground turkey
1 cup diced mushrooms
1/4 cup diced sweet onion
1 cup chopped fresh spinach
2 teaspoons minced garlic
1 cup (18oz can) tomato sauce
1 cup chicken broth
1 cup dry quinoa

DIRECTIONS

◆ In a small saucepan, start the quinoa and cook according to package directions (usually about 15 minutes).

◆ While the quinoa cooks, sauté the vegetables in a pan with a little butter or olive oil.

◆ Then after about 5 minutes or so, add the ground turkey and garlic to the vegetables.

◆ Cook over medium heat. Once the turkey is mostly cooked though, add in the tomato sauce and about half of the chicken broth. Let simmer until the turkey is fully cooked and some of the excess liquid has cooked off.

◆ Preheat the oven to 200 Celsius.

◆ While the turkey mixture simmers, prep your bell peppers. Wash the peppers, cut them in half, and remove the stem and seeds. Spray a baking pan with cooking spray and place the cut bell peppers in the pan (open side up).

◆ Once the quinoa is done cooking, dump it into the pan with the turkey and vegetables. Stir together. Then, stuff each bell pepper with the mixture. Pour the rest of the chicken broth into the base of the pan (so around the peppers, not over them).

◆ Cover with foil and bake at 200 degrees for about 30-35 minutes.
4. SPICY SWEET POTATO BURGERS


Serves 1

**INGREDIENTS**

- 1/2 cup quinoa
- 1 can black beans, rinsed and drained
- 1 large sweet potato
- 1/2 cup diced red onion
- 2 cloves garlic, minced
- 1/2 cup chopped cilantro
- 1/2 jalapeno, seeded and diced
- 1 teaspoon cumin
- 2 teaspoons spicy cajun seasoning
- 1/4 gluten free oat flour (regular oat flour or oat bran will work)
- salt and pepper, to taste
- olive oil or coconut oil, for cooking
- 6 whole grain hamburger buns (gluten free, if desired)
- Sprouts

**For Avocado-Cilantro Crema**

- 1/2 large ripe avocado, diced
- 1/4 cup low-fat sour cream or plain Greek yogurt
- 2 tablespoons chopped cilantro
- 1 teaspoon lime juice
- dash of hot sauce, if desired
- salt, to taste

**DIRECTIONS**

- **To cook quinoa:** Rinse quinoa with cold water in mesh strainer. In a medium saucepan, bring 1 cup of water to a boil. Add in quinoa and bring mixture to a boil. Cover, reduce heat to low and let simmer for 15 minutes or until quinoa has absorbed all of the water. Remove from heat and fluff quinoa with fork; place in large bowl and set aside to cool for about 10 minutes.

- **Poke sweet potato several times with a fork and place in microwave for about 3-4 minutes or until it is soft and cooked thoroughly. Remove skin when done cooking and cooled.**

- **In bowl of food processor, add beans, cooked sweet potato, red onion, cilantro, garlic, cumin, cajun seasoning, and pulse until almost smooth, scraping down the sides of the processor when necessary.** Transfer mixture to bowl and combine with cooked quinoa. Add salt and pepper to taste. Mix in oat bran/oat flour, but only enough so that you are able to shape patties.
Divide into 6 patties (about 1/2 cup each) and place on parchment paper on baking sheet; refrigerate for at least 30 minutes to help patties bind together.

To make avocado-cilantro crema: In bowl of food processor, place sour cream, diced avocado, cilantro, and lime juice. Process until smooth. Add salt to taste. Place in fridge until ready to serve burgers.

To cook burgers: Heat skillet over medium-high heat. Spray pan with coconut/olive/canola oil cooking spray. Place in skillet and pan-fry about 3-4 minutes on each side, or until golden brown. Serve with buns, sprouts, crema and desired toppings.
5. SHRIMP STIR FRY WITH VEGETABLES

Serves 4

INGREDIENTS

- ¼ cup soy sauce
- 2 teaspoons sesame oil
- 2 tablespoons raw honey
- 2 tablespoons Shelled Hemp Seed
- 2 tablespoons Extra Virgin Coconut Oil, divided
- 1 pound large peeled and deveined shrimp
- 1 small yellow onion, halved and thinly sliced
- 1 red or orange bell pepper, seeded and sliced
- 1 small yellow squash, cut into matchsticks
- 3 ounces shiitake mushrooms, stems removed and thinly sliced
- 2 garlic cloves, minced
- 2 cups thinly sliced rainbow chard

DIRECTIONS

◆ In a small mixing bowl, whisk together the soy sauce, sesame oil raw honey, and hemp seeds.

◆ Heat 1 tablespoon coconut oil in a wok or large nonstick skillet. Add the shrimp and stir-fry over high heat until pink, about 2 minutes. Transfer to a bowl and set aside.

◆ Add the remaining oil and stir-fry the onion, peppers, squash and shitakes until lightly charred, 5 minutes. Add the garlic and cook for about a minute until fragrant.

Stir in the chard and cook until wilted. Add the sauce and simmer until it thickens slightly. Fold in the shrimp and cook one minute more.

◆ Serve over brown rice or quinoa.
6. FRIED RICE WITH SNAP PEAS AND SCALLIONS

Serves 4

INGREDIENTS

2 tablespoons Extra Virgin Coconut Oil
2 medium carrots, diced
1 small yellow onion, diced
1 bunch scallions, white and green parts separated, thinly sliced
1 cup thinly sliced snap peas
2 garlic cloves, minced
1 tablespoon minced fresh ginger
3 cups cooked black rice (from 1 cup uncooked)
3 tablespoons Liquid Aminos
2 teaspoons toasted sesame oil
1 teaspoon sriracha
2 eggs, beaten
1 tablespoon Organic Shelled Hemp Seed

DIRECTIONS

◆ In a large wok or nonstick skillet heat the coconut oil. Sauté the carrot, onion, and white scallion over high heat until soft and beginning to brown, about 5 minutes.

◆ Add the snap peas, garlic, ginger, and green scallions and stir-fry until fragrant.

◆ Fold in the rice and stir-fry until well-coated in the vegetable mixture and beginning to toast. Add the liquid aminos, sesame oil, and sriracha and stir to combine.

◆ Push the rice to the side of the pan to create a well. Pour the eggs into the center and cook, stirring gently, until nearly set.

◆ Toss the fried rice with the eggs and hemp seeds. Transfer the fried rice to bowls and serve.
7. KALE CAESAR SALAD WITH GRILLED CHICKEN WRAP

http://heatherchristo.com/2013/01/02/kale-caesar-salad-with-grilled-chicken-wrap/

Serves 2

**INGREDIENTS**

- 8 ounces grilled chicken, thinly sliced
- 6 cups curly kale, cut into bite sized pieces
- 1 cup cherry tomatoes, quartered
- 3/4 cup finely shredded Parmesan cheese
- ½ coddled egg (cooked about 1 minute)
- 1 clove garlic, minced
- 1/2 teaspoon Dijon mustard
- 1 teaspoon honey or agave
- 1/8 cup fresh lemon juice
- 1/8 cup olive oil
- Kosher salt and freshly ground black pepper
- 2 Lavash flat breads or two large tortillas

**DIRECTIONS**

- In a bowl, mix together the half of a coddled egg, minced garlic, mustard, honey, lemon juice and olive oil. Whisk until you have formed a dressing. Season to taste with salt and pepper.

- Add the kale, chicken and cherry tomatoes and toss to coat with the dressing and ¼ cup of the shredded parmesan.

- Spread out the two lavash flatbreads. Evenly distribute the salad over the two wraps and sprinkle each with ¼ cup of parmesan.

- Roll up the wraps and slice in half.
1. SALMON WITH CHUTNEY

Serves 4-6

INGREDIENTS

For the salmon

- 2 quarter pound pieces of salmon
- 3 cups of seafood stock
- 1 lime, thinly sliced
- 10 whole black peppercorns
- Juice of 1 lime
- Salt + pepper

For the chutney

- 2 lbs. stone fruit, small dice
- 1 large onion, finely chopped
- Zest of 1 lemon or lime
- 2 tablespoons garlic, minced
- ¼ teaspoon chili flakes (optional)
- ¼ cup red wine vinegar
- ¼ cup raw honey or agave
- ¼ teaspoon sea salt
- 2 tablespoons fresh lavender (or use basil or mint; use 1 teaspoon dried lavender if you cannot find it fresh)

DIRECTIONS

- **To make the salmon:** Add the seafood stock, limes and peppercorns to a deep skillet or heavy pot over high heat and bring to a boil, then immediately reduce to a simmer. Cover and cook for about 5 minutes.

- Season salmon with salt and pepper and gently lower into simmering liquid, making sure the filets are at least ¾ covered. Reduce heat to a very gentle simmer, cover the pan and cook for about 6 minutes, until salmon is opaque throughout (you should be able to flake it with a fork). Remove salmon from the liquid and set aside on a towel lined plate.

- **To make the chutney:** In a saucepan combine all prepared ingredients except the herbs. Bring to a boil. Continue cooking at a rolling boil for about 15 minutes, stirring occasionally. Mix in fresh herbs and/or lavender at the end.

- **To assemble:** Top the poached salmon with the chutney and served alongside grilled asparagus.
2. RAW PAD THAI

http://www.prevention.com/food/healthy-recipes/meals-that-soothe-inflammation/slide/5
Serves 4

INGREDIENTS

1 medium zucchini
1 large carrot
1 green onion, chopped
½ cup shredded purple cabbage
½ cup cauliflower florets
½ cup mung bean sprouts or radish sprouts (spicy)

Sauce:
2 Tbsp tahini
2 Tbsp almond butter
1 Tbsp lime or lemon juice
2 Tbsp tamari (wheat-free)
1 Tbsp raw honey
¼ tsp garlic, minced
½ tsp ginger root, grated

DIRECTIONS

- Use a mandoline or vegetable peeler to create noodles from the carrots and zucchini. Place them in a large mixing bowl and top with the vegetables.
- Whisk sauce ingredients in a bowl. The sauce will be thick, but will thin out after it’s mixed with the vegetables.
- Pour the sauce over the noodles and vegetables, and toss.
3. BEETROOT SALAD

http://www.prevention.com/food/healthy-recipes/meals-that-soothe-inflammation/slide/4

Serves 4

INGREDIENTS

1 large beet, coarsely grated
1 large carrot, coarsely grated
1 large apple, diced
2 Tbsp almonds, chopped
2 Tbsp flax, hemp, perilla, or pumpkin seed oil
2 Tbsp lemon juice
4 cup mixed greens
Optional additions:
2 Tbsp fresh dill or parsley, finely chopped
2 garlic cloves, minced
1/4 tsp gray sea salt or pink rock salt

DIRECTIONS

◆ Toss all ingredients, except for the mixed greens, together in a large bowl.

◆ Divide mixed greens between 4 plates and top with apple mixture.
4. CURRIED POTATOES WITH POACHED EGGS

http://www.budgetbytes.com/2015/05/curried-potatoes-with-poached-eggs/
Serves 4

INGREDIENTS

2 russet potatoes
1 inch fresh ginger
2 cloves garlic
1 Tbsp olive oil
2 Tbsp curry powder
1 15oz. can tomato sauce
4 large eggs
½ bunch fresh cilantro (optional)

INSTRUCTIONS

◆ Wash the potatoes well, then cut into ¾-inch cubes. Place the cubed potatoes in a large pot and cover with water.

◆ Cover the pot with a lid and bring it up to a boil over high heat. Boil the potatoes for 5-6 minutes, or until they're tender when pierced with a fork. Drain the cooked potatoes in a colander.

◆ While the potatoes are boiling, begin the sauce. Peel the ginger with a vegetable peeler or scrape the skin off with the side of a spoon. Use a small holed cheese grater to grate about one inch of ginger. Mince the garlic.

◆ Add the ginger, garlic, and olive oil to a large, deep skillet (or a wide based pot). Sauté the ginger and garlic over medium low heat until soft and fragrant. Add the curry powder to the skillet and sauté for about a minute more to toast the spices.

◆ Add the tomato sauce to the skillet and stir to combine. Turn the heat up to medium and heat the sauce through. Taste the sauce and add salt, if needed. Add the cooked and drained potatoes to the skillet and stir to coat in the sauce. Add a couple tablespoons of water if the mixture seems dry or pasty.

◆ Create four small wells or dips in the potato mixture and crack an egg into each. Place a lid on the skillet and let it come up to a simmer. Simmer the eggs in the sauce for 6-10 minutes, or until cooked through. Top with chopped fresh cilantro.
5. MEDITERRANEAN TUNA SALAD

http://iowagirleats.com/2015/06/12/mediterranean-tuna-salad/
Serves 2

INGREDIENTS

2, 5oz cans tuna packed in water, drained
1/4 cup mayonnaise
1/4 cup chopped kalamata or mixed olives
2 Tablespoons minced red onion
2 Tablespoons chopped fire roasted red peppers
2 Tablespoons chopped fresh basil
1 Tablespoon capers
1 Tablespoon fresh lemon juice
salt and pepper
2 large vine-ripened tomatoes

DIRECTIONS

◆ Add all ingredients except tomatoes in a large bowl then stir to combine.

◆ Slice tomatoes into sixths, without cutting all the way through, then gently pry open.

◆ Scoop Mediterranean Tuna Salad mixture into the center then serve.
6. LEMON HERB SALMON AND ZUCCHINI

http://damndelicious.net/2015/06/19/one-pan-lemon-herb-salmon-and-zucchini/

Serves 4

INGREDIENTS

4 zucchini, chopped
2 tablespoons olive oil
salt and freshly ground black pepper, to taste

For the salmon:
2 tablespoons brown sugar, packed
2 tablespoons freshly squeezed lemon juice
1 tablespoon Dijon mustard
2 cloves garlic, minced
1/2 teaspoon dried dill
1/2 teaspoon dried oregano
1/4 teaspoon dried thyme
1/4 teaspoon dried rosemary
Salt and freshly ground black pepper, to taste
4 (5-ounce) salmon fillets
2 tablespoons chopped fresh parsley leaves

DIRECTIONS

- Preheat oven to 200 Celsius.
- Lightly oil a baking sheet or coat with nonstick spray
- In a small bowl, whisk together brown sugar, lemon juice, Dijon, garlic, dill, oregano, thyme and rosemary; season with salt and pepper, to taste. Set aside.
- Place zucchini in a single layer onto the prepared baking sheet. Drizzle with olive oil and season with salt and pepper, to taste. Add salmon in a single layer and brush each salmon filet with herb mixture.
- Place into oven and cook for about 16 to 18 minutes, or until the fish flakes easily with a fork.
- Serve immediately.
7. ROASTED RED PEPPER AND SWEET POTATO SOUP

Serves 6

INGREDIENTS

- 2 tablespoons olive oil
- 2 medium onions, chopped
- 1 jar (12 oz) roasted red peppers, chopped, liquid reserved
- 1 can (4 oz) diced green chilies
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 1 teaspoon ground coriander
- 3 - 4 cups peeled, cubed sweet potatoes
- 4 cups vegetable broth
- 2 tablespoons minced fresh cilantro
- 1 tablespoon lemon juice
- 4 oz cream cheese, cubed

DIRECTIONS

- In a large soup pot, heat the olive oil over medium-high heat. Add the onion and cook until soft. Add in the red peppers, green chilies, cumin, salt and coriander. Cook for 1-2 minutes.

- Stir in the reserved juice from the roasted red peppers, sweet potatoes and vegetable broth. Bring to a boil, then reduce heat and cover. Cook for about 10-15 minutes, or until the potatoes are tender. Stir in the cilantro and lemon juice. Let the soup cool slightly.

- Place half of the soup into a blender along with the cream cheese. Process until smooth.
CHAPTER 5: MEAL PLAN

One of the most important steps with this diet is to make yourself a meal plan for each week. Taking a few minutes to sit down and plan what you are going to eat for the coming week can be extremely beneficial to you, allowing you to save time, money and effort. Here are the four reasons to have a meal plan:

✓ It cultures healthy eating habits
  ◆ The main reason for you to follow this diet is to make it easier for your body to fight off harmful inflammation and protect you from chronic inflammation. With a carefully laid out meal plan, it will be easier to avoid unhealthy food and there will always be healthy food at home.
  
  As you get used to planning, it will become a habit, and you will soon forget processed foods.

✓ It makes you an informed shopper
  ◆ Since each recipe lists the specific ingredients that you need, it will help teach you the healthiest ingredients to buy. Your focus will shift to fresh, natural, nutrient dense foods and soon you'll forget all about the processed fare.

✓ It saves you time and money
  ◆ When you know exactly what you are going to cook, you will know exactly what you need to buy.
  
  This will allow you to shop more efficiently and save you money, as you won't buy things that you won't need. You also won't have to waste time each day thinking of what to cook.

✓ It ensures that you eat a variety of food
  ◆ Planning your meals will allow you mix up your week, allowing you to eat something new and different almost every day.
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CHAPTER 6: THE HORMONAL CONNECTION

With this diet, you will be kick starting a healthy hormonal response in your body. The hormonal system is an intricately constructed web of different hormone reactions that is influenced by food and lifestyle choices, as well as overall health and stress levels.

This system delivers chemicals to where they are needed throughout the body. Hormones like cortisol, insulin, estrogen, ghrelin, leptin, testosterone and serotonin affect your health and wellbeing when they are delivered. Serotonin, for instance, can affect the functioning of our cardiovascular system and muscles, among others.

If all your hormones are function correctly, then you will have a healthy and normal appetite, stable blood sugar levels, a healthy sex drive, ability to manage stress well and a healthy thyroid. So how do we make sure they function as they should?

It is not easy, and it will have to be done little by little. Here are four simple steps to get you on the right track.

1. PLAN YOUR DAY
   - There are only 24 hours in a day, and a lot of stuff to get done in that short amount of time. You have to go to work, stay on track with the diet, work out and relax, so having a plan is a good idea.

      Just take a moment at the end of each day to make sure the next day's plan is in order and that you have time for everything you need to do. Always include some rest time, because it'll help you manage stress.

2. DON'T LINGER ON THE WEIGHING SCALE AND CALORIE COUNTING
   - The anti-inflammatory diet isn't just about losing weight, it is about being healthy first and foremost.

      Spending each day on the scale or counting calories is just not fun. It is all too easy to get wrapped up in it and miss out on the finer things in life. This diet is a lifestyle change, something that will have you feeling great for the rest of your life, not just for a couple of weeks.

      However, it is a good idea to weigh yourself after the first 30 days to witness the health benefits of this diet first-hand.
3. ADOPT HEALTHIER LIFE HABITS

- Your body is a temple. It is an old saying, but that doesn't mean it is any less relevant. Cultivating healthier life habits is the best way to feel healthy 24/7. Stay away from the junk food, eat fresh, whole foods instead.

  Get at least 7 hours of sleep, drink fresh water instead of sodas. Be healthy and your body will thank you for it.

4. INCORPORATE EXERCISE INTO YOUR LIFE

- Exercise doesn't have to mean long, drawn out runs every morning, or hitting the weights every day.

  Choose an exercise that you enjoy doing. It can be whatever you want it to be, Crossfit, weights, dancing, yoga, anything! If you enjoy what you're doing, you're much less likely to skip your workout.

  This leads to you shedding more fat while also having a fun time. It is also a great way to de-stress, as all the chemicals released will have you feeling great post-workout.
By now, you know all about how to fight the battle against chronic inflammation. You know that a balanced, healthy diet, regular exercise and adequate sleep make up the building blocks of this fight. Now all you have to do is adapt your lifestyle.

We admit that it might not be easy, and that there are sure to be challenges. However, keep your goal in mind. A life free of inflammation, of feeling constantly tired, of being unhappy with your body.

With this diet you can change all of that, and be a happier, healthier and more confident version of yourself.

With the principles we outlined in this report, you can change your life for the better. It is up to you now. You need to decide which life you want to lead.

A life free from inflammation or a life plagued by it?

Good luck!

Eric Kelly.