



Anti-Inflammatory

Created by Grow Wellthy



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Welcome to the anti-inflammatory recipe collection! Here you will find a collection of delicious recipes designed to decrease inflammation in the body. Inflammation is a natural part of our immune response. But things like processed food and stress can cause it to run rampant through the body and wreak havoc.

Inflammation is often to blame for headaches, low energy, and poor digestion, and even more serious health conditions like arthritis, cancer, heart disease, and obesity.

This meal plan is free from common inflammatory foods like dairy, eggs, and soy. It features powerful anti-inflammatory ingredients like turmeric and omega-3s that will help decrease inflammation.

How to Use

Get started by adding a couple of new recipes from this collection into your regular meal rotation.

Recipe Tips

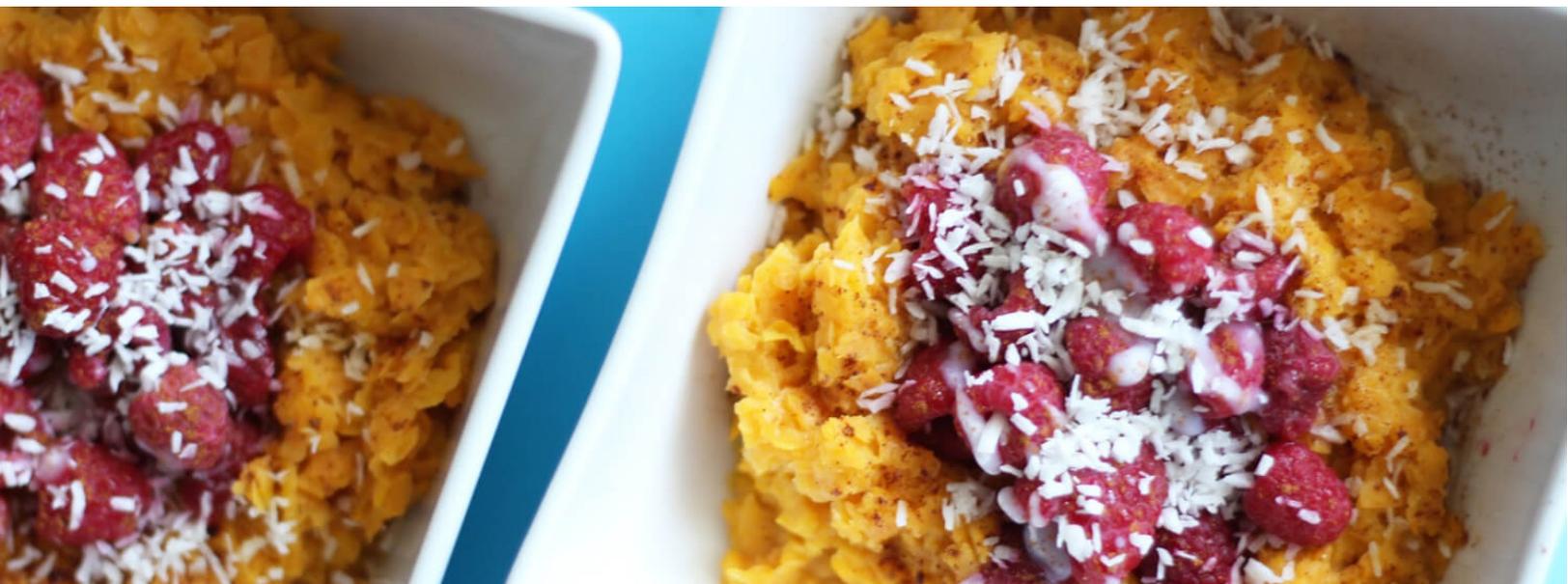
On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what to expect.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

Paleo Sweet Potato Porridge

7 ingredients · 20 minutes · 2 servings



Directions

1. Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
2. Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
3. Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
4. Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

Notes

Other Toppings

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

Leftovers

Store in an airtight container in the fridge up to 3 to 4 days.

Ingredients

- 1 Sweet Potato
- 1/2 cup Canned Coconut Milk
- 1/2 cup Water
- 1 cup Raspberries
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 1 tbsp Unsweetened Coconut Flakes

Nutrition

Amount per serving

Calories	273	Protein	3g
Fat	19g	Cholesterol	0mg
Carbs	23g	Sodium	54mg
Fiber	7g	Calcium	50mg
Sugar	6g	Iron	1mg

Orange Immunity Booster Smoothie

9 ingredients · 10 minutes · 2 servings



Directions

1. Place all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

Notes

No Pureed Pumpkin

Use steamed sweet potato instead.

More Protein

Add protein powder, hemp seeds or nut butter.

No Maple Syrup

Sweeten with raw honey or soaked dates instead.

Ingredients

- 1 cup Pureed Pumpkin
- 1 Banana (frozen)
- 1/2 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 1/2 tsps Ginger
- 1 tbsp Ground Flax Seed
- 3/4 cup Unsweetened Almond Milk
- 2 Navel Orange (peeled and sectioned)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving

Calories	221	Protein	5g
Fat	3g	Cholesterol	0mg
Carbs	50g	Sodium	70mg
Fiber	10g	Calcium	284mg
Sugar	29g	Iron	3mg

Sweet Cherry Steel Cut Oats

4 ingredients · 20 minutes · 4 servings



Directions

1. In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
2. Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
3. Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

Notes

No Cherries

Any fruit will work.

Ingredients

- 1 cup Steel Cut Oats
- 3 cups Water
- 2 cups Frozen Cherries
- 1/2 cup Hemp Seeds

Nutrition

Amount per serving

Calories	316	Protein	11g
Fat	14g	Cholesterol	0mg
Carbs	41g	Sodium	5mg
Fiber	6g	Calcium	56mg
Sugar	8g	Iron	3mg

Hearty Kale & Apple Tuna Salad

9 ingredients · 10 minutes · 4 servings



Directions

1. Place all ingredients together in a large salad bowl. Add olive oil and mustard and toss well. Season with sea salt and pepper to taste. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

- 1 can Tuna (drained)
- 2 stalks Celery (diced)
- 4 cups Kale Leaves (finely sliced)
- 1 Carrot (grated)
- 1 Apple (diced)
- 1/4 cup Sunflower Seeds
- 2 tbsps Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	159	Protein	11g
Fat	8g	Cholesterol	15mg
Carbs	11g	Sodium	223mg
Fiber	4g	Calcium	82mg
Sugar	6g	Iron	1mg

Carrots & Guacamole

4 ingredients · 5 minutes · 2 servings



Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Notes

Leftovers

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving

Calories	216	Protein	3g
Fat	15g	Cholesterol	0mg
Carbs	22g	Sodium	387mg
Fiber	10g	Calcium	55mg
Sugar	7g	Iron	1mg

Pistachios

1 ingredient · 1 minute · 2 servings



Directions

1. Divide into bowls, peel and enjoy!

Ingredients

1 cup Pistachios, In Shell

Nutrition

Amount per serving

Calories	318	Protein	12g
Fat	26g	Cholesterol	0mg
Carbs	16g	Sodium	216mg
Fiber	6g	Calcium	40mg
Sugar	4g	Iron	2mg

Fresh Strawberries

1 ingredient · 5 minutes · 4 servings



Directions

1. Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Notes

Make Them Last

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

Ingredients

4 cups Strawberries

Nutrition

Amount per serving

Calories	46	Protein	1g
Fat	0g	Cholesterol	0mg
Carbs	11g	Sodium	1mg
Fiber	3g	Calcium	23mg
Sugar	7g	Iron	1mg

One Pan Chicken, Golden Cauliflower & Carrot Fries

7 ingredients · 40 minutes · 2 servings



Directions

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

Notes

Low FODMAP

Use zucchini instead of cauliflower.

Ingredients

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

Nutrition

Amount per serving

Calories	382	Protein	29g
Fat	24g	Cholesterol	82mg
Carbs	14g	Sodium	286mg
Fiber	5g	Calcium	70mg
Sugar	6g	Iron	3mg

Slow Cooker Rotisserie Chicken

11 ingredients · 4 hours · 4 servings



Directions

1. Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
2. Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
3. In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
4. Place chicken (breast side up) in the slow cooker on top of the foil balls. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). Check that it is cooked through by using a knife to make a slit to the bone. The chicken should be cooked at the bone and no longer pink.
5. One hour before you are ready to eat, preheat your oven to 415°F (215°C). Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
6. Remove vegetables from the oven and increase heat to 450°F (235°C). Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
7. Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

Notes

Save the Carcass

Make our Immunity Boosting Bone Broth.

AIP-Friendly

Omit the black pepper and cayenne.

Ingredients

- 4 lbs Whole Roasting Chicken
- 1 tbsp Sea Salt
- 2 tsps Paprika
- 1 tsp Onion Powder
- 1 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 1/2 tsp Cayenne Pepper
- 1 tsp Black Pepper
- 2 Sweet Potato (diced into 1 inch cubes)
- 4 cups Brussels Sprouts (halved and trimmed)
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving

Calories	636	Protein	97g
Fat	16g	Cholesterol	295mg
Carbs	23g	Sodium	2170mg
Fiber	6g	Calcium	115mg
Sugar	5g	Iron	7mg

Cedar Planked Salmon with Grilled Asparagus

12 ingredients · 30 minutes · 2 servings



Directions

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

Notes

Safety First

Never leave your barbecue unattended. Do not let your barbecue go above 350°F (177°C) as the plank may catch fire. Have a spray bottle of water on hand in case of flare-ups.

No Asparagus

Replace with Pineapple Salsa (from Fish Tacos recipe) or any other grilled veggies.

Likes it Spicy

Add chili powder or red pepper flakes to the marinade.

No BBQ

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

Prep Ahead

Soak the plank ahead of time and store in the freezer until ready to use.

Ingredients

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

Nutrition

Amount per serving

Calories	362	Protein	33g
Fat	16g	Cholesterol	78mg
Carbs	24g	Sodium	660mg
Fiber	5g	Calcium	90mg
Sugar	17g	Iron	6mg

More Carbs

Serve with quinoa, potatoes or brown rice.

Keep it Simple

Omit the marinade and season the salmon with olive oil, salt and pepper.

Roasted Sweet Potato & Beet Salad

10 ingredients · 50 minutes · 2 servings



Directions

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

Ingredients

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

Nutrition

Amount per serving

Calories	595	Protein	8g
Fat	46g	Cholesterol	0mg
Carbs	46g	Sodium	125mg
Fiber	14g	Calcium	149mg
Sugar	20g	Iron	4mg

Roasted Brussels Sprouts Caesar Salad

9 ingredients · 1 hour · 4 servings



Directions

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

Notes

Leftovers

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

Save Time

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

No Extra Lean Ground Chicken

Use any other type of ground meat instead.

Vegan & Vegetarian

Use cooked lentils instead of ground meat.

Ingredients

1 lb Extra Lean Ground Chicken (cooked)

5 cups Brussels Sprouts (halved)

1/2 cup Radishes (sliced)

1/2 cup Pumpkin Seeds

1/3 cup Extra Virgin Olive Oil

1 Garlic (whole head)

1/2 Lemon (juiced)

2 tbsps Dijon Mustard

Sea Salt & Black Pepper

Nutrition

Amount per serving

Calories	461	Protein	29g
Fat	34g	Cholesterol	98mg
Carbs	13g	Sodium	185mg
Fiber	5g	Calcium	66mg
Sugar	3g	Iron	4mg

Pistachio Crusted Salmon

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
2. Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
3. Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
4. Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
5. Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
6. Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

Notes

More Veg

Serve with a side of baby spinach drizzled with leftover pesto

Likes it Warm

Saute the cauliflower rice in a bit of olive oil before serving

Ingredients

- 1/2 cup Pistachios (removed from shell)
- 1/4 tsp Sea Salt
- 1 1/4 lbs Salmon Fillet
- 1/4 cup Pine Nuts
- 1 Garlic (clove, minced)
- 2 cups Parsley (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 head Cauliflower (chopped into florets)

Nutrition

Amount per serving

Calories	515	Protein	36g
Fat	36g	Cholesterol	78mg
Carbs	16g	Sodium	272mg
Fiber	6g	Calcium	111mg
Sugar	5g	Iron	5mg

Grapes & Cashews

2 ingredients · 2 minutes · 1 serving



Directions

1. Place grapes and cashews together in a bowl.
2. Happy munching!

Ingredients

- 1 cup Grapes
- 1/4 cup Cashews

Nutrition

Amount per serving

Calories	259	Protein	6g
Fat	16g	Cholesterol	0mg
Carbs	27g	Sodium	7mg
Fiber	2g	Calcium	28mg
Sugar	17g	Iron	2mg

Chocolate Stuffed Raspberries

2 ingredients · 5 minutes · 4 servings



Directions

1. Place a chocolate chip into the centre of each raspberry. Divide into bowls and enjoy!

Ingredients

- 2 cups** Raspberries (washed)
1/4 cup Dark Chocolate Chips

Nutrition

Amount per serving

Calories	122	Protein	2g
Fat	5g	Cholesterol	0mg
Carbs	15g	Sodium	1mg
Fiber	4g	Calcium	15mg
Sugar	10g	Iron	1mg

Strawberry Ice Cream

2 ingredients · 5 minutes · 2 servings



Directions

1. Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy

Add 2 tbsp coconut milk.

More Scoopable

Add 1 tbsp vodka to prevent hard freeze.

Make it Chunky

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

Ingredients

- 2 Banana (sliced and frozen)
- 1 cup Frozen Strawberries

Nutrition

Amount per serving

Calories	144	Protein	2g
Fat	1g	Cholesterol	0mg
Carbs	37g	Sodium	3mg
Fiber	5g	Calcium	24mg
Sugar	19g	Iron	1mg