



ANTI-INFLAMMATORY RECIPES:

7-DAY MEAL PLAN



ANTI-INFLAMMATORY RECIPES: 7-DAY MEAL PLAN

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7-DAY MEAL PLAN

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ANTI-INFLAMMATORY RECIPES

7-DAY MEAL PLAN

INTRODUCTION

We're so excited to bring you this 7-day meal plan. Our team has created some wonderful recipes using super-healthy anti-inflammatory foods. They're nutritious and delicious and have been designed to kick-start your anti-inflammatory eating journey. Follow our plan for a week and we guarantee that by the end of 7 days you'll be looking and feeling much better. You can even repeat it for another week or two. Our plan will introduce you to some delicious foods that may be new to you and zhooosh up some of your familiar favorites.

SHOP WITH US

To make it easy for you, we've included a shopping list for the week at the end of the book. You probably already have many of the pantry staples in your cupboards. Simply take it along with you to the store and purchase everything you need for the week's meals. Done! You'll find this especially helpful at the end of a busy day. You won't have the dilemma of "what shall I make for dinner and do I have everything I need?"

SAUCE IT UP

Before the 7-day recipes begin, you'll find some wonderful recipes for sauces, dips, dressings and accompaniments. We encourage you to use these on any day of the week to liven up your meals.

END WELL

After the sauces and dips section, you'll find recipes for 7 delicious desserts. Yes, there's one for every day of the week so feel free to have one after dinner or lunch. (If you're daring, you can even enjoy one after breakfast!) We've made a recommendation of one for every day that we feel best matches the meals for that day.

SNACKTIME

We all get a little peckish in between meals at some stage during our busy day. That's why we've created 7 amazing snacks...try one a day or pick out your favorites. They make great lunchbox fillers to take to work. We've made suggestions in the table of how you can fit them in but remember, it's flexible.

HANDY TABLE

We've included a table for the week to give you an overview of how your menu is going to look. Feel free to swap out meals if there's a recipe that you specially love and want to repeat. Perhaps there's an ingredient that you really don't like, such as the peppers on Day 3, for instance. If so, go ahead and swap out Day 3's dinner with Day 4's one. No problem. This isn't a fixed, rigid "diet" to follow but simply a list of suggestions of how to incorporate anti-inflammatory foods into your lifestyle.

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7-DAY MEAL PLAN

	BREAKFAST	SNACK	LUNCH	DINNER	DESSERT
DAY 1	Spirulina Oatmeal with Berries	Green Tea Energy Balls	Sweet Potato Wedges	Mushroom Kale Salad	Papaya and Pineapple Sorbet
DAY 2	Granola Bars	Cat's Claw Coconut Popsicles	Tomato and Red Pepper Soup	Fennel, Celery, and Orange Salad	Berry Parfait
DAY 3	Green Tea Smoothie	Cucumber Towers	Mediterranean Pasta Loaf	Filled Oven Roasted Red Peppers	Walnut Stuffed Dates
DAY 4	Tofu Scramble Burritos	Spirulina Granola	Moroccan Inspired Chickpea Salad	Mixed Greens Buddha Bowl	Cinnamon Cherry Milkshake
DAY 5	Orange Buckwheat Cereal	Dried Fruits and Nuts Blend	Roasted Veg on a Lentil Bed	Yellow Veg Paella	Raw Chocolate Pudding
DAY 6	Mediterranean Chickpea Omelet	Flaxseed Chia Crackers	Thai Pasta Bowl	Avocado and Pomegranate Salad	Raw Berry and Grape Slices
DAY 7	Blueberry Porridge	Lemony Carrot Sticks	Chickpea Veg Stir Fry	Green Rice	Raw Spirulina Cake

DAY 1



ANTI-INFLAMMATORY RECIPES

7-DAY MEAL PLAN

DAY 1

SPIRULINA OATMEAL (WITH MIXED BERRIES)



Ingredients

- ¾ cup rolled oats
- 2 tbsp spirulina (powdered)
- 1 tsp maple syrup
- 1 tsp vanilla extract
- 1 cup mixed frozen berries
- 1½ cups almond milk (unsweetened)

Directions

- Start by cooking the oats with almond milk over low-medium heat for about 5 to 7 minutes. Make sure to stir now and then so they don't end up burning on the bottom
- Once the oats have cooked down and thickened, remove the pot from the stove and mix in the frozen berries. Stir until you see them warming up
- Add maple syrup and vanilla extract, stir again
- Whisk in the spirulina powder and pour into a serving dish; garnish with extra berries

GREEN TEA ENERGY BALLS



Ingredients

- 1 cup oats
- 4 Medjool dates
- 2 bags of (organic) green tea
- 1 tsp vanilla extract
- ½ tsp dried thyme

Directions

- Bring 100ml water to a boil and let the green tea steep for 6 minutes
- Soak pitted dates in hot water for at least 15 minutes
- In a food processor, shred up the oats and mix them together with the dried thyme in a medium-sized mixing bowl
- Strain the dates and blend them with a little green tea and 1 tsp vanilla extract until a thick paste forms
- Add the date paste to the dry mix and mash together with slightly wet hands
- Start shaping equally sized energy balls. Store in the fridge.

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DAY 1

SWEET POTATO WEDGES WITH ASPARAGUS AND GUACAMOLE



Ingredients

- ½ cup guacamole (Sauces and Dips page)
- 1 ½ large sweet potato
- 2 tbsp rosemary-infused olive oil
- 1 bundle green asparagus
- Fresh rosemary
- ½ tsp salt
- ¼ tsp black pepper

Directions

- Preheat your oven to 350/360 degrees Fahrenheit
- Wash the potatoes and cut them into equal size wedges
- Transfer them to a large mixing bowl and mix together with the infused oil, the spices, and some fresh rosemary
- Reduce the heat to about 325 degrees Fahrenheit and put the potatoes in the oven for about 30 to 45 minutes or until soft and gooey, looking slightly golden brown along the edges
- Serve with a side of guacamole (see Sauces and Dips page)

DAY 1

MUSHROOM KALE SALAD



Image Source: www.gilmeller.com

Ingredients

- 2 cups washed, chopped kale (raw)
- $\frac{3}{4}$ cup champignon mushrooms, thinly sliced
- 6 cherry tomatoes
- $\frac{1}{4}$ large cucumber
- 10 almonds
- 2 tbsp sunflower seeds
- 1 tbsp pumpkin seeds
- $\frac{1}{2}$ cup Tamari – Mustard – Vinaigrette (Sauces and Dips page)

Directions

- Massage the chopped kale in the vinaigrette and set aside
- Cut tomatoes into halves and the cucumber into small cubes
- Slice the mushrooms and throw them into the salad bowl together with the tomatoes and cucumbers. Mix well
- Roughly chop the almonds and place them in a pan together with the other seeds to toast over low-medium heat – they burn very easily so keep an eye on them and stir every few seconds
- Put the mixed salad onto a serving plate and garnish with toasted nuts and seeds

PAPAYA PINEAPPLE SORBET



Ingredients

- 1 cup chopped papaya
- 1 cup chopped pineapple
- Water to adjust consistency

Directions

- Chop up enough papaya and pineapple to have 1 cup of each
- Transfer the chopped fruits to a freezer until they're fully frozen
- Once frozen, place into a high-speed blender, adding just a little bit of water little by little until you're left with a sorbet-like texture
- Transfer to a small bowl and eat straight away



DAY 2

DAY 2

GRANOLA BARS



Ingredients

- 1 cup oats
- ½ cup puffed amaranth
- ⅓ cup crushed almonds
- ⅓ cup crushed walnuts
- 2 tbsp maple syrup
- 2 tbsp tahini (sesame paste)
- 1 tbsp baking powder
- 1 tbsp tapioca starch (or potato starch)
- 1 cup almond milk (unsweetened)
- Dark chocolate chips

Directions

- Preheat your oven to about 350/360 degrees Fahrenheit
- In a medium-sized mixing bowl, bring together all of the dry ingredients
- In a separate bowl, whisk together ½ cup almond milk, 2 tbsp tahini, and 2 tbsp maple syrup
- Pour the wet ingredients into the dry ones and mix until a sticky dough forms. If the dough is too hard, gradually add more almond milk; if it happens to be too runny already, add more oats
- Let the mixture sit for about 10 minutes then press the dough into a lined rectangular 6-inch baking tray
- Bake for at least 25 minutes, reducing the heat after about 7 minutes and checking now and then to see whether they are golden brown and done
- Let cool down before removing from tray and cutting to keep them from breaking

You are looking for a crispy outside and a rather gooey inside

CAT'S CLAW COCONUT POPSICLES



Ingredients

- 2 tsp cat's claw root (tea)
- 2 cups water
- 1 tbsp vanilla extract
- 2 cups coconut yogurt
- Popsicle molds

Directions

- Prepare the cat's claw tea using 2 cups of boiling hot water and 2 tsp cat's claw root. Let it steep for 15 minutes then strain and collect the liquid
- Mix 2 cups of coconut yogurt with 1 tbsp vanilla extract
- Use about $\frac{1}{3}$ cup of cat's claw tea and mix it together with the yogurt until fully incorporated and a homogenous cream forms
- Pour the mix into popsicle molds and freeze for a minimum of 3 hours

If you want this recipe to be even sweeter, use a little stevia as sweetener

DAY 2

TOMATO & RED PEPPER SOUP



Ingredients

- 6 big, red tomatoes
- 1 red pepper
- 2 to 3 jalapenos
- 1 tbsp vegetable stock
- 1 tsp salt
- ¼ tsp black pepper
- 1 tbsp paprika powder
- 1 tsp smoked paprika
- 3 tbsp red wine vinegar
- 2 tbsp organic tomato paste
- 1 medium-sized white onion
- 2 garlic cloves
- ¼ tsp nutmeg (powdered)
- this is also too much
- 1 tsp dried oregano
- 1 tsp dried thyme
- 3 tbsp fresh flat-leaf parsley

Directions

- Start by chopping the onion and garlic into tiny pieces and sautéing them in a little bit of water over low-medium heat
- Add the vinegar, all the spices, and dried herbs- leaving out the vegetable stock as well as the fresh parsley
- Chop the red pepper into small pieces and add to the pan
- Chop the tomatoes into cubes and remove as many of their seeds as you possibly can; leave some to have a bit of texture in the final product
- Cut the jalapenos into really small pieces and mix into the pan
- Close the pot with a lid and allow to simmer until the veggies have softened up
- Add the veggie broth and red wine vinegar. Blend with a hand blender until nice and creamy
- Once fully cooked down, remove from heat and mix in some chopped fresh flat-leaf parsley – you can use as much as you like, keeping in mind that the more you add the stronger it'll taste!

DAY 2

FENNEL CELERY ORANGE SALAD



Image Source: www.allrecipes.com

Ingredients

- 2 cups fresh baby leaf spinach
- ½ cup sliced fennel
- 5 to 6 slices of orange
- ¼ cup sliced celery
- ½ cup Orange Infused Salad Dressing (Sauces and Dips page)

Directions

- Cut the fennel, celery, and orange into thin slices
- Create a bed of spinach on a large serving plate
- Layer orange slices, fennel slices, and celery onto the spinach and pour the orange dressing over it to finish

BERRY PARFAIT



Ingredients

- ¾ cup coconut yogurt
- ½ cup mixed berries of choice (e.g. raspberry, redcurrant, blueberry)
- ½ tsp vanilla extract
- Crushed almonds
- Optional: maple syrup

Directions

- If you are using a frozen berry mix, let your chosen amount of berries defrost to 75 % before preparing
- Mix the coconut yogurt with vanilla and optionally a touch of maple syrup if you're looking for a sweet(er) version
- Layer the parfait in a small glass jar, starting with crushed almonds, followed by berries, and then the yogurt
- Repeat until the jar is full and make sure the last layer is berries
- Transfer to the fridge for at least 20 minutes before consumption



DAY 3

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7-DAY MEAL PLAN

DAY 3

GREEN TEA SMOOTHIE



Ingredients

- 1½ cup baby leaf spinach (fresh)
- ½ cup frozen blackberries
- ⅓ cup frozen cherries
- ½ tsp turmeric (powdered)
- 1 tsp fresh ginger
- 1 ⅓ cup coconut milk
- ¼ avocado
- ½ cup frozen cauliflower
- Optional: ice cubes

Directions

- Blend all ingredients in a high-speed blender
- Add liquids gradually to achieve your preferred consistency

CUCUMBER TOWERS



Image Source: www.diabeticfoodie.com

Ingredients

- 1 large cucumber
- 1 jar sundried tomatoes
- ½ cup hummus (see sauces and dips page)
- Skewers (length of about 4 inches)

Directions

- Cut the cucumber into equally-sized round pieces, about 0,6 inches thick
- Remove the sundried tomatoes from their container and pat them dry with a paper towel
- Using a knife, spread some of the hummus onto one side of the cucumber rounds and run a skewer through
- Add a dried tomato on top and continue the process until you don't have any cucumber rounds left to be used. Store in the fridge.

DAY 3

MEDITERRANEAN PASTA LOAF



Ingredients

- 3½ oz chickpea pasta (dry)
- A jar of artichokes
- 2 cups baby leaf spinach
- ⅓ cup sundried tomatoes
- 1 cup button mushrooms
- ¼ cup pistachios (toasted)
- 1 ½ cup Cheesy – Pasta – Sauce (Sauces and Dips page)
- 1 cup passata sauce (pureed tomatoes)
- 1 tsp salt
- ¼ tsp black pepper
- 1 tbsp paprika powder
- ½ tsp smoked paprika
- 1 tbsp vegetable stock
- 2 tbsp freshly chopped parsley

Directions

- Preheat your oven to about 320 degrees Fahrenheit
- Cook the chickpea pasta following the instructions on the package, strain 3 minutes before done
- In the meantime, cut artichokes, mushrooms, and sundried tomatoes into bite-sized pieces
- In a loaf pan, mix together the pasta, chopped veggies, spinach, and the passata (sauce)
- Season with vegetable stock, salt, black pepper, paprika, and smoked paprika – mix well
- Pour the cheesy pasta sauce on top and sprinkle some freshly chopped parsley onto the cheese layer
- Bake for about 15 to 20 minutes. Meanwhile, carefully toast the pistachios in a pan (no oil!) over low – medium heat
- Let cool down a bit before serving garnished with toasted pistachios

DAY 3

FILLED OVEN ROASTED PEPPERS



Image Source: www.thepuretaste.com

Ingredients

- 2 mixed peppers (e.g. red and yellow)
- 1 cup cooked (brown) rice
- ½ cup cooked brown lentils
- 10 walnuts
- 2 tbsp tomato paste
- 1 tbsp miso paste
- 1 tsp tamari
- ¼ tsp black pepper
- 1 tsp dried and ground rosemary
- 1 tsp freshly minced garlic
- 3 tbsp freshly chopped leek (or 2 tbsp white onion)
- 1 tbsp paprika powder
- 2 tbsp smoked paprika
- 1 tsp cumin spice

Directions

- Preheat your oven to 340/350 degrees Fahrenheit
- In a saucepan, sauté chopped garlic and leek and add all the spices (including miso paste, tomato paste, tamari, and dried rosemary) a few minutes later
- Add the cooked rice and lentils to the mix and stir in
- While the filling is now simmering over low-medium heat, prepare the peppers by simply cutting the top part off (ca. 0,5 – 1 inch below the stalk)
- Fill the peppers with the filling and bake in the oven for at least 25 minutes or until you see that the peppers are starting to soften around the edges

WALNUT-STUFFED DATES



Ingredients

- 8 Medjool dates
- ½ cup almond butter
- 8 walnuts (cracked open)

Directions

- Cut the dates in half and remove their pits
- Fill the dates with almond butter until full
- Garnish with a piece of walnut
- Keep in fridge

DAY 4



DAY 4

TOFU SCRAMBLE BURRITOS (GF)



Image Source: www.rockandvegan.com

Ingredients

- 1 block firm tofu
- ½ tsp ground cumin
- ¼ tsp salt
- 1 tbsp smoked paprika
- ¼ tsp black pepper
- 1 tbsp olive oil
- ½ tsp turmeric (powdered)
- ½ small white onion
- 1 garlic clove
- ½ carrot
- 2 lettuce leaves
- Pico de Gallo (Sauces and Dips page)
- Healthy Ranch Dressing (Sauces and Dips page)
- Gluten-free tortillas

Directions

- To prepare the tofu scramble, heat 1 tbsp of olive oil in a pan together with all the spices listed above. Keep the temperature low
- Chop up the onion and garlic into really small cubes and add to the pan, mix well
- While the onion is sweating down, mash up the block of tofu with a fork on a plate until scrambled egg shapes form, then throw into the pan and cook down
- Heat your tortillas and fill them with the scramble, Pico de Gallo, chopped up lettuce, and shaved carrots. Finish it all off with the healthy ranch dressing!

SPIRULINA GRANOLA



Image Source: www.thepearandthepurplepeach.wordpress.com

Ingredients

- 2 cups rolled oats
- 1 cup shredded pistachios
- 1 tbsp coconut butter
- 2 tbsp almond butter
- ½ tsp salt
- 1 tbsp maple syrup
- ½ tbsp cinnamon (powdered)
- 2 ½ tbsp spirulina (powdered)

Directions

- Preheat your oven to about 350 / 360 degrees Fahrenheit
- Start by mixing all the dry ingredients together (oats, chopped pistachios, salt, cinnamon, spirulina powder) in a medium-sized mixing bowl
- In a separate, smaller bowl, whisk together all the wet ingredients (almond butter, maple syrup, coconut butter) and pour them into the dry mix prepared before
- Mix with a spatula or using your hands to ensure that all the oats are fully coated with the rest of the ingredients
- Spread the mix onto a lined baking tray and bake in the oven for at least 30 minutes, stirring the granola every 10 minutes

- *The times and temperatures in baked recipes always depend on location and gadget so please keep an eye on the product; times might vary.*

- *The granola is done once it turns slightly golden brown*

- *This recipe goes really well together with the berry parfait!*

DAY 4

MOROCCAN INSPIRED CHICKPEA SALAD



Ingredients

- 1 cup cooked chickpeas
- ½ large cucumber
- 2 large red tomatoes
- 10 mixed olives
- ½ medium-sized red onion
- ¼ cup dried raisins
- 1 medium-sized carrot
- ⅓ cup Moroccan Inspired Parsley Dressing (Sauces and Dips page)

Directions

- Rinse and drain the pre cooked chickpeas and put into a medium-sized mixing bowl
- Chop the cucumber, carrot, and tomatoes into small cubes and mix together with the chickpeas
- Chop olives in halves and throw into the bowl
- Chop red onion into really small cubes and throw into the bowl together with the raisins
- Pour the dressing over the ingredients and mix well

DAY 4

MIXED GREENS BUDDHA BOWL



Ingredients

- 1 cup freshly chopped kale
- 2 pieces asparagus, cut in halves
- 1 cup fresh baby leaf spinach
- ½ cup cooked quinoa
- 1/5 cup dried cranberries
- 1 cup cherry tomatoes
- 4 sundried tomatoes
- ½ avocado
- ½ cup Tahini – Lemon – Dressing (Sauces and Dips page)
- 1 tbsp rosemary-infused olive oil (Sauces and Dips page)

Directions

- Choose a relatively wide serving dish (preferably a wide and rather shallow bowl) for the plating of this recipe
- Start by cooking the quinoa, following the instructions written on the packaging
- Cut the asparagus in halves and sauté in 1 tbsp rosemary-infused olive oil
- Chop cherry tomatoes into fourths, do the same with the sundried tomatoes
- Cut the avocado half into slices
- Plate the dish by starting with kale in one corner, followed by spinach, quinoa, asparagus, cranberries, tomatoes, and avocado in a clockwise direction
- Place a small ramekin filled with the Tahini – Lemon – Dressing in the middle of the bowl

ANTI-INFLAMMATORY RECIPES

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CINNAMON CHERRY MILKSHAKE



Ingredients

- 1 ½ cups almond milk (unsweetened)
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ½ cup frozen cherries

Directions

- Throw all the ingredients listed above in a high-speed blender and blend until thick and smooth
- Consume straight away



DAY 5

ANTI-INFLAMMATORY RECIPES

7-DAY MEAL PLAN

DAY 5

ORANGE BUCKWHEAT CEREAL



Image Source: www.thegreencreator.com

Ingredients

- ¾ cup buckwheat (raw)
- 1½- 2 cups water
- ⅓ cup orange juice
- 3 orange slices
- Fresh mint leaves
- ½ tsp vanilla extract
- 1 tbsp maple syrup
- 1 tsp cinnamon
- ½ banana
- ⅓ cup coconut yogurt
- 1 tbsp hemp seeds

Directions

- Cook down the buckwheat in 1 ½ to 2 cups of water over low heat for at least 25 minutes (close pot with a lid)
- Remove from stove and mix in the orange juice, cinnamon, maple syrup, and vanilla extract
- Store in fridge overnight and take out 20 minutes before serving
- Garnish with mint leaves, some orange slices, coconut yogurt, banana, and hemp seeds

DRIED FRUITS NUTS BLEND



Ingredients

- ⅓ cup walnuts
- ⅓ cup almonds
- ⅓ cup roasted peanuts
- ⅓ cup dried apricots
- ⅓ cup dried figs
- ½ cup raisins (can be substituted with dried cranberries)

Directions

- Chop up your dried fruit, except raisins or cranberries, into really small cubes/pieces
- Mix all of the listed ingredients in a medium-sized mixing bowl and transfer into an airtight container or jar afterward. Shake through every once in a while and store in a cold and dark place; e.g. back of the cupboard

DAY 5

ROASTED VEGGIES ON LENTIL BED



Image Source: www.waitrose.com

Ingredients

- ¾ cup cooked lentils
- ½ cup chopped parsnip
- ⅓ cup chopped carrot
- ⅓ cup chopped beetroot
- ¼ cup chopped celery
- 2 cups chopped kale
- 1 tsp cumin
- 1 tbsp smoked paprika
- 1 tbsp paprika
- ¼ tsp black pepper
- 1 tbsp vegetable stock
- 1 tbsp tomato paste
- 1 tbsp olive oil
- 3 tbsp Hummus (Sauces and Dips page)

Directions

- Preheat your oven to about 350/360 degrees Fahrenheit
- Cook lentils together with all the spices from the list above
- In a separate pan, sauté the kale with a touch of salt
- Grill the chopped veggies in the preheated oven, drizzling about 1 tbsp of olive oil over them
- Plating: start off with a layer of lentils, followed by kale and then add the grilled veggies as a little mountain on top of the kale
- Serve with hummus

DAY 5

YELLOW VEGGIE PAELLA



Image Source: www.sneakyveg.com

Ingredients

- 1 cup cooked risotto rice
- 2 cups water
- 1 large red tomato
- 1 tsp saffron (or saffron powder)
- 1 cup mixed yellow and red peppers
- ½ cup frozen green peas
- 2 garlic cloves
- ½ medium-sized white onion
- 2 tbsp fresh parsley
- 10 black olives
- 2 tbsp smoked paprika
- 1 tbsp miso paste
- 1 tsp tamari
- ¼ tsp black pepper
- 1 tbsp vegetable stock
- 1 tbsp turmeric
- ½ small lemon

Directions

- Chop onion, peppers, and garlic into small pieces and sauté them with a little bit of water in a large saucepan until the onion is translucent
- Chop the tomato and add it to the pan
- Throw in all the spices, including the miso paste and tamari sauce. Mix well
- Start adding the dry rice to the pan and gently pour the broth around the outside. Do not stir, simply jiggle the pan a bit to get the rice into an even layer
- Set the heat on low-medium and let it simmer, uncovered, for about 15 minutes
- Add the frozen peas to the mix and let cook for another 5 to 10 minutes

You can tell that your paella is done by checking whether the rice has absorbed most of the broth and is slightly tender on top

RAW CHOCOLATE PUDDING



Ingredients

- 1 avocado (ripe)
- 4 tbsp cacao powder (unsweetened)
- 1 tbsp maple syrup
- ¼ cup almond milk
- ½ tsp vanilla extract

Directions

- Cut open the avocado and remove pit
- Transfer to a food processor together with the rest of the ingredients
- Gradually add almond milk until you reached the desired consistency

DAY 6



DAY 6

MEDITERRANEAN CHICKPEA 'OMELET'



Ingredients

- ½ cup chickpea flour
- ⅓ – ½ cup water
- 1 tbsp rosemary-infused olive oil
- ⅓ medium-sized zucchini
- ¼ medium-sized eggplant
- 3 cherry tomatoes
- ⅓ tsp dried oregano
- ⅓ tsp dried thyme
- ⅓ tsp salt
- ¼ tsp black pepper
- 1 tbsp smoked paprika
- 1 cup fresh baby leaf spinach
- ⅓ small white onion
- 1 garlic clove

Directions

- Prepare your Mediterranean veggies by chopping up garlic and onion into really small cubes and throwing them into a pan with a little water to sauté, adding in all of the spices and dried herbs plus ½ tsp salt and ¼ tsp black pepper
- Cut up your veggies into small cubes and add them to the pan once garlic and onion are translucent; mix well and let simmer down over medium heat with a lid on. Check that there is enough water in the pan so the veggies don't burn to the pan
- Once the Mediterranean mix has cooked down, transfer into a bowl and set aside
- To prepare the 'omelet', simply whisk together chickpea flour and water with ½ tsp salt and ¼ tsp black pepper and pour into a slightly greased (rosemary oil) pan. Let cook over low heat. To avoid breaking, do not flip it over. Gently remove from pan after letting it cool down for a minute
- Assemble by simply placing the omelet on a plate and adding some spinach on top, followed by the veggies.

FLAXSEED CHIA CRACKERS



Ingredients

- ⅓ cup buckwheat flour
- ⅓ cup ground oats or oat flour
- ⅓ cup chickpea flour
- ½ cup flaxseeds
- ⅓ cup chia seeds
- ½ tsp dried oregano
- ½ tsp dried rosemary
- ½ tsp salt
- 2 tbsp (extra virgin) olive oil
- 1 tbsp smoked paprika
- ¼ tsp black pepper
- 4 tbsp nutritional yeast
- Water to blend

Directions

- Preheat your oven to about 360 degrees Fahrenheit
- Start by mixing all of the dry ingredients together in a large mixing bowl and whisk until everything is well combined
- In a separate, small mixing bowl, bring together all of the wet ingredients except the water and whisk until homogenous
- Pour the wet into the dry mix and combine well using slightly wet hands
- Gradually add water until you end up with a sticky dough that's not runny or liquid at all
- Use a little bit of olive oil to lightly grease a large baking tray
- Stretch out the dough until it's even and place it onto the baking tray
- Transfer into the preheated oven for at least 25 minutes
- After about 5 to 7 minutes, lower the temperature to around 300 degrees Fahrenheit, check every 7 to 10 minutes and remove from the oven once golden brown and crispy!
- Remove from oven and let it cool down before cutting / breaking into pieces

DAY 6

THAI PASTA BOWL



Ingredients

- Buckwheat Spaghetti
- 4 champignon mushrooms, thinly sliced
- 2 spring onions
- ¾ cup chopped broccoli
- ½ cup shaved carrot
- 1 garlic clove
- ½ cup bean sprouts
- 2 tbsp natural peanut butter
- 1 tsp freshly chopped ginger
- 1 ½ tbsp vegetable stock
- 1 tbsp miso paste
- 1 tbsp lime juice
- 1 ½ cup coconut milk
- 1 ½ tbsp freshly chopped cilantro
- 1 tsp ground lemongrass
- ¼ tsp cloves spice (powdered)
- 1 tsp paprika powder
- 1 tsp smoked paprika
- Optional: chili flakes

Directions

- Finely chop the garlic and sauté in a little bit of water. Use a medium-sized pot for this
- In the same pot, heat the coconut milk with 100ml of vegetable broth and all of the spices (including miso paste) except for lemongrass- keep on low heat and cover with a lid
- Cook the pasta, following the directions written on the packaging
- Add chopped broccoli and shaved carrots to the mix, keeping the pot covered
- Once your pasta is done, strain it and pour back into pot until veggies have softened
- Once softened, remove from heat and add the peanut butter, fresh cilantro, lime juice, lemongrass, thinly sliced mushrooms, bean sprouts, and ginger
- Mix until fully incorporated and add the buckwheat pasta to the pot
- Stir well and pour in a serving bowl; garnish with chopped spring onion

DAY 6

AVOCADO POMEGRANATE SALAD



Image Source: www.wholesomelicious.com

Ingredients

- 1 avocado
- 5 cherry tomatoes
- ½ medium-sized apple
- ½ small red onion
- 1 tbsp pomegranate juice
- 3 to 4 tbsp pomegranate seeds
- 1 ½ tsp balsamic vinegar
- 1 ½ cup leafy spinach,
- 2 tbsp freshly chopped cilantro
- ½ tsp salt
- ¼ tsp black pepper

Directions

- Chop the avocado and apple into bite-sized cubes
- Cut cherry tomatoes into fourths
- Finely chop the onion
- In a medium-sized mixing bowl, mix together spinach, avocado, onion, pomegranate seeds, cherry tomatoes, balsamic vinegar, pomegranate juice, chopped cilantro, salt, and black pepper

RAW BERRY GRAPE SLICES



Image Source: www.pureella.com

Ingredients

- 1 cup ground oats
- 6 tbsp coconut butter
- 1 tbsp vanilla extract
- ½ tsp salt
- 3 tbsp chia seeds
- 1 cup + 6 tbsp coconut milk
- 1 ⅓ cup mixed frozen berries

Directions

- Soak chia seeds in 6 tbsp coconut milk and set aside for 5 minutes
- Mix the ground oats with the chia seeds, 3 tbsp coconut butter, and ¼ tsp vanilla extract, adding the chia seeds after 5 minutes.
- Press the base in a six-inch square cake tin until firm and transfer to freezer for at least 30 minutes to set
- For the berry cream, blend mixed frozen berries, 1 cup coconut milk, 3 tbsp coconut butter, ½ tsp, and ¾ tsp vanilla extract until thick and smooth
- After 30 minutes, take the base out of the freezer and pour the berry cream on top
- Chop up grapes into 3 mm slices and gently layer onto the cream
- Transfer back to freezer for at least 4 hours or until firm to the touch

DAY 7



ANTI-INFLAMMATORY RECIPES

7-DAY MEAL PLAN

DAY 7

BLUEBERRY PORRIDGE



Ingredients

- $\frac{3}{4}$ cup oats
- $\frac{1}{2}$ cup blueberries
- 1 tbsp cinnamon
- $1\frac{1}{2}$ tsp vanilla extract
- $1\frac{1}{2}$ cup oat milk (unsweetened)
- 1 tsp turmeric (powdered)
- $\frac{1}{4}$ tsp ground cloves spice

Directions

- Cook oats in oat milk until they thicken up
- Once thickened, remove from stove and add the blueberries, mixing until well incorporated
- Add your spices and the vanilla essence, mix, and set aside with a lid on
- Chop the walnuts
- Transfer the porridge to a serving bowl
- Garnish with blueberries on top

LEMONY CARROT STICKS



Image Source: www.momfilter.com

Ingredients

- $\frac{1}{3}$ cup lemon juice
- 4 medium-sized carrots
- $\frac{1}{2}$ tsp salt

Directions

- Cut carrots into halves and then into sticklike shapes
- Dip them in lemon juice and sprinkle with a little bit of salt
- Optional: serve with hummus (see sauces and dips page) on the side

DAY 7

CHICKPEA VEGGIE STIR FRY



Image Source: www.machismo.com

Ingredients

- 1 cup cooked chickpeas
- ⅓ cup chopped carrot
- ½ cup chopped zucchini
- ⅓ cup chopped eggplant
- ⅓ cup chopped mixed peppers
- ¼ cup celery
- 2 cups baby leaf spinach
- 1 tsp miso paste
- 1 tbsp paprika
- ¼ tsp black pepper
- ½ white onion
- 2 tbsp freshly chopped parsley
- 1 ½ tbsp vegetable stock
- ½ cup Chimichurri Inspired Green Sauce (Sauces and Dips page)

Directions

- Chop the onion into small pieces and throw it in a pot together with some water to sauté
- Add all the spices (including miso paste) to the pot once the onion is translucent. Keep temperature on low heat and close the pot with a lid
- Chop your vegetables (except spinach and zucchini) and add them to the pot together with about 100 ml of vegetable broth. Let them cook down over low-medium heat
- After about 7 minutes, add the zucchini, spinach, and pre-cooked chickpeas. Cook for another 5 to 10 minutes, keeping the lid closed
- Once soft enough, remove the stir fry from the stove, put it into a serving dish. Serve with Chimichurri Inspired Green Sauce (see Sauces and Dips page). Garnish with freshly chopped parsley

DAY 7

GREEN RICE



Ingredients

- 1 cup cooked brown rice
- 1 tbsp freshly chopped basil
- 1 tbsp freshly chopped oregano
- 2 tbsp freshly chopped flat-leaf parsley
- 1 tbsp freshly chopped spring onion
- 2 tbsp freshly chopped cilantro
- ½ cup chopped kale
- ½ cup baby leaf spinach
- ½ tsp salt
- ⅓ cup Lemon Infused Natural Coconut Yogurt (Sauces and Dips page)

Directions

- Cook the rice following the directions written on the packaging, adding ½ tsp salt
- Cook down kale and spinach
- Chop all the fresh herbs
- Once the rice is done, remove from heat and mix kale and spinach into it
- Add the fresh herbs to the pot and mix well
- Serve with Lemon Infused Coconut Yogurt on the side

RAW SPIRULINA CAKE



Ingredients

- 2 cups cashews
- 1 ½ tbsp spirulina powder
- ½ cup shredded almonds
- ½ cup shredded walnuts
- ½ tsp salt
- ½ cup shredded oats
- ½ cup pitted and chopped dates
- 3 tbsp chia seeds
- 6 tbsp coconut butter
- 1 tbsp vanilla extract
- ¾ cup coconut yogurt
- 6 tbsp + 3 tbsp oat milk
- 1 tbsp potato starch

Directions

- Start by whisking together 3 tbsp of chia seeds with 6 tbsp of oat milk and set aside
- Soak cashews in hot water and set aside for at least 40 minutes
- To prepare the base, transfer your oats to a food processor and shred until rather small (shouldn't be too powdery/flourlike though)
- Pit your dates and chop them into very small pieces
- Pour the shredded oats into a medium-sized mixing bowl, followed by the shredded almonds, walnuts, ¼ of a tbsp of vanilla extract, chopped dates, and 3 tbsp of coconut butter. Add your soaked chia seeds too
- Mix until well combined and press into a 6 inch, round baking tray with removable sides until you have a firm and tight base with no visible holes
- Freeze for at least 30 minutes; in the meantime prepare the cream
- To prepare the cream, rinse and drain your soaked cashews before placing them in a food processor together with 3 tbsp of oat milk, 3 tbsp coconut butter, ¾ tbsp vanilla extract, ½ tsp salt, ¾ cup coconut yogurt, potato starch, and your spirulina powder. Blend until thick and smooth.
 - *If your cream is still too chunky or maybe even stiff, gently add in a little more almond milk and mix until smooth*
- Take base out of the freezer and pour the spirulina cream over it. Place back in the freezer for at least 4 hours or until the cream is completely firm to the touch and not runny anymore

SAUCES & DIPS



AUTHENTIC GUACAMOLE



Ingredients

- 2 ripe avocados
- 2 garlic cloves
- ⅓ cup freshly chopped cilantro
- 1 tsp salt
- 4 tbsp lime juice
- 2 medium-sized red tomatoes
- ¼ cup chopped white onion
- Optional: Chili flakes

Directions

- Cut open the avocado and remove pit
- Finely chop up garlic and onion and transfer into a medium-sized mixing bowl together with the avocado
- Mash everything together until creamy but not too smooth, you still want to keep some texture
- Chop tomatoes into small cubes and add into the mix
- Add in the rest of the ingredients, mix well, and let sit for minimum 30 minutes before serving

TAMARI MUSTARD VINAIGRETTE



Ingredients

- ¼ cup tamari
- ½ tbsp Dijon mustard
- ¼ cup water
- ½ tbsp maple syrup
- ⅓ cup red wine vinegar
- ½ tsp of each: freshly cracked black pepper, onion powder, garlic powder

Directions

- Mix everything together in a small bowl. Store in the fridge

TAHINI LEMON DRESSING



Ingredients

- ¼ cup tahini (sesame paste)
- ½ cup fresh lemon juice
- ¾ tsp salt
- 2 tsp maple syrup
- ½ tsp cayenne pepper
- ¼ to ½ cups water

Directions

- Mix everything together in a small bowl, add water gradually until preferred consistency is reached

ANTI-INFLAMMATORY RECIPES

7-DAY MEAL PLAN

ROSEMARY INFUSED OLIVE OIL



Ingredients

- 750 ml olive oil
- Fresh rosemary (the more you use, the more dominant the rosemary note will be)

You will need a 1L jar/bottle for this recipe

Directions

- Choose your amount of fresh rosemary and place it in your jar/ bottle.
- Fill it up until the oil covers the rosemary and seal it airtight.
- Let sit (for at least 3 days) in a dry and rather cold place, for example, the back of your cupboard.

If you don't feel like preparing it yourself, you can also find rosemary-infused olive oils in bigger supermarkets. I believe homemade tastes 10 times better!

ANTI-INFLAMMATORY RECIPES

7-DAY MEAL PLAN

CHEESY PASTA SAUCE



Ingredients

- 1 cup cooked and chopped potatoes
- ½ medium-sized carrot
- ½- ¾ cup water
- ¾ tsp turmeric powder
- 1 tsp paprika powder
- 1 tsp garlic powder
- 1 tsp onion powder
- ⅓ cup nutritional yeast
- 1 tsp miso paste
- ½ tsp mustard

Directions

- Chop carrot and potatoes into small pieces and boil until really soft
- Strain them, saving the water for later
- Transfer the cooked veggies into a (high-speed) blender, adding about ½ to ¾ cups of the saved water (shouldn't cover them in the blender)
- Add in all the spices including nutritional yeast, mustard, and miso paste.
- Blend until nice and smooth- done!

HEALTHY VEGAN RANCH DRESSING



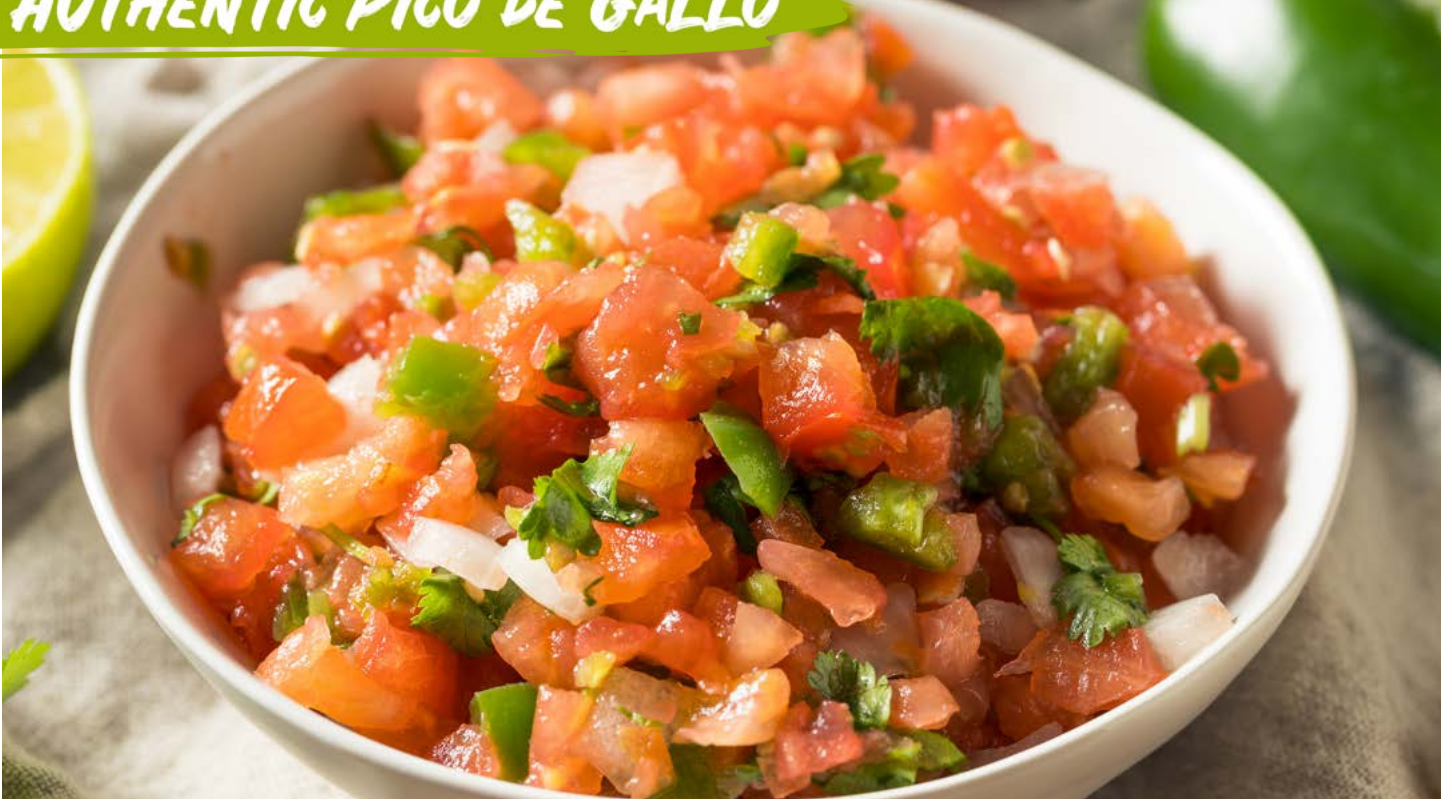
Ingredients

- 1 cup soaked cashews
- $\frac{3}{4}$ cup water
- 1 tsp lemon juice
- 2 tbsp chives
- 1 tsp salt
- 1 tsp garlic powder
- $\frac{1}{2}$ tsp onion powder

Directions

- Soak cashews in hot water (covering all of the nuts) for at least 45 minutes
- After soaking them, transfer into a high-speed blender or food processor and blend with about $\frac{3}{4}$ cup of water
- Add lemon juice, salt, garlic, and onion powder to the mix and blend once more
- Finely chop up your chives until you are left with about 2 tbsp full
- Add chopped chives into the mix and pulse until well incorporated

AUTHENTIC PICO DE GALLO



Ingredients

- 4 large red tomatoes
- $\frac{3}{4}$ cup finely chopped white onion
- $\frac{1}{2}$ cup finely chopped cilantro
- $\frac{1}{4}$ cup lime juice
- 1 tsp salt
- Optional: 1 jalapeno pepper (seeds removed)

Directions

- Chop tomatoes into tiny cubes
- Chop cilantro, white onion, and jalapeno into small pieces and mix with tomatoes in a medium-sized mixing bowl.
- Add salt and mix everything together well
- Let sit for at least 30 minutes before serving. Keep in fridge

ANTI-INFLAMMATORY RECIPES

7-DAY MEAL PLAN

MOROCCAN INSPIRED PARSLEY VINAIGRETTE



Ingredients

- 1 tbsp apple cider vinegar
- 2 – 3 tbsp lemon juice
- 1 tbsp salt
- 2/3 cup olive oil
- 1/3 tbsp cayenne pepper
- 1/2 tbsp cumin (powdered)
- 3 – 4 tbsp freshly chopped parsley

Directions

- Mix everything together until well combined

HEALTHY HOMEMADE HUMMUS



Ingredients

- 1 cup pre-cooked chickpeas
- ¼ - ½ cup lime juice
- 3 tbsp tahini
- 1 to 2 garlic cloves
- ½- ¾ tsp salt
- Water to blend

Directions

- Pour chickpeas into a bowl with water and rub in between your hands to make their skin come off (makes for a creamier texture)
- Pour skinned chickpeas into a food processor, adding the rest of the ingredients. Start with just a little bit of water (e.g. 3 tbsp) until you reach your desired texture

ANTI-INFLAMMATORY RECIPES

7-DAY MEAL PLAN

POMEGRANATE VINAIGRETTE



Image Source: www.badmanners.com

Ingredients

- ½ cup lime juice
- 1 tbsp olive oil
- 2 tbsp pomegranate juice
- 2 tbsp balsamic vinegar
- 1 tsp salt
- ¼ tsp black pepper
- 1 tbsp maple syrup

Directions

- Mix everything together until well combined

ANTI-INFLAMMATORY RECIPES

7-DAY MEAL PLAN

ORANGE INFUSED SALAD DRESSING



Ingredients

- ½ cup orange juice (freshly juiced)
- 3 tbsp olive oil
- ½ tbsp salt
- ½ tbsp black pepper
- ½ tsp freshly chopped ginger
- 1 tbsp smoked paprika
- 1 tsp maple syrup

Directions

- Mix everything together until well combined

ANTI-INFLAMMATORY RECIPES

7-DAY MEAL PLAN

CHIMICHURRI INSPIRED GREEN SAUCE



Ingredients

- 1 avocado (ripe)
- 1 tbsp red wine vinegar
- ½ cup finely chopped flat-leaf parsley
- 1 tsp dried oregano
- 1 tbsp lemon juice
- ½ tsp salt
- ¼ tsp black pepper
- 2 garlic cloves
- Optional: chili flakes

Directions

- Cut open the avocado and remove pit
- Chop garlic into pieces
- Add avocado, garlic, and the rest of the ingredients except parsley to a blender
- Finely chop up the parsley and transfer into a mixing bowl alongside the blended mix
- Let sit 1h before usage, keep covered for the flavors to enhance

LEMON INFUSED COCONUT YOGURT



Ingredients

- 1 cup coconut yogurt (unsweetened)
- ½ tsp coarse salt
- 2 tbsp lemon juice

Directions

- Mix everything together in a small bowl and use right away

ANTI-INFLAMMATORY RECIPES

7-DAY MEAL PLAN

EXTRA...

HERBAL DRINKS



Herbal Infused Tea Blend

- Sting Nettle
- Turmeric
- Ginger
- Green Tea
- Cat's Claw
- Cloves

- To be consumed first thing in the morning and last thing before going to bed

- Liver cleansing



Detox Tea Blend

- Dandelion
- Green Tea
- Peppermint
- Cardamom
- Cinnamon
- Milk Thistle

- This tea tastes especially good with almond milk

- Both teas can be enjoyed hot as well as cold, for a more refreshing touch throughout the day!

- However, please be aware that it's better for the stomach to consume them warm rather than iced.

ANTI-INFLAMMATORY RECIPES

7-DAY MEAL PLAN

SHOPPING LIST

FRESH INGREDIENTS

Fruits & Vegetables

Broccoli
Bean Sprouts
Zucchini
Eggplant
Asparagus
Mushrooms
Beetroot
Celery
Kale
Bananas
Avocado
Cucumber
Lemons

Limes
Baby Spinach
Lettuce
Potatoes
Sweet Potatoes
Carrots
Red and Yellow Peppers
Jalapeno Peppers
Apple
Pomegranates
Oranges
Mixed Berries
Papaya
Pineapple

White Onions
Red Onions
Spring Onions

Herbs & Spices

Fennel
Garlic
Ginger
Cilantro
Basil
Rosemary
Chives
Parsley
Mint
Ginger Root

Others

Gluten Free Tortillas
Coconut Yoghurt
Medjool Dates
Firm Tofu



ANTI-INFLAMMATORY RECIPES

7-DAY MEAL PLAN

PANTRY STAPLES

Peanuts	Peanut Butter	Salt	Dijon Mustard
Walnuts	Almond Butter	Cumin	Maple Syrup
Almonds	Coconut Butter	Turmeric	Apple Cider Vinegar
Cashews	Cacao Powder	Paprika	Red Wine Vinegar
Pistachios	Sundried Tomatoes	Cinnamon	Balsamic Vinegar
Sunflower Seeds	Tomato Paste	Smoked Paprika	Tahini
Pumpkin Seeds	Tomato Passata	Chilli Flakes	Brown Rice
Hemp Seeds	Buckwheat Spaghetti	Dried Rosemary	Risotto Rice
Flax Seeds	Spirulina	Dried Oregano	Nutritional Yeast
Chia Seeds	Powdered Buckwheat	Dried Lemongrass	Olive Oil
Quinoa	Oats	Dried Thyme	Miso Paste
Chickpeas	Puffed Amaranth	Cayenne Pepper	Dried Apricots
Lentils	Potato Starch	Tamari	Dried Figs
Olives	Green Tea Bags	Ground Cloves	Raisins
Vanilla Extract	Cat's Claw Tea	Ground Nutmeg	Dried Cranberries
Oat Milk	Buckwheat Flour	Saffron	Baking Powder
Almond Milk	Chickpea Flour	Garlic Powder	Dark Choc Chips
Coconut Milk	Black Pepper	Onion Powder	



FROZEN GOODS

- Peas
- Cherries
- Mixed Berries



ANTI-INFLAMMATORY RECIPES

7-DAY MEAL PLAN

ABOUT JONATHAN OTTO



Jonathan Otto is an investigative journalist, natural health researcher, documentary filmmaker, and humanitarian.

Throughout his career, Jonathan has turned his attention to seeking truth and exposing the errors in conventional medicine.

He has created and produced several groundbreaking self-hosted docuseries — ***Depression, Anxiety & Dementia Secrets, Autoimmune Secrets, Natural Medicine Secrets, and Women’s Health Secrets*** — covering innovative, effective natural remedies for cancer, autoimmune disease, neurodegenerative disease, mental health, and heart disease.

autoimmune disease, neurodegenerative disease, mental health, and heart disease.

These docuseries represent Jonathan’s unceasing quest to discover the root causes of debilitating diseases by gathering stories and protocols from world-renowned natural medicine doctors, health experts, and their patients.

In response to this life-saving knowledge, Jonathan created **Well of Life**, a line of doctor-formulated, 100% natural supplements specially designed to detox and fortify the body.

Jonathan’s greatest reward has been hearing the testimonials from people whose lives have literally been saved with the natural medicines and protocols he discovered.

His work has been featured in international TV broadcasts, print media, national news, and radio broadcasts. He received the awards, ***Young Citizen of the Year and International Volunteer of the Year***, from the Australian government for international humanitarian contributions, which he continues to support.