

Anti-Inflammatory Meals & Snacks E-Book

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Paleo Sweet Potato Porridge

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Sweet Potato
1/2 cup Organic Coconut Milk (canned)
1/2 cup Water
1 cup Raspberries
1 tbsp Coconut Oil
1/2 tsp Cinnamon
1 tbsp Unsweetened Coconut Flakes

DIRECTIONS

01 Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.

02 Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.

03 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.

04 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.

Orange Immunity Booster Smoothie

2 SERVINGS 10 MINUTES



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

DIRECTIONS

01 Throw 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

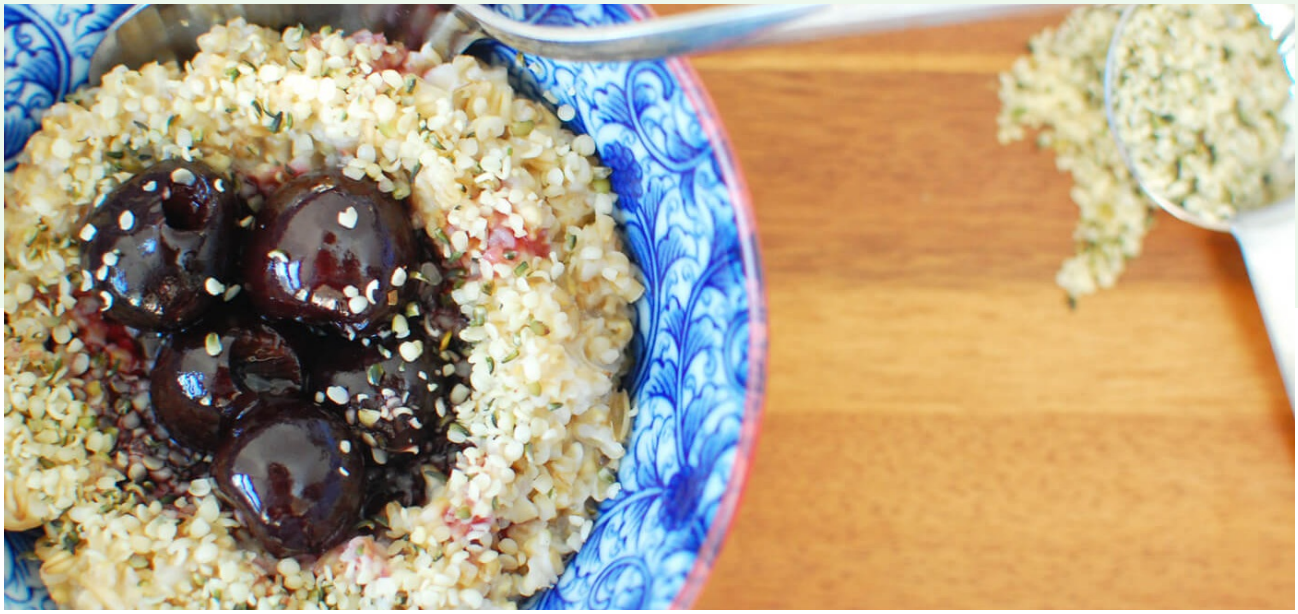
Add protein powder, hemp seeds or nut butter.

NO MAPLE SYRUP

Sweeten with raw honey or soaked dates instead.

Sweet Cherry Steel Cut Oats

4 SERVINGS 20 MINUTES



INGREDIENTS

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

DIRECTIONS

01 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.

02 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.

03 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.

Hearty Kale & Apple Tuna Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

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

DIRECTIONS

01 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!

Carrots & Guacamole

2 SERVINGS 5 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NOTES

SPICE IT UP

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

Pistachios

2 SERVINGS 1 MINUTE



INGREDIENTS

1 cup Pistachios (in the shell)

DIRECTIONS

01 Divide into bowls, peel and enjoy!

Fresh Strawberries

4 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Strawberries

DIRECTIONS

01 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.

One Pan Chicken, Golden Cauliflower & Carrot Fries

4 SERVINGS 40 MINUTES



INGREDIENTS

4 Carrot (medium)
1 head Cauliflower
1/3 cup Extra Virgin Olive Oil (divided three ways)
1 lb Chicken Breast
2 tsps Dried Thyme
2 tsps Turmeric (powder)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.

02 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.

03 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt and black pepper to taste. Place on the baking sheet.

04 Toss carrot sticks in 1/3 of the olive oil and season with salt and pepper to taste. Place on the baking sheet next to chicken.

05 Toss cauliflower with the remaining olive oil, turmeric and salt and pepper to taste. Mix until cauliflower is evenly yellow then transfer to the baking sheet.

06 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.

07 Remove baking sheet from the oven and divide onto plates. Enjoy!

NOTES

LOW FODMAP
Use zucchini instead of cauliflower.

Slow Cooker Rotisserie Chicken

4 SERVINGS 4 HOURS



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

DIRECTIONS

01 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.

02 Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.

03 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).

04 Place chicken (breast side up) in the slow cooker on top of the foil. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). If you have a meat thermometer, the chicken will be perfect when it has an internal temperature of 165 degrees celsius. Otherwise, you can check that it is cooked through just by making a slit in it and make sure it is no longer pink at the bone.

05 One hour before you are ready to eat, preheat oven to 415. 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.

06 Remove vegetables from oven and increase heat to 450. 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.

07 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.

Cedar Planked Salmon with Grilled Asparagus

4 SERVINGS 30 MINUTES



INGREDIENTS

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

DIRECTIONS

01 Ensure your cedar plank has been soaked for at least 4 hours and review the safety notes below.

02 Toss asparagus in olive oil, salt and pepper to taste and set aside.

03 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.

04 Preheat grill on high heat. Grill asparagus for 2 to 3 minutes until tender. Set aside.

05 Reduce to medium heat and place soaked plank on grill for about 3 minutes or until it begins to crackle and smoke.

06 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.

07 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.

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

4 SERVINGS 50 MINUTES



INGREDIENTS

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

DIRECTIONS

01 Preheat the oven to 375°F (191°C) degrees.

02 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.

03 In the mean time, make the dressing by combining the remaining olive oil with the lemon juice. Set aside.

04 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.

05 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.

Roasted Brussels Sprouts Caesar Salad

4 SERVINGS 1 HOUR



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

DIRECTIONS

01 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.

02 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 brussel sprouts and let the garlic cook for another 15 minutes.

03 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.

04 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!

Pistachio Crusted Salmon

2 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Pistachios (removed from shell)
1/8 tsp Sea Salt
10 ozs Salmon Fillet
2 tbsps Pine Nuts
1/2 Garlic (clove, minced)
1 cup Parsley (chopped)
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1/2 head Cauliflower (chopped into florets)

DIRECTIONS

01 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.

02 Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)

03 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.

04 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.

05 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.

06 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

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Grapes & Cashews

2 SERVINGS 2 MINUTES



INGREDIENTS

2 cups Grapes
1/2 cup Cashews

DIRECTIONS

01 Place grapes and cashews together in a bowl.
02 Happy munching!

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Chocolate Stuffed Raspberries

4 SERVINGS 5 MINUTES



INGREDIENTS

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

DIRECTIONS

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

Strawberry Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (sliced and frozen)
1 cup Frozen Strawberries

DIRECTIONS

01 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).

02 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.