



# ANTI-INFLAMMATORY DIET

## 3 Examples for a Daily Anti-Inflammatory Diet\*

If you suffer from inflammatory diseases or sensitivities, managing your diet is essential. By including anti-inflammatory foods like turmeric, beetroot and salmon, you can ease your digestion and irritation. In general, avoid nightshades such as bell peppers, tomatoes and white potatoes.

### BREAKFAST

#### SPINACH OMELETTE WITH TURMERIC

##### INGREDIENTS

- 1 tbsp olive oil
- 2 eggs
- Handful of spinach
- 1 tsp ground turmeric
- 1 spring onion, chopped
- 1 garlic clove, finely chopped
- 1 tsp lime juice
- 1 pinch sea salt

##### METHOD

- 1) Whisk the omelette ingredients together, heat olive oil in a medium frying pan and pour in the egg mixture.
- 2) Cook on a medium heat until going golden at the edges, about a minute, then flip over and cook the other side for another 30 seconds. Fold in half and remove from heat.
- 3) Serve immediately and enjoy.

### LUNCH

#### LENTIL, BEETROOT & HAZELNUT SALAD

##### INGREDIENTS

For Salad:

- 1 cups Puy lentils, rinsed
- 2 3/4 cup filtered water
- Sea salt
- 3 cooked beetroot, cut into small cubes
- 2 spring onions, finely sliced
- 2 tbsp hazelnuts, roughly chopped
- A handful of fresh mint, roughly chopped
- A handful of fresh parsley, roughly chopped

For Dressing:

- 3/4-inch cube of fresh ginger, peeled and roughly chopped
- 6 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tbsp apple cider vinegar
- Pinch of sea salt and freshly ground black pepper

##### METHOD

- 1) For the lentils: Put them in a saucepan, cover with water and bring to a boil. Reduce the heat and simmer for about 15–20 minutes, or until all the liquid has evaporated, and the lentils are not mushy and still with a bite.
- 2) As soon as the lentils are cooked transfer them to a large bowl and leave to cool.
- 3) Once the lentils are cool, add the beetroot, spring onions, hazelnuts and herbs and stir until everything is combined.
- 4) For the dressing, put the ginger, mustard, oil and vinegar in a bowl and, using a hand-held blender, blend until combined.
- 5) Drizzle the dressing over the salad and serve.

## DINNER

## SALMON &amp; CAULIFLOWER RICE BOWL

## INGREDIENTS

- 2 salmon fillets, sustainably sourced or organic
- 10 to 12 Brussels sprouts, chopped in half
- 1 bunch kale, washed and shredded
- ½ head cauliflower, pulsed into cauliflower rice (you can use a whole cauliflower head if you wish)
- 3 tbsp olive or coconut oil
- 1 tsp curry powder
- Himalayan salt

For Marinade:

- ¼ cup tamari sauce
- 1 tsp Dijon mustard
- 1 tsp sesame oil
- 1 tsp honey or maple syrup (optional)
- 1 tbsp sesame seeds

## METHOD

Preheat oven to 350°F.

- 1) Line a baking tray and add chopped Brussels sprouts. Coat with 1 tbsp oil and season with salt. Add to oven and roast for 20 minutes.
- 2) Make marinade by whisking all ingredients in bowl until combined.
- 3) Remove Brussels sprouts after 20 minutes and add salmon fillets to the baking tray. Spoon marinade over salmon fillets. Return to oven for 13 to 15 minutes, or until salmon is cooked to your liking.
- 4) While salmon is cooking, heat a pan over medium-high heat with 1 tbsp oil. Add kale and sauté until wilted (2 to 3 minutes). Remove from pan and set aside.
- 5) Heat remaining oil in pan and add cauliflower rice. Season with 1 tsp curry powder and salt. Sauté until cooked (2 to 3 minutes).
- 6) Remove salmon and Brussels sprouts from oven and divide into two bowls. Add sautéed kale and cauliflower rice to bowls.

\*These recipes are not written by a nutritionist, please see a doctor/nutritionist for official medical advice.

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