

Anti-Inflammatory Meal & Snack Ideas

With no gluten and minimal dairy

Breakfasts

- Dr. Geoff's Pancakes*
- Flourless Honey-Almond Muffins*
- Happy Hippie*: quinoa or oats w/ toasted walnuts, blueberries, ground flax & local honey
- Huevos Rancheros: heat a corn tortilla and spread vegetarian refried beans on it. Add a sunny-side-up or scrambled egg and top with sliced avocado and mango or tomato salsa
- Organic, plain yogurt with fresh berries and toasted nuts (almonds, walnuts, pecans, etc.). Add local honey for desired sweetness.
- Steel cut oats mixed with almond butter or nuts, diced apples or pears (cook them into the oats) and cinnamon
- Super Smoothie*
- Veggie scramble with eggs, onions, mushrooms and spinach, and a side of turkey bacon or roasted sweet potatoes

Lunches

- Bean & Kale Scramble*
- Brown rice & beans with fresh Cranberry-Avocado Salsa*
- Garlic Chickpeas and Greens*
- Lentil and Green Olive Salad*
- Mango & Black Bean Salad* with corn tortillas (preferably sprouted corn)
- Tuna salad, chicken salad or egg salad on mixed greens with diced avocado (and any other colorful veggies desired) and homemade dressing*
- Leftovers!

Snacks

- Avocado with fresh lime juice and sea salt
- Berries (or any fresh fruit) + a handful of nuts or plain yogurt
- Celery or apples with peanut butter or almond butter
- Deli turkey (antibiotic-, hormone-, and nitrate-free) wrapped around apple slices
- Edamame
- Hardboiled egg and carrots or snap peas
- "Mary's Gone Crackers" with wild smoked salmon
- Peanut Butter Balls*
- Pumpkin seeds (toasted & salted, if desired)
- Tomatoes, minced garlic, extra virgin olive oil, balsamic vinegar and chopped basil (fresh mozzarella cheese, optional)
- Tortilla chips and guacamole* (see recipes "Tasty Tortilla Chips" and "Josh's Guacamole") Trail mix with almonds, cashews, walnuts and dark chocolate chips or dried cranberries
- Veggies (carrots, jicama, celery) with hummus

**Recipe available*

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Dinners

- ¼ of plate: Choose a protein (preferably organic and w/o hormones or antibiotics) - fish, chicken/turkey w/o skin/fat, grass-fed meat, shellfish, beans/lentils or tempeh/tofu
- ¼ of plate: Choose a starch (yams, sweet potatoes, squash, peas, corn, quinoa, brown rice, etc.)
- ½ of plate or more: Choose a variety of non-starchy veggies, including (but not limited to):
 - Asparagus
 - Artichokes
 - Beets
 - Broccoli
 - Brussels sprouts
 - Cabbage
 - Carrots
 - Cauliflower
 - Celery
 - Dark, leafy greens (chard, romaine, spinach, arugula, kale, collards, etc.)
 - Fennel
 - Green beans
 - Mushrooms
 - Onions
 - Peppers
 - Tomatoes

Specific dinner ideas:

Hearty Soups and Stews

- Chicken & Black Bean Chili*
- Ethiopian-Style Chickpea Stew*
- Olga's Vegetable Soup*
- Tuscan White Bean Soup* with quinoa or brown rice

The Main Event: Protein

- Cod in Tomato Sauce* (the name is bland, but the fish is phenomenally flavorful!)
- Grilled Paprika Chicken*
- Salmon Cakes*

Sides

- Beet and Kale Salad*
- Herbed Sweet Potatoes*
- Mohamed's Saucy Dip (may be used as a topping or dip for almost anything!)*
- Roasted Kale* and Sautéed Kale Stems*

Desserts:

- Chocolate Bark*
- Fabulous Fruit Crisp*
- No-Bake Chocolate Brownies*
- Raw Chocolate Macaroons*

**Recipe available*