



# THE ANTI-INFLAMMATORY GUIDE

By: Tianna Meriage-Reiter





## ABOUT THE AUTHOR

Tianna Meriage-Reiter, PT, DPT, PYT is the founder and owner of Mind-Body Movement Center in Alameda, CA. She is passionate about inspiring others to awaken to the life they want to live--- *painfree*. Within her private practice, she bridges the science of physical therapy with the whole person view of therapeutic yoga to provide clients with tools to empower their own healing. Nutrition is just one of these tools, and it is a powerful one. And being an integrative health practitioner, she knows that nutrition does not stand alone in our outlook of a healthy body. That is why mindful movement, breathing and focused lifestyle choices are tools that she also integrates to create balance in the lives of her clients.

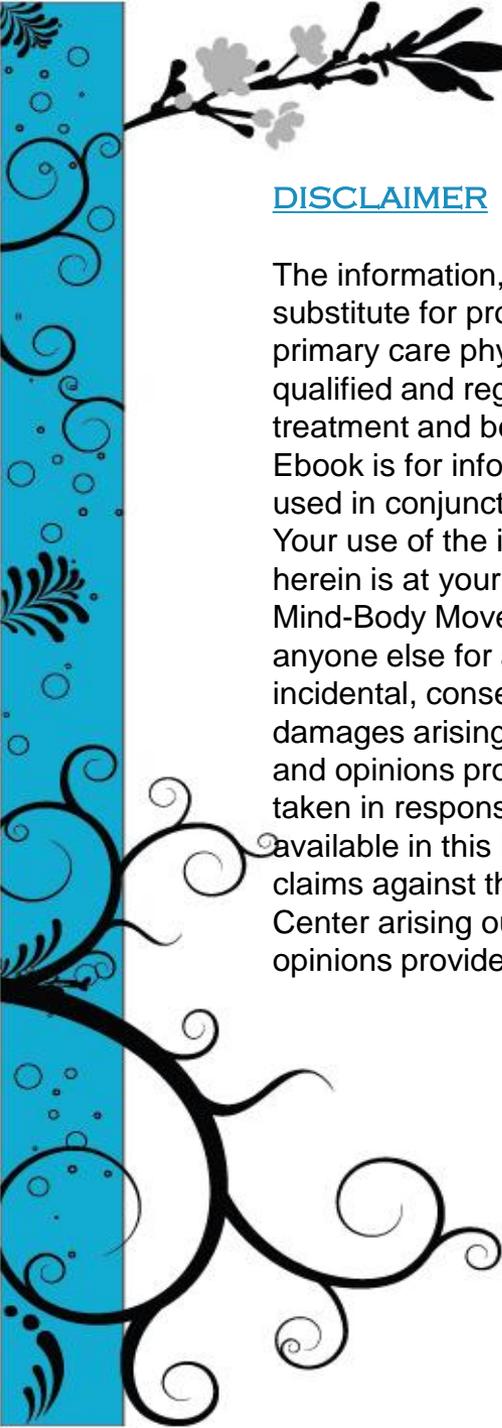
Tianna was educated at UC San Diego, UC San Francisco, Professional Yoga Therapy Studies, and currently at the Integrative Pelvic Health Institute.





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## WHAT YOU WILL FIND BELOW

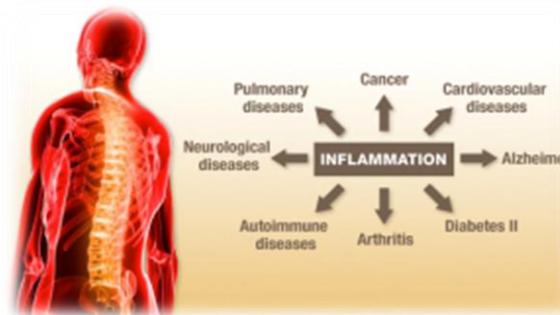
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## A NOTE FROM TIANNA

### WHY SHOULD WE BE CONCERNED ABOUT INFLAMMATION?

Inflammation is normal on an acute level—think about that time you tweaked your knee climbing the stairs or jogging. Inflammation is actually an appropriate response to start the healing process. But left uncontrolled, it can become persistent, and in turn, can wreak havoc in our bodies, causing a whole host of problems—Diabetes, Autoimmune diseases, Heart Disease and even Cancer.

[Click HERE](#) to read more in my post about what inflammation is, are you at risk, and where do your NSAIDS fit in?



## CONFUSED ABOUT WHAT TO EAT & WHAT NOT TO EAT? WHAT TO DO & NOT TO DO?

It's easy to get consumed by the special diets and exercise routines out there. Eat this, not that. Do this exercise to lose weight or this one to become enlightened. But I think it's about getting back to basics. Just as we put medicine in our bodies and it has an effect, we put food in our body and it has an effect. So, why not use food as medicine? And just as important to consider are other lifestyle choices such as how much sleep we get, who we hang out with and how we spend our free time. So if you're overwhelmed, join the club. But resolve not to stay in that club.....keep learning more about yourself and what makes YOU feel good....and keep doing it! Habits can be broken.



**WHAT DOES IT MEAN TO EAT AN ANTI-INFLAMMATORY DIET? OR LIVE AN ANTHINFLAMMATORY LIFESTYLE?**

Some foods can cause or **exacerbate** inflammation in our bodies. And others can **ease** inflammation. The response of foods will be very specific for each **individual**. Which makes it difficult to make one diet or special recipe book for one-size fits all. So take this information with a grain of salt (no pun intended). See some guidelines on the next page.



### SOME GUIDELINES

- Eat more leafy greens and cruciferous vegetables
- Carve out pre-packaged foods
- Eat organic foods as often as possible
- Eat seasonally & local—less chance of pesticides
- Carve out added sugars (They sneak up everywhere!)
- Add in healthy fats
- Eat more fiber—at least 30 grams/day (veggies, whole grains)
- Carve out soda and juices (Even diet drinks!)
- Drink plenty of water (Half your body weight in ounces per day)
- Get most nutrients from your food first, then supplement as needed
- Get 7-8 hours of sleep per night
- Create your support network
- Do something active EVERY day. Move more throughout the day.  
Spend time in nature several times a week.





### WHAT IF SOME FOODS DON'T MAKE ME FEEL GOOD?

Now because it can be so individual, some foods that might be on the “**good**” list can actually be “**not so good**” for some of you.

### POSSIBLE CAUSES OF THIS (NOT AN EXHAUSTIVE LIST)

- Food sensitivities or allergies (common are Gluten, Dairy, Corn, and Soy)—an Elimination Diet is the best way to find out
  - Histamine Intolerance—[Click HERE](#) for more info
  - Leaky gut— [Click HERE](#) for more info
  - Hormonal changes—we can actually eat to support our adrenal hormones to get them back on track—[contact Tianna](#) to find out how. This is a biggie!
  - Overactive Bladder or Painful Bladder Syndrome
  - Stress
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I have briefly provided information below in regards to the above, however an extensive overview is beyond the scope of this general anti-inflammatory guide.

So the following suggestions and recipes are just a *guideline*. They are filled with possibilities of anti-inflammation. And I have based these on a vegetarian diet, but feel free to add in your favorite grass fed beef, free range poultry and omega-3 –rich fish!

So eat, sleep and enjoy according to *YOUR* needs.

And if you need assistance finding out those needs, there are a plethora of resources out there to help you on your way---just ask!

I'm here to help! [Contact Tianna](#), or your favorite integrative health care practitioner.

Be Well,

*Tianna MeriagReiter* PT, DPT, PYT

## STRESS AND INFLAMMATION

I'm starting with stress because it feeds all the other aspects of inflammation. And it will literally change the way your body responds to the foods that you use to fuel yourself.

I've written it all before, so I'm going to direct you to some posts where I talk about how stress is linked to inflammation. And how we can alter it by diet, lifestyle (exercise and relaxation), and sleep (magnesium anyone?). Check out this [LINK](#) "Chronic Inflammation, Change Your Lifestyle Change Your Genes" to read all the goods!



## STRESS AND INFLAMMATION



And I've also written on how to find balance in your life--- literal balance. But also how to find that balance that we all seek---between work, our children, our significant others and "us-time." Check out this [LINK](#) "Find Balance: From Your Yoga Practice, to Daily Life" to read more goods!

Lets face it, stress will ALWAYS be there. But it's how we deal with it that matters. Start balancing your stress hormones and you can begin your journey into a truly anti-inflammatory lifestyle.

## INFLAMMATORY FOODS

Welcome to a list of foods that we know cause inflammation in some people.

- White flour
- White/refined sugar
- Dairy (milk, processed cheese)
- Eggs
- Meat (commercial meats, cold cuts, bacon, jerky)
- Alcohol
- Caffeinated beverages
- Gluten
- Soy
- Corn
- MSG
- Margarine, Crisco
- Artificial sugars (Nutrasweet, Sweet-N-Low, Equal)
- Artificial colors
- Excess consumption of Omega 6 Fatty Acids vs Omega 3 (too much polyunsaturated fats)
- Fried foods





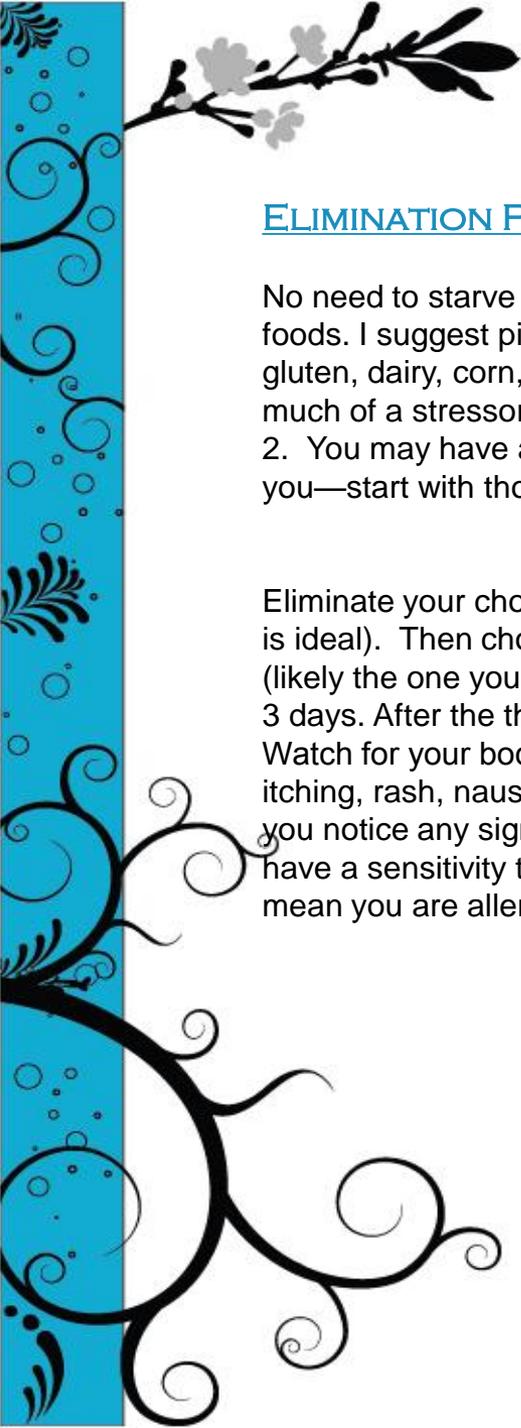
## ELIMINATION PROCESS

To kick-start your healing eating habits, you may want to go through an elimination diet. Why? If you've been eating a more Standard American Diet, drinking polluted water and around a lot of toxic chemicals (who isn't these days?), your liver may be a little sluggish from trying to detox. The more you can clean up your diet, the easier it will be for your liver to function the way that it was designed.

There is research to support that pain and inflammation can be exacerbated, if not caused by the things that we ingest.

### HERE IS A COMMON LIST OF IRRITANTS

Gluten	Peanuts
Dairy	Coffee/Tea
Corn	Alcohol
Soy	Bakers Yeast
Sugars/Sweeteners	Potatoes
Beef (except organic, grass-fed)	Onions
Nightshades (esp for pelvic, spine, joint or bladder pain)	Citrus Foods (see Bladder section)



## ELIMINATION PROCESS

No need to starve yourself, just carve out the selected foods. I suggest picking 3-5 of the top possible irritants, ie gluten, dairy, corn, soy, and sugar. If it seems like too much of a stressor to cut out 4 of them, then just start with 2. You may have a gut instinct as to what is an irritant for you—start with those.

Eliminate your chosen food types for 1-3 weeks (3 weeks is ideal). Then choose one food type to bring back in first (likely the one you miss most). Eat this food moderately for 3 days. After the third day, stop eating the food again. Watch for your body's possible signals of distress: fatigue, itching, rash, nausea, congestion, or digestive problems. If you notice any signs or symptoms, you can assume you have a sensitivity to those foods. This does not necessarily mean you are allergic, just *sensitive*.

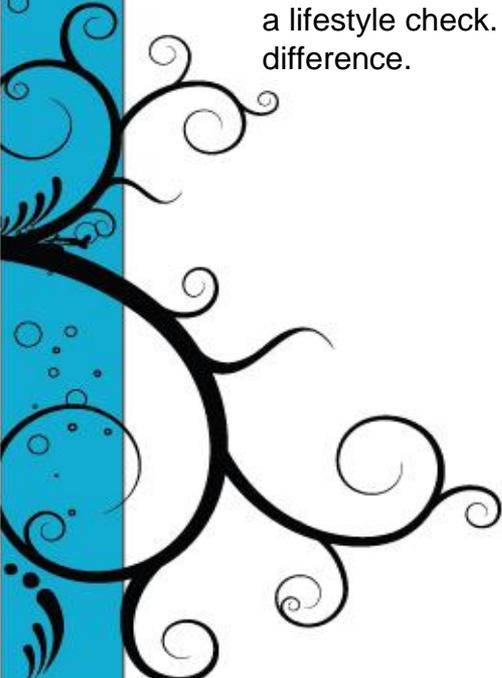


## ELIMINATION PROCESS

You will want to continue to eliminate the known suspect foods from your diet for at least 6 months. This will give your gut time to heal. You may be able to go back to eating those foods at some time, or perhaps never again. Don't think that this is a forever thing—there's still a chance!

To make the detox effective, it's important that you add in nutritious foods, like those from the Shopping List below. And drink plenty of water, get 7-8 hours of sleep, exercise daily, and be mindful of your breathing.

Check out those links on the 'Stress' page for more help on a lifestyle check. Little changes can make a drastic difference.

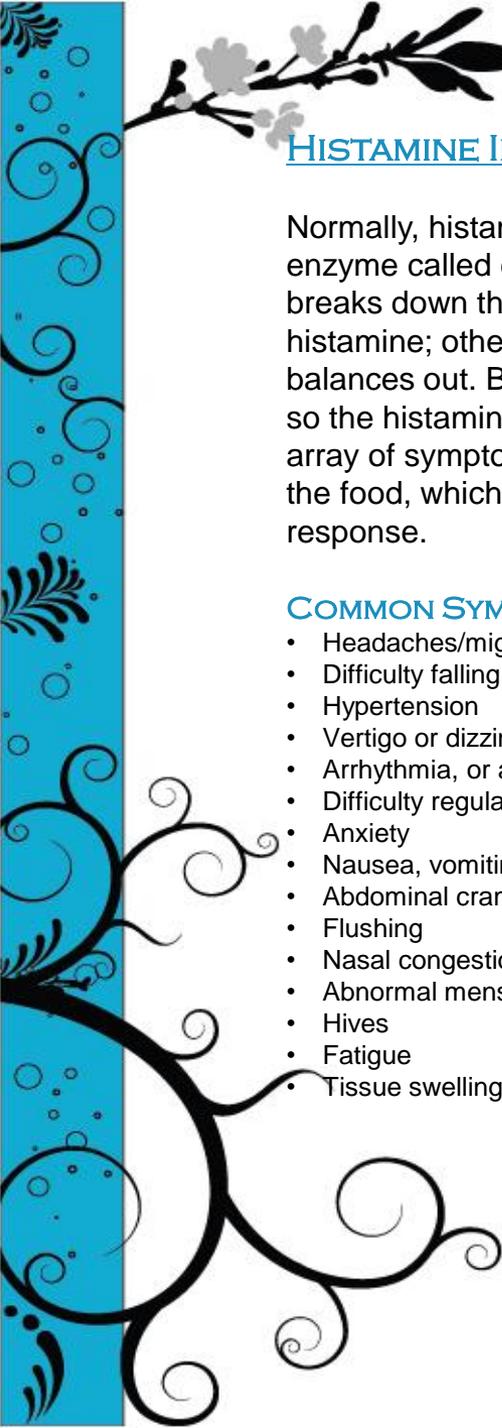




## HISTAMINE INTOLERANCE

Normally, histamine ingestion is balanced out by an enzyme called diamine oxidase (DAO). This enzyme breaks down the histamines. Some processes create histamine; others destroy it, and overall the system balances out. But some people have a deficiency of DAO, so the histamines build up in their body, and cause a wide array of symptoms. Or you may simply have an allergy to the food, which causes an exaggerated immune response.

### COMMON SYMPTOMS OF HISTAMINE INTOLERANCE

- Headaches/migraines
  - Difficulty falling asleep, easily aroused
  - Hypertension
  - Vertigo or dizziness
  - Arrhythmia, or accelerated heart rate
  - Difficulty regulating body temperature
  - Anxiety
  - Nausea, vomiting
  - Abdominal cramps
  - Flushing
  - Nasal congestion, sneezing, difficulty breathing
  - Abnormal menstrual cycle
  - Hives
  - Fatigue
  - Tissue swelling
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## HISTAMINE INTOLERANCE

**You'll see some foods on here that are on the "good" list.**

### HISTAMINE RICH-FOODS

- Fermented alcoholic beverages, especially wine, champagne and beer
  - Fermented foods: sauerkraut, vinegar, soy sauce, kefir, yogurt, kombucha, etc
  - Vinegar-containing foods: pickles, mayonnaise, olives
  - Cured meats: bacon, salami, pepperoni, luncheon meats and hot dogs
  - Soured foods: sour cream, sour milk, buttermilk, soured bread, etc
  - Dried fruit: apricots, prunes, dates, figs, raisins
  - Most citrus fruits
  - Aged cheese including goat cheese
  - Nuts: walnuts, cashews, and peanuts
  - Vegetables: avocados, eggplant, spinach, and tomatoes
  - Smoked fish and certain species of fish: mackerel, mahi-mahi, tuna, anchovies, sardines
  - Spices/herbs: anise, cinnamon, cloves, curry powder, cumin, paprika, nutmeg
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## HISTAMINE INTOLERANCE

**But look, there are lots of foods you can eat!**

### LOW-HISTAMINE FOODS

- freshly cooked meat, poultry (frozen or fresh)
- freshly caught fish
- eggs
- gluten-free grains: rice, quinoa
- pure peanut butter
- fresh fruits: mango, pear, watermelon, apple, kiwi, cantaloupe, grapes
- fresh vegetables (except tomatoes, spinach, avocado, & eggplant)
- dairy substitutes: coconut milk, rice milk, hemp milk, almond milk
- cooking oils: olive oil, coconut oil
- leafy herbs
- herbal teas

### RESOURCES

- [All About Histamines](#)
- [Everything You Need to Know About Histamine Intolerance](#)

## NUTRITION AND THE BLADDER

Foods that decrease pH and make urine more acidic, are likely to increase urinary frequency and urgency by irritating inflamed areas of the bladder and urethra or by sensitizing the nerve fibers associated with pain.

You can take a supplement called Prelief prior to eating these foods to ease the acid production. Find out more at [www.prelief.com](http://www.prelief.com)

If you have bladder pain, I suggest avoiding those foods that will irritate the bladder (listed on the next page). If it is a frequency issue, you may just want to avoid these foods if you are going to be driving long distances or you want to go see a movie---those times when it's not convenient to go to the bathroom.





## NUTRITION AND THE BLADDER

### FOODS THAT DECREASE PH (AVOID)

Alcoholic beverages	Pineapple	Tea
Coffee	Ascorbic acid (Vit-C)	Chili
Peaches	Lemons/Juice	Nectarines
Cranberries	Plums	Tomatoes
Grapes	Cantaloupes	Oranges/Juice
Pepper	Strawberries	Other citrus fruits
Apples/ Juice	Carbonated beverages	Vinegar
Guave	Lime	



## NUTRITION AND THE BLADDER

### FOODS THAT ARE HIGH IN ARYLALKAMINES (POTENTIALLY AVOIDED)

Avocadoes	Canned figs	Onions
Prunes	Mayonnaise	Wine
Bananas	Sour cream	Chocolate
Fava beans	Champagne	Picked herring
Raisins	NutraSweet	Yogurt
Beer	Soy sauce	Corned beef
Lima beans	Cheese	Marmite
Rye bread	Nuts	Cranberries
Brewer's yeast	Vitamin B & C	Pineapple
Marmite	Chicken livers	



## NUTRITION AND THE BLADDER

### FOODS NOT IRRITATING TO THE BLADDER

Pears	Sun-brewed teas	Apricots
Papayas	Low-acid instant drinks	Kava
Watermelons	Non-citrus herbal teas	

#### Reference:

1. Miller, J.-J.R. and Sand, P.K. (2007). Kegel Exercises, Dietary and Behavioral Modifications: Simple Strategies for Getting Started. Urogynecology in Primary Care: Chapter 6 pg 60-66.
2. Herman & Wallace—Pelvic Rehabilitation Institute: Manual Pelvic Floor Level 1



## GLUTEN SENSITIVITY

If you have a known gluten sensitivity, or you are trying to eliminate it to see if you do, here's the list. See above for the elimination process. See more detail on gluten at [Dr. Perlmutter's site](#)

### FOODS THAT CONTAIN GLUTEN

Wheat	Graham flour
Wheat Germ	Kamut matzo
Rye	Semolina
Barley	Spelt
Bulgur	Farina
Couscous	



## GLUTEN SENSITIVITY

### FOODS THAT OFTEN CONTAIN GLUTEN

Malt/malt flavoring	Breaded foods	Egg substitute
Commercial bullion & broth	Fruit filling/puddings	Tabbouleh
Cold cuts	Hot dogs	Sausage
French fries	Trail mix	Non-dairy creamer
Processed cheese (veveeta)	Syrups	Fried vegetables/tempur a
Mayonnaise	Flavored coffee/tea	Gravy
Ketchup	Soy sauce	Cereal
Marinades	Teriyaki sauce	Ice cream
Root beer	Wheatgrass	Vodka
Energy bars	Instant hot drinks	Veggie burgers
Beer	Dressings	Meatballs



## NOW TO START SHOPPING

### SHOPPING LIST

#### **Gluten-Free Grains**

Rice  
Quinoa  
Millet  
Amaranth  
Buckwheat  
Sorghum

#### **Nuts (raw, unsalted)**

Walnuts  
Almonds  
Sunflower seeds  
Pumpkin seeds  
Brazil nuts  
Nut butters without  
added oil/sugar

#### **Fats**

Olive Oil (dressings or  
oven roasting  
Coconut Oil (expeller  
pressed has less  
coconut flavor)  
Avocados  
Ghee

#### **Omega-3 Fatty Acids** (animal form is best)

Flaxseeds  
Chia seeds  
Evening Primrose Oil  
Fish Oil capsules (should not  
be fishy tasting!)  
Salmon  
Mackerel  
Trout  
Tuna



## SHOPPING LIST

### Leafy Greens

Kale  
Spinach  
Chard  
Collards  
Mixed Greens

### Cruciferous Vegetables

Broccoli  
Cauliflower  
Brussel Sprouts  
Cabbage

### Proteins (other than legumes/nuts)

Grass Fed Organic  
Beef  
Organic Poultry  
Clean Sources of  
Fish  
Pastured Pork  
Protein Powders:  
-Plant based

### Legumes (canned look for *Eden Brand*)

Black Beans  
Kidney Beans  
Chick peas  
Peas  
Lentils



## SHOPPING LIST

### Spices/Herbs

Cinnamon  
Cilantro  
Cumin  
Turmeric  
Ginger  
Basil  
Cloves  
Raw Cacao  
Mint  
Oregano  
Licorice  
Coriander  
Fenugreek  
Ginger

### Non-Dairy Milk

Coconut Milk  
Almond Milk  
Rice Milk

### Probiotics

Greek Yogurt  
Sauerkraut  
Fermented Vegetables  
Miso  
Fermented Vegetables  
Miso  
Kimchi  
Bananas (have prebiotic)  
Bone Broth (beef, poultry,  
fish, lamb)  
Probiotic Supplement (at  
least 3 strains)  
**Fermented veggies must be  
labeled “unpasteurized, live  
cultures” and “no  
vinegar”–Start with 2  
forkfuls/day and add from  
there. Don’t cook above  
105\* or you will kill the  
probiotics.**





## SHOPPING LIST

### **Beta Carotene**

Carrots  
Sweet Potatoes  
Winter Squash  
Pumpkin  
Apricots  
Cantaloupe  
Mango

### **Berries**

Blueberries  
Raspberries  
Blackberries  
Strawberries  
Cranberries  
Cherries

### **Sweeteners (use sparingly)**

Raw Honey  
Pure Maple Syrup  
Stevia

### **Citrus Fruits**

Lemons  
Oranges  
Satsuma mandarin  
Grapefruit  
Lime

RECIPES

FUEL YOUR FIRE: BREAKFAST



## MAPLE-GINGER OATS WITH COCONUT, CHIA SEEDS & WALNUTS

### INGREDIENTS

- 1 cup gluten-free oats
- 2 ½ cups water
- 1 tsp grated fresh ginger root or ¼ tsp ground ginger
- 2 tbsp chia seeds
- ¼ cup chopped walnuts (or roasted, unsalted almonds)
- ½ cup raw pumpkin seeds (for added zinc, magnesium and omega-3)
- 2 tbsp coconut flakes (toasted, optional)
- 1 tbsp maple syrup
- 1 tbsp coconut oil or ghee
- splash or two of almond or coconut milk (optional)

### DIRECTIONS

1. Night before: Bring water to a boil in a medium pot. Add oats and stir. Turn off the heat and cover. Go to bed!
2. Next morning: When you get up the oats will have been slowly cooking all night. Just turn heat on medium heat to warm up the oats. Add the ginger and stir for a minute.
4. Add chia seeds, walnuts, pumpkin seeds, coconut, and maple syrup and stir. The chia seeds get all nice and plump and absorb liquid so if it seems dry add a splash or almond milk or water.
5. Turn off heat and enjoy your brainboosting breakfast!

### SERVING SUGGESTION

- Add couple healthy dashes of cinnamon
- Use pinch of stevia vs maple syrup if you are trying to go sugar free—or adding a ½ sliced banana adds a bit of sweetness too!



## PROTEIN SHAKE FOR MORNING OR ANYTIME

### INGREDIENTS

- 1 cup almond or coconut milk
- 1 Serving of pea protein powder \*see below for my suggested
- 2 tbsp chia seeds
- 1 cup (or handful) of spinach or kale
- 1 tbsp raw cocoa powder
- 1 tbsp raw or ground flax seeds
- 1 tsp (or several healthy dashes) of cinnamon
- ½ banana
- 1 cup frozen or raw blueberries or raspberries

### DIRECTIONS

Add all to a blender until the greens are completely integrated, or to desired consistency. Drink and Enjoy!

### SERVING SUGGESTION

- Add tsp of grated ginger for detox and digestion
- Add 1 bunch parsley for detox
- Add a few sprigs of mint leaf for flavor, digestion and rejuvenation
- You don't have to add all of the above, omit if you just don't have on hand.
- Protein Powder, suggested sources:
  - Pure Encapsulations Pure Basics Pea Protein
  - Designs for Health PurePaleo Pea Protein



## GRAIN-FREE VEGAN QUINOA PANCAKES

### INGREDIENTS

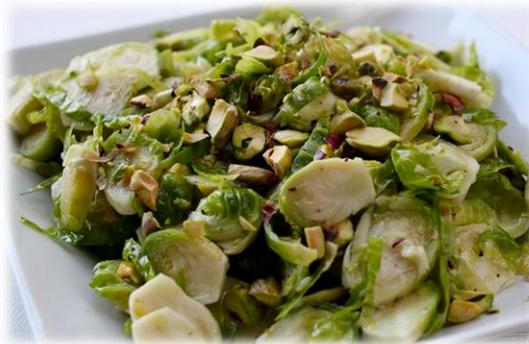
- 1 cup Quinoa Flour
- 1 cup Almond Milk (1/2 cup canned full fat coconut milk + 1/2 cup water for nut free option)
- 1/4 cup Applesauce, unsweetened (or mashed banana, or pumpkin purée)
- 2 tbsp Coconut Oil, gently melted
- 1 tbsp Coconut Sugar (or Honey works too)
- 1 tbsp Vanilla (it helps drown out some of the quinoa flavor)
- 1 tsp Baking Powder, grain free
- 1/4 tsp Salt

### DIRECTIONS

1. Whisk dry ingredients together in a medium sized mixing bowl, add milk and applesauce and blend until no lumps are present, quickly whisk in coconut oil.
2. Preheat a large skillet over medium heat, use a 1/4 cup measuring cup (or transfer batter to a bowl with a spout) to pour 3 small pancakes about a 1/2 inch apart. Flip when the edges are starting to dry and the bubbles have popped in the middle, about 2-3 minutes, and continue cooking another 2-3 minutes on the other side.
3. Keeps refrigerated in an airtight container for a few days.

RECIPES

ENERGY FLOW: LUNCHES & DINNERS





## BOK CHOY, SNOW PEAS, & MUSHROOMS

### INGREDIENTS

- ¼ cup dry sherry
- 2 medium garlic cloves, minced
- 1 tsp freshly grated ginger
- 1/8 tsp red pepper flakes (or more if you want more kick)
- 1/3 cup tamari soy sauce (gluten free, low-sodium)
- 1 Tbsp sesame oil
- 1 tsp brown sugar (optional)
- 1 1/2 pounds bok choy (about 2 medium bunches), cleaned, ends trimmed, and cut into 1-inch pieces (can also add spinach or just use spinach instead)
- ½-1 cup snow peas
- ½-1 cup mushrooms

### DIRECTIONS

1. In a medium bowl whisk all the marinade ingredients (from sherry to brown sugar) until well mixed.
2. Place the vegetables into a plastic re-sealable bag. Pour in the marinade. Close off the bag and shake ingredients until well coated.
3. Heat pan on the stove to medium heat. Empty contents of the bag into the pan. Stir to evenly coat and distribute. Over low heat, cover the pan and allow to steam (~2-3 minutes, or cooked to desired consistency)
4. Remove from heat. Serve with brown rice or eat plain.

### SERVING SUGGESTION

1. I have omitted the soy and seasoned with salt with good results, so if soy is an issue, please omit.
2. Switch up the vegetables, using a sliced carrot, broccoli florets, & several handfuls of spinach. Yum!

## ROASTED SWEET POTATO-CABBAGE SALAD

### INGREDIENTS

- 1 lb sweet potatoes cut into large julienne pieces ~ 2 inches long
- 1 Tbsp olive oil
- 1 Tsp sesame oil
- 1 Tbsp Tamari soy sauce (gluten free)
- 1 large clove garlic
- 2 Tbsp coconut oil (melted)
- Juice of 1 lime
- Salt, black pepper or hot pepper flakes and honey to taste
- 2 Cups fresh spinach
- 1 Cup cilantro leaves

### DIRECTIONS

1. Heat the oven to 400 degrees.
2. Cut **1 lb. of sweet potatoes** into a large julienne pieces about 2 inches long. Toss them with **1 T. olive oil, 1 t. sesame oil, and 1 T. soy sauce**, then arrange in a single layer on a baking sheet. Roast until they are nicely browned on one side.
3. Finely mince **1 large clove of garlic**.
4. Flip the sweet potatoes, sprinkle the garlic over them, and then cook until the garlic just begins to brown.
5. Meanwhile, cut a head of cabbage in half. Place the top half cut-side down and cut down into it, shredding the entire thing as finely as possible.
6. Make a dressing combining **2 T. coconut oil (melted)** and **the juice of 1 lime** plus **salt, black pepper or hot pepper flakes**, and a little **honey** -- all to taste.
7. Toss the cabbage with the dressing, allow to sit 5 minutes, then toss again.
8. Chop **2 C. fresh spinach** and **1 C. cilantro leaves**.
9. When the sweet potatoes are done, toss them well with the dressing and season with salt and more lime juice if necessary. Then add the spinach and cilantro and toss once more.
10. If you like, top the salad with **chopped toasted almonds or pumpkin seeds**.

## HARVEST MINESTRONE WITH QUINOA AND KALE

### INGREDIENTS

3 carrots - medium diced  
2 Tbsp coconut oil - or enough to cover the bottom of the pot  
2 cloves garlic - finely chopped  
2 cups fresh zucchini - medium diced (about 1 medium or 2 small)  
2 cups green beans - cut in 1 inch pieces  
1 bell pepper - medium diced  
1 can crushed tomatoes  
2 cans of water (or vegetable or chicken broth)  
1 15-ounce can of cannellini beans (with liquid)  
1 15-ounce can of chickpeas (with liquid)  
1 cup quinoa  
2 cups kale - stems removed  
1 Tsp turmeric  
1 Tsp cumin  
Pinch of red pepper flakes or chili powder  
Salt and pepper to taste  
Slivered basil (garnish)

### DIRECTIONS

1. Place a large stockpot over medium heat the oil and carrots. Cook for about 5 min or until softened.
2. Add the garlic and a pinch of red pepper/chili powder and cook for about one minute or until garlic begins to color.
3. Add the zucchini, red pepper and the green beans, season with salt and pepper, add the turmeric and cumin, stir and cook for about 3 min.
4. Add the tomatoes and the water, raise heat to high and bring to a boil.
5. Lower the heat to medium/low and allow the soup to gently boil (uncovered) for about 20 min
6. Add the quinoa and cover for 15 min
7. Remove the cover, add the kale and the canned beans (more water if needed) bring back to a gentle boil and cook for another 5 min or until the kale is tender.
8. Add the basil and serve. (or do this for individual servings).



## ARUGULA SALAD WITH CARMELIZED CAULIFLOWER

### INGREDIENTS

- 1 head of cauliflower (trimmed of stems and leaves)
- 2 Tbsp olive oil
- 1 Tbps chopped fresh rosemary leaves
- 2 cloves garlic
- Juice of ½ a lemon
- 4 Cups arugula leaves
- 1 Large or 2 Smaller Asian Pears

### DIRECTIONS

1. *You can saute or roast the cauliflower until well browned.*
2. Trim the leaves and stems off cauliflower. Cut the entire head in slices from top to bottom, about 1/2 inch thick, then cut the slices into bite-size pieces.
3. Saute the cauliflower at high heat in olive oil with rosemary leaves (or toss with oil and rosemary and roast at 400 in the oven).
4. Mince the garlic. When the cauliflower is nicely browned, add the garlic and cook for another 3 minutes. Season with salt and drizzle with the juice of 1/2 lemon.
5. Wash and dry the arugula leaves.
6. Slice pears in very thin half rounds.
7. When the cauliflower is no longer steaming hot, toss with the arugula and pears.
8. Taste the salad -- if you feel it needs dressing, mix together equal parts olive oil and lemon juice with a dash of salad and drizzle over the salad.

## QUICK MEXICANA CHILI

### INGREDIENTS

2 tbsp Extra Virgin Olive Oil  
2 tbsp Garlic glove, *diced*  
2 tbsp Chili Powder  
1 tbsp Ground Cumin  
1 tbsp Paprika  
1/4 tsp Chili Flakes  
1 tsp Dried Oregano  
2 tbsp Tomato Paste  
1 tbsp Red Wine or Water  
1/2 Cup Quinoa (or brown rice), *rinsed*  
1/2 Green Bell Pepper *seeds removed, then diced*  
1 Small Zucchini *diced*  
1 Can (15 ounce) Black Beans  
1 Can (15 ounce) Pinto Beans  
4 Cups Water or Vegetable Stock  
1 Can (8 ounce) Tomato Sauce  
1 tsp Sea Salt  
1 Squeeze Fresh Lime Juice  
Fresh Cilantro *chopped for garnish*  
Sliced avocado for garnish



### DIRECTIONS

1. In a large soup pot, heat the olive oil on medium heat.
2. Add the garlic and cook until they begin to sweat.
3. Add spices and continue to sauté for two more minutes.
4. Add the tomato paste and sauté another minute.
5. Deglaze with water or wine, and then add the quinoa. Sauté until quinoa is browned.
6. Add green pepper and zucchini and sauté a few minutes until they begin to soften.
7. Add beans with their liquid, water/stock, tomato sauce, salt.
8. Bring to a boil, then reduce heat to low and simmer for 15 min
9. Garnish with lime juice, avocado and cilantro.
10. Serve with Baked Corn Tortilla Strips (*optional*)

## SWEET POTATO & CHICKPEA STEW

### INGREDIENTS

- 1 cup quinoa (or brown rice)
- 2 cups water
- 1 tbsp coconut oil
- 2 medium sweet potatoes, cubed (or 1 medium winter squash)
- ¼ small onion, diced (optional)
- 1 clove garlic
- ¾ tsp cumin
- ¼ tsp ginger (I use fresh grated ginger)
- ¼ tsp red pepper
- ¼ tsp salt
- 1 15oz can diced tomatoes (or ½ cup tomato sauce)
- ½ cup vegetable broth
- 1 cup garbanzo beans
- 2-3 handfuls of spinach (spinach cooks down, so you can use more!)

### DIRECTIONS

1. Rinse quinoa (or rice) thoroughly. Combine quinoa and water in a pot, bring to a boil. Cover, reduce to a simmer, and let cook for 12-15 minutes. Water should be absorbed and quinoa should be tender. Set aside.
2. In a large pan, heat coconut oil over medium. Add in onions and cook, stirring occasionally, until soft. Stir in the garlic and spices, cooking for one more minutes. Next, stir in the sweet potatoes, tomatoes, vegetable broth, and chickpeas. If you are using canned, be sure to drain and rinse the beans. Let stew cook down for 20 minutes.
3. Finally, roughly chop spinach and stir into the stew. Continue to cook until spinach has slightly wilted, about another 1-2 minutes.
4. Spoon half of the quinoa (or rice) into a bowl and top with half of stew.

Adapted from: *Recipe by Erin, Naturally Ella*

## LENTIL BLACK BEAN BURGER (NOT FOR THE SOY-FREE)

### INGREDIENTS

- 1 cup green lentils
- 2 tbsps coconut oil
- 1 medium onion, finely diced (optional)
- 1 bell pepper, finely diced
- ½ cup corn kernals (thawed if frozen)
- 2 cloves garlic, minced
- 2 15-ounce cans black beans, drained
- ½ cup shelled, cooked edamame
- 14 ounces firm tofu, drained and crumbled
- ½ cup bread crumbs (gluten free if needed)
- ½ bunch fresh cilantro leaves, chopped
- 2 tbsp diced, roasted mild chilies
- 2 tsp salt
- 1 tsp each ground cumin, coriander, and turmeric
- ½ tsp cayenne pepper

### DIRECTIONS

1. Simmer lentils in water until tender, about 20 minutes. Drain well and set aside to cool. (Option to use already cooked canned lentils)
2. Meanwhile, heat oil in frying pan over medium heat. Add onion, bell pepper, corn, and garlic. Cook, stirring frequently, until soft, about 5 minutes.
3. Pulse cooked lentils, one can black beans, and edamame in a food processor to a rough puree.
4. In a large bowl, combine lentil mixture, remaining can of black beans, cooked vegetables, and remaining ingredients.
5. Cover and refrigerate mixture for at least one hour.
6. Form the mixture into 8 patties using lightly oiled hands. Place on waxed paper-lined baking sheet, and chill at least one hour.
7. Griddle on high heat or sear patties in hot, well-oiled pan for 4-5 minutes or until well browned. Flip carefully and cook for 3-4 minutes.

### Serving Suggestions

Serve as a burger if not gluten free. Or go bun free. Top with Dijon mustard, lettuce, and sliced avocado.

Adapted from: John Grossman

## CHICKPEA & WINTER VEGETABLE STEW

### INGREDIENTS

2 tsp coconut oil  
½ tsp ground coriander  
½ tsp turmeric  
½ tsp ground cumin  
pinch ground red pepper  
1 garlic clove, minced  
3 2/3 cups Vegetable Stock, divided  
2 cups (1-inch) cubed peeled butternut squash  
1 cup (1/2-inch) slices carrot  
1 head of broccoli and it's leaves  
3/4 cup (1-inch) cubed Yukon gold potato (*or purple or red for some color & vitamins*)  
2 teaspoons tomato paste  
Salt to taste  
1 (15 1/2-ounce) can chickpeas (garbanzo beans), drained  
1/4 cup chopped fresh flat-leaf parsley  
1 tsp honey  
1 cups uncooked millet or quinoa

### DIRECTIONS

1. Heat oil in a large saucepan over medium-high heat. Add onion and leek & sauté 5 minutes. Add coriander and next 4 ingredients (through garlic); cook 1 minute, stirring constantly.
2. Add 3 cups Vegetable Stock and the next 8 ingredients (through chickpeas); bring to a boil. Cover, reduce heat, and simmer 30 minutes.
3. Stir in parsley and honey.
4. Toast millet or quinoa in a pot.
5. Remove 2/3 cup hot cooking liquid from mixture. Place cooking liquid and remaining 2/3 cup stock in with the grains. Cook for 15 minutes until water is absorbed.
6. Serve the stew over a serving of the grains. Enjoy!
7. Serving Suggestions
8. Serve with lemon wedge
9. You could just eat the stew and omit the grains

## GRAIN, ACORN SQUASH AND PISTACHIO SALAD

### INGREDIENTS

- 1/2 cup pistachios
- 1 cup bulgur (brown rice, or quinoa)
- 3/4 teaspoon salt
- 2 cups boiling water
- 1 small acorn squash, peeled, cut in half, seeded and cut into a medium dice
- 1/4 cup extra virgin olive oil
- 1/2 cup sundried tomatoes, finely chopped
- 2 lemons, juiced (about 1/4 cup)
- 1/4 teaspoon ground black pepper
- 4 small scallions, chopped finely (optional)
- 1/3 ounce mint, picked and minced (about 1 tbsp.)
- 1 ounce fresh parsley, picked and minced (about 1/2 cup packed)

### DIRECTIONS

1. Preheat oven to 325° Fahrenheit. Place pistachios on a baking sheet and toast for about 15 minutes, remove and allow to cool. Once they are cooled, set aside. (*Or to save time, use already toasted, unsalted pistachios!*) Increase the oven temperature to 400°.
2. Rinse bulgur (rice or quinoa) and toast in a small sauce pot until lightly browned, then carefully add water and 1/4 teaspoon salt. Stir, cover and let steam for 15 minutes (*per package or usual cook time for your grains on your stove*).
3. Place diced squash in a bowl and drizzle with one tablespoon oil and 1/4 teaspoon salt; toss to coat. Place squash on a baking sheet and roast for 15 to 20 minutes, until tender.
4. Transfer the squash, grain, pistachios and sun dried tomatoes to a large bowl. Gently mix.
5. In a small bowl, add the remainder of oil, lemon juice, salt and pepper and whisk until incorporated. (*I omitted extra oil in this step, as the sun dried tomatoes contained extra oil*).
6. Stir the dressing into the salad, then fold in the scallions, mint and parsley.

## CURRIED CABBAGE

### INGREDIENTS

- 1 onion (or 1 garlic clove)
- 1 carrot---shredded
- ½ cabbage—thinly julienned
- ¼ cup coconut milk (or other non-dairy milk product)
- Coconut oil for cooking
- 1 tsp cumin
- 1 tsp turmeric
- 2 tsp garam masala powder
- ½ tsp salt

### DIRECTIONS

1. Prepare vegetables
2. Heat oil in pan and add onion (or garlic) and cook several minutes
3. Add carrots and cabbage. Stir and cover, bringing heat to low. Simmer 10-15 minutes until cabbage is fork tender
4. Meanwhile, combine spices and coconut milk. Add to the cooked vegetables, stir and mix. Let rest for 5 minutes before eating.
5. Serve with brown rice or chosen grain.

### SERVING SUGGESTIONS

Serve with avocado slices

You could just eat the cabbage and omit the grains

## TOMATO WATERMELON SALAD

### INGREDIENTS

- 1 pound red watermelon, rind removed & cut in 1 ½ inch chunks
- 1 pound yellow watermelon, cut as above
- 4 heirloom tomatoes, halved
- 1 pint cherry tomatoes, halved
- 2 Tbsp extra virgin olive oil
- 2 Tbsp white balsamic vinegar
- ½ tsp salt
- Freshly ground pepper
- 2 Tbsp fresh basil leaves
- 4 ounces mild fresh goat cheese, crumbled
- ½ cup chopped, raw, unsalted cashews



### DIRECTIONS

1. Divide watermelon pieces and tomatoes among salad plates.
2. Drizzle each plate with olive oil and vinegar.
3. Season with salt and pepper.
4. Top with the basil, goat cheese and cashews before serving.

### SERVING SUGGESTIONS

I have mixed all ingredients together (except for basil, cheese and cashews) prior to a gathering and then added them in upon arriving.



## BRUSSEL SPROUTS WITH MUSTARD & WALNUT VINAIGRETTE

### INGREDIENTS

- 1 1/2 pounds Brussels sprouts, halved
- 2 tbsp
- 1 tbsp coconut oil
- Salt and freshly ground black pepper
- 1/2 cup walnuts, coarsely chopped
- 2 cloves garlic, sliced
- 2 tablespoons red wine vinegar (or white works too)
- 1 tablespoon raw honey
- 1 tablespoon grainy mustard

### DIRECTIONS

1. Preheat the oven to 450 degrees F.
2. Toss the Brussels sprouts with 2 tablespoons of the oil and sprinkle with salt and pepper on a rimmed baking sheet. Spread the Brussels sprouts out on the baking sheet and roast, stirring once or twice during the cooking process, until tender and charred in spots, 25-30 minutes.
3. Meanwhile, add the 1 tablespoon coconut oil, the walnuts, garlic, and a pinch of salt. Being careful not to burn the walnuts. Stir in the vinegar, honey and mustard with a fork. Taste and season with salt and pepper.
4. Transfer the Brussels sprouts to a large mixing bowl, add the walnut mixture and toss well. Serve.

## NECTARINE CAPRESE SALAD

### INGREDIENTS

- ½ pound assorted heirloom tomatoes
- 3 soft ripe white nectarines
- 8 ounces burrata cheese or fresh mozzarella
- 10 fresh mint leaves, whole or thinly sliced
- 1 Tbsp Champagne vinegar (white wine works fine too)
- 3 Tbsp extra-virgin olive oil
- ½ tsp flaked sea salt
- ½ tsp pepper

### DIRECTIONS

1. Cut tomatoes and nectarines into large wedges and arrange on a platter.
2. Tear burrata into large chunks and distribute over top.
3. Scatter basil and mint over salad
4. Whisk together vinegars and oil in small bowl. Drizzle over salad. Sprinkle with ½ tsp each salt and pepper to taste.
5. Serve and enjoy!



## ASIAN KALE SALAD

### INGREDIENTS

- 1 bunch kale (~ 8 oz), chopped
- 1 bunch cilantro (~4 oz), chopped
- 3 green onions, thinly sliced on the diagonal
- 2 carrots, shredded (~1 ¼ cups)
- ½ cup roughly chopped roasted almonds
- ¼ cup reduced-sodium tamari
- 2 Tbsp toasted sesame oil
- ½ to whole avocado, cubed or sliced
- Pinch of red chili flakes

### DIRECTIONS

1. Toss all ingredients in large salad bowl (except for avocado).
2. Let sit, tossing often, until slightly wilted ~15-30 minutes
3. Add avocado cubes or slices



RECIPES

TREAT YOUR SWEET: DESSERTS & YUMMIES



## VEGAN HOT COCOA

### INGREDIENTS

- 3 Tbsp cacao powder
- 2 tsp organic powdered ginger
- 1 tsp organic cinnamon
- 1 Tbsp maple syrup Grade B (or few pinches of stevia to taste if sugar-free)
- 3 Tbsp cold pressed coconut oil
- 2 Cups filtered water
- ½ Cup almond milk
- Optional: 1 tsp of vanilla extract

### DIRECTIONS

1. Melt the coconut oil in a pan on the stove on low heat.
2. Mix the cacao, ginger, cinnamon, and maple sugar in a small bowl.
3. Poor the dry ingredients into the coconut oil and stir until the sugar is dissolved.
4. Add the water and almond milk (+ your vanilla)
5. Stir frequently until its warm and tasty!

*Adapted from AnnMarie Skin Care*

## GLUTEN-FREE "BREAD"

### INGREDIENTS

- ½ cup sunflower seed
- ½ cup hulled pumpkin seeds
- ½ cup flax seeds
- ½ cup almonds (I use roasted, unsalted)
- 1 ½ cups certified gluten free rolled oats
- 2 tbsp chia seeds
- 4 tbsp psyllium seed husks (3 Tbsp. if using psyllium husk powder)
- 1 tsp fine grain sea salt (add 1/2 tsp if using coarse salt)
- 1 tbsp maple syrup (for sugar-free diets, use a pinch of stevia)
- 3 tbsp melted coconut oil or ghee (I use 2tbsp coconut oil and 1tbsp ghee)
- 1 ½ cups water



## GLUTEN-FREE "BREAD"

### DIRECTIONS

1. In a bowl, combine all dry ingredients, stirring well.
2. In a separate bowl, whisk maple syrup, oil and water together.
3. Add the wet ingredients to the dry ingredients and mix very well until everything is completely soaked and dough becomes very thick (if the dough is too thick to stir, add one or two teaspoons of water until the dough is manageable).
4. Transfer to a loaf pan 9x5 (I have used a square 9x9 pan and it works fine too, just comes out a thinner loaf).
5. Smooth out the top with the back of a spoon. Let sit out on the counter for at least 2 hours.
6. Preheat oven to 350°F / 175°C (~15 minutes prior to placing in the oven).
7. Place loaf pan in the oven on the middle rack, and bake for 20 minutes. Remove bread from loaf pan, place it upside down directly on the rack and bake for another 30-40 minutes. I recommend if you do this, that you have another cookie sheet below it to catch any seeds that may fall. (I actually place it on a pizza pan with air holes, so the seeds don't fall through and it's easier to remove from the oven). Bread is done when it sounds hollow when tapped. Let cool completely before slicing (difficult, but important).
8. Store bread in a tightly sealed container for up to five days. Freezes well too – slice before freezing.

### SERVING SUGGESTIONS

- Spread with your favorite jam
- Toast and sprinkle with cinnamon
- Top with hummus and a slice of avocado, sprinkle with chili powder

Adapted from My New Roots

## CACOA CHIA POWER BALLS

### INGREDIENTS

- 1 cup ground nuts (*I have used cashews, but almonds or walnuts or a combo would be great*)
- 3 tbsp raw cacao powder
- ¼ cup honey
- ½ cup chia gel made by: soaking 1 ½ tbsp chia seeds in ½ cup water for ~ 1hour
- 3 tbsp coconut oil, melted
- ½ tsp peppermint or vanilla extract (optional)
- 1 tbsp raw, unsweetened coconut flakes (ground) for coating
- 1 tbsp extra cacao for coating
- 1tbsp extra nuts (walnuts, sunflower seeds or almonds) for coating
- ½ tsp cinnamon for coating



## CACOA CHIA POWER BALLS

### DIRECTIONS

1. In a medium mixing bowl, mix together the ground nuts, raw cacao powder and glucose powder (or honey), using the back of a fork to break up any lumps.
2. If you'd like to add some peppermint or vanilla essence, add it to the liquid coconut oil now.
3. Add the chia gel and melted coconut oil and mix well with the fork.
4. Place the coconut, extra cacao, cinnamon, nuts into a small bowl
5. Roll your mixture into small balls about the size of large, unshelled walnut. Roll into the bowl of coconut, cacao, cinnamon & nuts. If you want different tasting balls, then place coatings in separate bowls and vary which ones you roll in.
6. Refrigerate to harden (or eat one right away), and store in the fridge.
7. They keep well for a week or more in the fridge.

### SERVING SUGGESTION

Forgiving recipe: choose your favorite flavors and nuts to add in for variety.

Recipe adapted from: [Kirsten McCulloh](#)

## CREAMY AVO FUDGESICLES

### INGREDIENTS

- 2 small avocados
- 1 cup coconut milk
- ½ cup raw, unfiltered honey
- 1 tsp vanilla extract
- ½ cup unsweetened cocoa powder

### DIRECTIONS

1. Halve avocados lengthwise and remove seed. Scoop flesh into a food processor.
2. Add remaining ingredients to the processor and puree until smooth and creamy.
3. Transfer mixture to silicone, stainless steel or BPA-free popsicle tray and insert sticks.
4. Freeze for 2 hours or overnight.
5. Unmold and serve. Enjoy!



## BREATHE-EASY TEA

### INGREDIENTS

- 1 tsp fenugreek seeds
- 1 tsp coriander seeds
- 1 cinnamon stick
- 2-3 slices fresh ginger

### DIRECTIONS

1. Place all ingredients in a pot of water. Bring to a boil.
2. Remove pot from hot stove to steep for ~5 minutes.
3. Strain the ingredients.
4. Enjoy your tea!

### SERVING SUGGESTIONS

- Stand over the gently boiling water/ingredients and steam your face---keep enough distance so you don't scald your face.
- Re-use the ingredients one more time and boil another batch.
- Place the ginger slices in the tea or your water and savor the flavor. Then eat the ginger for pre-digestion prior to your next meal.



RECIPES

SAUCE IT UP: SAUCES & DRESSINGS



## ASSORTED SAUCES & DRESSINGS

### **TAHINI SAUCE**

½ cup organic raw sesame paste  
¼ cup water  
¼ cup fresh lemon juice  
3 cloves garlic  
¼ cup fresh Italian parsley  
Sea salt to taste  
Pinch cayenne pepper

Mix sesame paste and water until it is well blended (food processor or blender). Add lemon juice, salt, garlic and pepper and blend until smooth. Add parsley and blend lightly. Keeps in jar in the refrigerator for several days. Experiment with adding fresh ginger for a different flavor.

### **DAIRY-FREE PESTO SAUCE**

½ bunch fresh basil, Italian parsley, cilantro or a mix  
½ cup raw nuts or seeds (cashews, sunflower seeds, pumpkin seeds, walnuts or mix)  
¼ cup extra virgin olive oil  
3-4 fresh garlic cloves  
Pinch of sea salt

Blend all ingredients in small food processor until smooth. Keeps in a jar in the refrigerator for several days.

## ASSORTED SAUCES & DRESSINGS

### **BALSAMIC VINAIGRETTE**

½ cup olive oil  
¼ cup balsamic vinegar  
1 tsp honey  
1 tsp Dijon mustard  
1 shallot, minced (optional)  
1 clove garlic, minced  
salt, ground pepper or other seasonings to taste

Combine the olive oil, balsamic vinegar, honey, Dijon mustard, shallot, garlic, salt vigorously until thoroughly combined. Keep in small jar.

### **AVOCADO HUMMUS**

2 cups garbanzo beans, drained  
2 avocados  
1 jalapeño, stem removed  
2 cloves garlic  
2 Tbsp fresh cilantro  
1 Tbsp tahini  
¾ tsp salt  
¼ cup olive oil  
½ cup water or liquid from garbanzo beans  
¼ cup lime juice

1. Slice your avocado in half and remove the pit.\* Scoop the fruit from the shell with a spoon.
2. Blend all the ingredients together in a blender or a food processor until smooth. If necessary drizzle in additional small amounts of olive oil until it reaches your desired consistency.
3. Put in a bowl and garnish with fresh cilantro and diced tomatoes if desired. Serve with homemade tortilla chips and cut vegetables.
4. \*This is best served and eaten within 1 day.



## RESOURCES

### **GROCERIES**—In the Bay Area, CA and beyond

1. Alameda Natural Grocery, [www.alamedanaturalgrocery.com](http://www.alamedanaturalgrocery.com)
2. Dan's Fresh Produce, [www.dansfreshproduce.com](http://www.dansfreshproduce.com)
3. Baron's Meat Market, [www.baronsmeats.com](http://www.baronsmeats.com)
4. Berkeley Bowl, [www.berkeleybowl.com](http://www.berkeleybowl.com)
5. Farmer Joe's Market, [www.farmerjoesmarket.com/](http://www.farmerjoesmarket.com/)
6. Whole Foods Market, [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)
7. Your Local Farmers Market, [www.localharvest.org/farmers-markets/](http://www.localharvest.org/farmers-markets/)
8. Shop for Local Grass-fed Beef, Eggs, Dairy near you, [www.eatwild.com/products/index.html](http://www.eatwild.com/products/index.html)



## RESOURCES

### SEASONAL ORGANIC FARM FOOD

Delivered to your home!

Terra Firma Farms, [www.terrafirmafarm.com](http://www.terrafirmafarm.com)

Farm Fresh to You, [www.farmfreshtoyou.com](http://www.farmfreshtoyou.com)

### FERMENTED FOODS

Bubbies, [www.bubbies.com](http://www.bubbies.com)

Summer Bock, [www.summerbock.com](http://www.summerbock.com)

Make your own fermented veggies at home,  
[www.summerbock.com/ferment-veggies-at-home](http://www.summerbock.com/ferment-veggies-at-home)

### ALL ABOUT GLUTEN

Dr. Perlmutter, [www.drperlmutter.com](http://www.drperlmutter.com)

Dr. Tom O'Bryan, [www.theDr.com](http://www.theDr.com)

Gluten-Free Bread, [www.breadsrsly.com](http://www.breadsrsly.com) This bread is  
seriously good! Sourdough yummy!



## RESOURCES

### PROTEIN POWDERS

Pure Encapsulations, PureLean Protein Blend Basics, Pea Protein, [Click HERE](#)

Designs for Health, PurePaleo, Pea Protein, [Click HERE](#)

### SUPPLEMENTS

I like Pure Encapsulations brand (suggested by my functional medicine practitioner. Enter at the link below and use access code, **MBMC25** to receive 15% off your order. [Click HERE](#).



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