

# A BETTER MENU



## ANTI- INFLAMMATORY

Got aches and pains, an autoimmune disease or just want better nutrition to promote better health? Your body has an inflammatory system, and when it runs better, so do you. The foods you choose, as well as those you consume less of and avoid, help promote a healthy inflammatory response. This menu provides a range of options to show you how deliciously doable it can be to promote a healthy inflammatory response. You can choose to follow it daily for a week or a month or longer, or you can pick menu items to add into your current nutrition plan, so you get better anti-inflammatory nutrition more often. This menu is not a substitute for your doctor or dietitian's personalized advice. If they suggested you avoid something you see on this menu, you should.

# MONDAY

## Fall Spice Chia Pudding

¼ cup carrot puree

¼ cup butternut squash or canned, unsweetened pumpkin puree

¼ cup unsweetened almond milk

1 tsp. cinnamon

½ tsp. allspice

1.5 Tbsp. hemp seeds

1.5 Tbsp. chia seeds

Put chia seeds in almond milk. Let sit until chia seeds take on a pudding like consistency. In a bowl, fold in all other ingredients.

## Blueberry Almond Pick Me Up

Enjoy ½ cup blueberries with 10 almonds

## Fish Taco X 2

1 gluten-free tortilla (chickpea, cassava, almond, not corn)

1 large greens leaf (collard etc.) optional as second "tortilla"

½ avocado, mashed

½-1 can wild salmon, drained

½ cup cabbage or cultured veggies

2 tsp. hot sauce

Blend avocado, hot sauce and salmon. Add mixture to both tortillas or make one taco and have the rest on the side. Top with cabbage/veggies.

## Golden Milk Latte

8 oz. homemade cashew milk

2 Tbsp. organic turmeric/golden milk powder

Optional: 1 tsp. organic coconut sugar

Whisk all ingredients. Enjoy warm or chilled. Can also be made into popsicles

## Texas Caviar N' Bison Burger Bowl

1 bison burger, grilled\*

¼ cup black beans

1/2 cup jicama, chopped

1 cup lettuce, greens (can use frozen spinach, defrosted and strained)

½ cup green bell pepper, chopped

½ cup yellow bell pepper, chopped

Dressing: 1 Tbsp. olive oil, 1 Tbsp. lime juice

Add lettuce to your bowl; chop up bison burger and toss it in with all the other veggies. Drizzle dressing and enjoy.

\*Can make with any quality meat or non-meat burger (no corn, soy, gluten)



# TUESDAY

## Acai bowl

1 pack frozen unsweetened acai

2 Tbsp. organic almond butter

½ organic banana, ripe

¼ cup coconut water

Blend all above ingredients together in a blender and pour in a bowl.

Toppings: 1 Tbsp. organic cacao nibs, 1 Tbsp. seeds

## Tea N' Pistachios

¼ cup shelled pistachios

12 oz. organic herbal or green tea

## Cooked Salmon Sushi Bowl

½ cup ohitashi (steamed spinach)

1.5 oz. wild salmon sashimi

½ cup cauliflower rice steamed, strained

½ cup organic brown rice, cooked

2 Tbsp. tamari

1 Tbsp. sesame oil

1 tsp sesame seeds

## Better Gazpacho & Olive Oil

2 cups gazpacho

1 oz. organic feta cheese

1 Tbsp. olive oil

## Lentil Salad

2 cups romaine lettuce

½ cup cooked green lentils

¼ cup bell pepper, chopped

¼ cup cucumbers, chopped

¼ cup tomatoes, chopped

2 Tbsp. mint, minced

2 Tbsp. parsley, minced

Dressing:

1 Tbsp. sesame oil

1 Tbsp. ground ginger

1 Tbsp. apple cider vinegar

# WEDNESDAY

## Coconut Walnut Overnight Oats

¼ cup gluten-free oats

½ cup unsweetened hemp or almond milk

¼ cup chopped walnuts

2 Tbsp coconut flakes, unsweetened

1 tsp cinnamon

Add all ingredients EXCEPT non-dairy milk in a mason jar.

Add milk, stir gently to mix. Place lid and refrigerate for at least 6 hours or overnight. Open, grab a spoon and enjoy.

## Better Sip N' Chew

½ cup chopped organic kale

1 stalk organic celery

½ organic apple

1 Tbsp. organic lemon juice

1 thumb ginger

2 Tbsp. sunflower or hemp seeds

Blend all ingredients except the seeds together until smooth and creamy. Sip on the smoothie and chew on the seeds.

## Better Digestion Bowl

1-2 cups kimchi/cultured vegetables

1 cup organic unsweetened, plain almond/coconut/cashew yogurt

2 Tbsp. pumpkin seeds

## Better Be Chocolate

1 oz. dark chocolate

12 oz. unsweetened iced tea

## Stuffed Avocados

¼ cup tomatoes, chopped 1 Tbsp. olive oil

¼ cup cucumbers, chopped 1 garlic clove

¼ cup red onion, chopped 2 Tbsp. cilantro

1 avocado, ripe 2 Tbsp. oregano

¼ cup peas 1 Tbsp. apple cider vinegar

1 Tbsp. fresh lime juice

Halve an avocado. Remove the flesh from the avocado peel, keeping the two halves to be your bowls. Combine the avocado, lime juice, vinegar and oil; then fold in the vegetables. Spoon mixture back in the avocado halves. Enjoy with a protein source like two eggs, a piece of fish or top with mixed seeds like hemp, pumpkin and chia.

# THURSDAY

## Greens Scramble

1 organic egg                      ½ cup lentils  
½ cup kale, chopped            1 tsp. turmeric  
½ an avocado, mashed        1 tsp. garlic, minced  
Sauté egg, greens, lentils, garlic. Blend avocado and turmeric, then top with egg scramble

Side: ½ cup mixed organic berries

## Chai Tea Latte

8 oz. organic black tea        1 tsp. clove  
4 oz. coconut milk              1 tsp. cinnamon  
1 tsp. cardamom                10 nuts

Whisk spices and coconut milk together. Add to tea. Serve hot or cold. Enjoy with the nuts.

## Orange & Jicama Salad

1 jicama, chopped                1 Tbsp. lime juice  
2 oranges, sliced                1 Tbsp. olive oil  
½ jalapeno pepper, minced    1 tsp. sea salt  
¼ cup cilantro, chopped

## Homemade Trail Mix

½ cup organic gluten and corn-free cereal  
1 Tbsp. organic sunflower seeds  
1 Tbsp. organic pumpkin seeds  
¼ cup almonds, chopped  
2 Tbsp. organic cacao nibs

## Ginger Carrot Soup

½ cup cooked carrots  
1 Tbsp. fresh ginger  
2 Tbsp. fresh orange juice  
½ cup vegetable stock  
Pinch of ground nutmeg  
Pinch of ground pepper  
3 Tbsp. hemp seeds  
Blend all ingredients except seeds. Pour into saucepan (if you wish it to be a warm soup). Simmer but do not boil. Pour into a bowl and top with hemp seeds

# FRIDAY

## Cashew Ginger Cream

¼ cup non-dairy unsweetened milk  
1 tsp. raw organic honey  
½ cup cashews; soak cashews for 2 hours & rinse before blending  
1 thumb fresh ginger (optional) or 1 tsp. dried ginger  
½ cup organic blueberries  
Purée all ingredients, except berries, in a powerful blender until they create a cream. Enjoy cashew cream atop the berries.

## Jicama & Hummus

½ cup jicama sticks  
½ cup cucumber sticks  
¼ cup hummus

## Mediterranean Mushroom Salad

1 cup sautéed mushrooms  
1 cup wilted spinach  
½ cup canned chickpeas, drained  
1 chopped red pepper  
¼ cup chopped green onions  
¼ cup crumbled Feta cheese  
2 Tbsp. pine nuts  
1 Tbsp. extra virgin olive oil  
1 Tbsp. fresh lemon juice

## Pear & Turmeric Open-Faced Sandies

1 pear, sliced  
2 Tbsp. almond butter  
1 tsp. ground turmeric  
1 Tbsp. cacao nibs

## Cruciferi in Lemon Sauce

1 cup cauliflower florets, roasted  
1 cup broccoli florets, roasted  
½ cup cooked quinoa  
Sauce: 2 Tbsp. lemon juice, 1 Tbsp. olive oil, 1 garlic clove, minced  
Top with 2 Tbsp. chopped fresh parsley

# SATURDAY

## Cherry Protein Smoothie

¼ cup frozen cherries  
1 serving protein powder  
½ cup organic spinach  
1 cup unsweetened almond milk  
1 Tbsp. almond butter  
Pinch of cinnamon and cardamom

## Apple & Ginger Nut Butter

1 apple, sliced  
2 Tbsp. cashew butter  
1 tsp. dried ginger

## Coconut Lime Coleslaw Fish Bowl

3 oz. wild cod, cooked  
½ cup shredded red cabbage  
½ cup shredded green cabbage  
¼ cup shredded carrots  
2 Tbsp. raisins, chopped  
¼ cup walnuts, chopped  
¼ cup coconut milk  
Dressing:  
1 Tbsp. lime juice                      1 tsp. apple cider vinegar  
2 Tbsp. tahini                            Pinch of salt  
1 tsp. maple syrup  
Combine all ingredients, except fish in a bowl. Prepare dressing. Place fish in bowl and drizzle dressing on top.

## Black Bean Soup

1 cup organic black bean soup  
¼ of an avocado, sliced  
2 Tbsp. hemp seeds  
Option to add organic chicken sausage, diced; shrimp or cod for additional protein

## Roasted Chicken & Almond Green Beans

3 oz. organic roasted chicken  
1 cup green beans  
¼ cup almonds, sliced  
Dressing: 1 Tbsp. Dijon mustard, 1 Tbsp. apple cider vinegar, 2 Tbsp. olive oil  
Side: 1 cup melon, sliced

# SUNDAY

## Green Mojito Smoothie - 2 servings

(The Blender Girl Smoothies by Tess Masters)  
1 cup (240ml) coconut water or water  
1 teaspoon finely grated lime zest  
3 limes, peeled and quartered  
1 cup torn-up curly green kale leaves (1 or 2 large leaves with stalk removed)  
½ cup firmly packed mint  
2 cups frozen pineapple  
Blend all ingredients in your blender. Serve cold. You can freeze 2nd portion as a popsicle or sorbet.

## Radishes & Hemp Pesto

5 radishes, sliced  
¼ cup hemp pesto (see Better Nutrition Recipes)

## Open-Faced Grilled Vegetable Melt

½ small zucchini, sliced                      1 Portobello mushroom, sliced  
4 red bell pepper strips                      ¼ tsp. sea salt  
4 yellow bell pepper strips                      1 Tbsp. fresh parsley, minced  
2 Tbsp. olive oil  
1 slice of gluten-free whole grain bread

Drizzle olive oil on bread. Layer vegetable slices on top bread. Sprinkle salt.

## Broccoli Dip It

2 cups steamed broccoli                      ½ cup canned chickpeas, rinsed  
2 garlic cloves                                      1 tsp. salt & pepper  
¼ cup olive oil

Blend all above ingredients together in pulses until blended but still chunky. Enjoy with cucumber sticks or radishes and other vegetables.

## Turmeric-Cashew Rice Pilaf

½ cup cooked organic brown rice                      1 Tbsp. olive oil  
½ cup spinach                                      2 Tbsp. cashew halves  
½ cup green beans, chopped                      1 Tbsp. ground turmeric  
3 Tbsp. hemp seeds                                      Squeeze of fresh lime juice

In a saucepan, low heat olive oil and toss in spinach, green beans and turmeric. Stir for 5 minutes. Remove from heat and toss in a bowl together with rice, seeds and cashews. Squeeze lime.

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### NOTES:

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