

21-Day

# ARTHRITIS DIET PLAN

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Mouthwatering Recipes to Reduce Joint Pain and Relieve Arthritis



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# 21-DAY ARTHRITIS DIET PLAN:

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MOUTHWATERING RECIPES TO REDUCE JOINT PAIN AND  
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## Book Description

This book discusses various foods that can help you overcome the pain of arthritis and deal with general inflammation. It includes information designed to help you make an informed decision as you work toward implementing an “arthritis diet”. We have provided a comprehensive list of foods that will help to reduce inflammation in your body, as well as some foods that are known to cause inflammation and should possibly be avoided. The foods discussed here are grouped according to their type (fruits/vegetables, oils, etc.), and each food section explains not only how a particular item manages arthritis and/or reduces inflammation, but also what the health benefits are and how you can incorporate that particular food or food group into your diet, with the goal being to help you design a diet plan that will reduce inflammation and help you to feel better. We are confident that once you are finished with this book, you’ll be on your way to creating an “arthritis diet” that will significantly reduce your pain and improve your quality of life.

Following the guidelines and recipes in this book, you will experience less pain and inflammation, less fatigue and more energy, improved mental health (less anxiety and depression), and a better overall quality of life. You have the power to take action to help heal your RA symptoms. Changing your diet requires work, but it is an exciting journey, not a hardship. There are foods you should avoid but also plenty of new foods to fill your plate. Challenges will arise, but that is how we learn and grow. Remember, no one is perfect. Stay positive and enjoy the ride. You are about to embark on a life-changing journey.

This book will show you:

- What is Arthritis
- What are the Types of Arthritis?
- The Root Cause
- Natural Treatments for Arthritis
- The Symptoms of Arthritis and its Complications
- Foods to avoid

- What an Arthritis Diet Should Do for You
- Help Curb Inflammation
- Protect Against Autoimmune Diseases
- Help You Manage or Lose Weight and Reduce the Strain on Your Joints.
- Foods that relieve arthritis
- Breakfast
- Lunch
- Dinner
- Dessert and snacks

Click the “BUY NOW BUTTON”

Remember...there is no substitute for living a full, healthy life centered on being with your loved ones and enjoying the beautiful planet that we live on. By changing your diet, you are taking the first step toward a new, more fulfilling life...one in which you feel better about yourself and your choices.

## Introduction

Begin making small changes in your diet and lifestyle and work your way up to a more healthy and balanced way of living. Incorporating even one change a week can help you change your habits and make new ones, and in just a short time you'll be feeling better...both physically and emotionally.

You need to take is to create an “arthritis diet” for yourself based on the facts presented to you in this book, and the research that you have conducted on your own. We have provided suggestions here for foods that can be incorporated into your diet to help heal your inflammation and arthritis pain, however the real task is up to you. Consider your likes and dislikes and talk with your primary care physician or nutritionist to help create an eating plan that will get you back on the road to good health. When your diet is made up of your own choices, rather than dictated by someone else, you have a better chance of meeting your goals.

Changing how and what you eat is not easy, so don't feel angry or frustrated if you find yourself succumbing to your old habits in the beginning.

Whenever you feel like sticking to your new diet plan is an impossible task, recall the reasons for your decision to eat healthy, and picture yourself feeling better and enjoying life to its fullest. As with any diet plan, please make sure you discuss your concerns and choices with your physician, to ensure that you are making the best possible decisions for your health issues.

## Chapter 1: What is Arthritis

Arthritis is a disease that affects millions of people throughout the world. It is



more prevalent among adults of ages 60-70 years, although, in some cases, children and young adults also experience this disease.

Arthritis is known as rheumatoid diseases that attack the joints. This disease causes different symptoms and affects a man's ability to carry out his daily activities.

Many functions performed by the body are hindered because of the pain caused by this disease. Also, due to the pains it generates, it subsequently results in poor mental health.

There are different types of arthritis in which the most common type is osteoarthritis.

## **What are the Types of Arthritis?**

Arthritis consists of different categories which are later divided into different types. The categories are:

### **Back Pain**

Pains that affect the joints, nerves, bones, and muscles are known as back pain. Many other body organs also experience this pain.

Pains that affect the back may occur as a result of osteoporosis. Also, some could be as a result of the effect of osteoarthritis. Many back pains that occur in the spine is referred to as spondylitis.

This is one of the pains most individuals complain about. Many of this pain might not be as a result of arthritis but some are caused by this disease.

### **Soft Tissue Musculoskeletal Pain**

Pains that occur as a result of injury either via sport or accident could be regarded as soft tissue musculoskeletal pain. This disease is experienced in the bones, tissues, and joints.

### **Connective Tissue Disease**

There are different types of connective tissue diseases. These are:

- Systemic sclerosis.
- Lupus.
- Dermatomyositis.

Joint Inflammation and pains in the body occur as a result of connective tissue disease. Some tissues in the body organs such as kidneys, skin, muscles, and lungs could experience this inflammation.

Some tissues such as the cartilage, tendons, and ligaments are joined together or separated with the help of connective tissues.

### **Infectious Arthritis**

Infections such as bacteria, fungi, and viruses that invade the bones or joints could lead to inflammations in these body regions.

Some infections that affect bone marrows are also regarded as infectious arthritis. This infection causes severe pain in the body and could result in deformity.

### **Inflammatory Arthritis**

There are different types of inflammatory arthritis. These are:

- Ankylosing spondylitis.
- Rheumatoid arthritis.
- Reactive arthritis.
- Arthritis associated with colitis.

In this type of arthritis, the joints are affected by the immune system and cause the joints to become inflamed.

### **Degenerative Arthritis**

This category of arthritis affects about eight million individuals in the U.K. This type of arthritis is mostly called osteoarthritis.

The cartilage which surrounds the bones is affected by this type of arthritis. The cartilage, in this case, becomes very thin and rough. This infection hinders the cartilage from moving smoothly.

There are some other types of arthritis that usually affect people of all ages.

### **Dominant Types of Arthritis**

#### **Gout**

Gout is an inflammatory condition and it is one of the major prevalent types

of arthritis.

Gout is arthritis caused by the deposition of uric acid crystals. Uric acid is a constituent of urine and metabolic breakdown products of purine nucleotide. The uric acid is a weak acid that easily saturates as deprotonated urate anion which reacts with sodium ions to form monosodium urate.

The crystallization of monosodium urate placed in synovial fluid and tissues create a severe inflammatory reaction that is responsible for erythema, severe pain, and edema.

When there is an increased concentration of urate in the blood tissues responsible for the formation of monosodium urate crystals that are microscopically needle-like in shape which eventually deposited within the joints, connective tissues result in inflammation in the body.

## **Osteoarthritis**

Osteoarthritis is known as degenerative arthritis which is a constant condition that affects the joint. Osteoarthritis does not only attack the joint, but it also affects the knees, hips, lower back and neck, small joints (phalanges) of the palms, big toe and the bases of the thumb.

Cartilages that always cover the surface of all bones provide a smooth gliding surface for the easy movement of the bones.

When there is a problem or breakdown in the cartilage, there is a result of dislocation, pain, and swelling in the joints and bones.

The advanced state of osteoarthritis may result in bones damage and develop a state referred to spurs. Bits of bone or cartilage may probably remove and move within the joint.

When the problem of this disease continues for years, cytokines of a protein product and enzymes cause more damage to the cartilage. Cartilage becomes worn-out, bone moves over each other and causing chronic pain at the extreme stage of osteoarthritis.

## **The Root Cause**

Arthritis is becoming the most widespread disease all over the world. Surprisingly, those who are suffering from arthritis is not narrowed to middle-aged and elderly people alone. Even children and young adults could also suffer from this condition.

Arthritis is basically an inflammation in the joints due mainly of high uric acid. When this acid is deposited in the muscles, the effect is called muscular arthritis. Just so you know, arthritis and rheumatism are both painful conditions, and if left untreated could get worse, leaving the patient with excruciating pain every moment.

When the acids collect between joints, you could just imagine the pain like being brutally stabbed. That is how painful it is. There are times when the joints get locked resulting to stiffness until there will be little to no movement at all.

Every joint in the body is said to be covered by a membrane secreting an oily substance enabling the joints to move freely. This is called the synovial fluid. However, when acid deposits form in between the joints, the synovial fluid wears out mainly due to the continuous movement on those hard surfaces. When this happens, arthritis cannot be reversed. This is why it is often reiterated that having the right diet and treatment can help dissolve the acid deposits in the body that would help prevent arthritis from ever occurring.

While the modern world would pump patients with drugs to cure the condition, natural practitioners believed that having arthritis is mainly due to faulty diet.

## **Bodily Conditions Related to Arthritis**

Did you know that arthritis can be connected to other conditions such as kidney stones, cataract, gall stones, hernia, and a host of other ailments all directly related to an unhealthy diet?

Some of the food that leave a residue of toxic acids in the body are white bread, refined sugar, pork, and beef. Even cooking methods have destroyed alkaline mineral salts that is important in the neutralization of said acids. And when the acid is deposited in the joints, bones, and muscles, you are faced with a condition that could be the basis of many other major diseases.

How do you know if your body is starting to show signs of arthritis? If you are experiencing headaches, pain in the joints and muscles, cramps, pins and needles then you are a candidate for arthritis. The spine is often the sight of this condition as every area of the body is controlled by the nerves that run down the spinal column.

To give you an idea of the other areas of the body that are affected by the

deposits of acid, give a careful look at the following:

Acid deposits in the cervical vertebrae may affect:

The blood supply to the head

The brain

Inner ear

Pituitary gland

Bones of the face

Sympathetic nervous system

The neck glands

Neck muscles

Tonsils shoulders

Thyroid gland

Pharynx

Bursae in the shoulders and elbows

The eyes or the optic nerves

Auditory nerve

Mouth

Vocal cords

Sinuses

Auditory nerve

Tongue, teeth, and nose

Acid deposits in the lumbar vertebrae may affect:

The 5 lumbar vertebrae found in the spinal column. Unfortunately, this is also the area that is most commonly affected by arthritis.

Some of the common complaints include backache, frequent or urination, and sciatica.

If you are suffering from arthritis in the lumbar region of the spine, this

condition can give rise to the following:

Appendicitis

Acidosis

Bladder problems

Cramps

Constipation

Colitis

Diarrhea

Difficulty in breathing

Impotency

Varicose veins

Acid deposits in the dorsal vertebrae may affect:

The 12 dorsal vertebrae in the spinal column. This is a bit dangerous because misalignment may cause chest pains and heart conditions. Other at-risk parts include the lungs, coverings of the heart, bronchial tubes, and coronary arteries among others.

The gall bladder can also get affected resulting to jaundice and gallstones. This may also cause conditions such as low blood pressure and anemia.

Other parts of the body that are dependent on the dorsal vertebrae's proper alignment are:

Diaphragm

Kidneys

Small intestines

Fallopian tubes

Urethra

Adrenals

You have seen the long list of affected organs in the body and bodily complaints that arthritis of the spine can set up in the body. But of course, the

spine is not the only part of the body that can get affected by this condition. Some of the common body parts include the hands, feet, shoulders, and knees. In fact, every joint of the body is likely to be under attack by this condition.

## **Natural Treatments for Arthritis**

It is established that arthritis is mainly caused by a build-up of acids in the body usually derived from unhealthy eating and drinking habits. By recognizing this and treating the condition accordingly, you will eventually yield good, positive results.

In order to relieve and possibly cure a patient suffering from arthritis, the following must be done:

First, the patient should be willing to adopt a kind of treatment that will help eliminate toxic acids from the body.

Second, the sufferer must adhere to an acid-free diet in order to cure and stop further consumption of acid in the body.

Finally, the patient must work hard to restore all the nutrients deemed important in burning acids in the body.

Now, in the process of removing toxic acids, the following natural procedures can be done.

1. Combine one teaspoon of honey and one teaspoon of apple cider vinegar with hot water. Stir well. Take these 3 times a day.

So why is apple cider vinegar so effective, really? Because it helps regulate the body's metabolic process through the quantities of minerals that contain it. Apple cider vinegar is made from mature old apples with a powerful combination of acetic acid, minerals, and organic matter. This has the power to dissolve acid deposits passing out naturally through the kidneys. When the apple cider vinegar fills the bloodstream, it gets directly between the joints and dissolves harmful uric acid deposits and eventually passing them away.

Some of the wonders of apple cider vinegar to the body include:

- Weight loss. This is because the cider vinegar is a natural diuretic acting to some extent, as a slimming agent.
- A known blood normalizer. If a person's blood pressure is too high, the

cider vinegar will help to lower it down. Likewise, if it is too low, it will help raise it.

- It encourages the body to make effective use of the calcium from food. The body is said to be lack of calcium when there is brittleness in the nails, dull hair, and frequent cramps, pins and needles. The cider vinegar can all correct these conditions.

2. Honey – there are two kinds of sugar present in honey – fructose and glucose. These two are considered good sugars as they are pre-digested and can immediately be used by the body as energy source. What is the difference between other sugars? An ordinary sugar takes longer time to be used due to the delay while in the process of digestion.

Some of the natural vitamins and minerals contained in honey include:

- Calcium
- Protein
- Iron
- Magnesium
- Chlorine
- Potassium
- Sulfur
- Sodium
- Phosphorous
- Manganese
- Dextrin

Darker honey is said to contain more honey weigh against the light-colored ones. B complex vitamins are also found in honey, same as Vitamin C. Sadly, the body cannot store vitamin C, so there is a need to keep a daily supply of it. It is hard to know how much vitamin C one gets from the food you consume. For example, a freshly squeezed lemon left in the refrigerator for days will eventually lose significant amounts of vitamin C content, defeating the purpose of getting enough of the said nutrient. And so, what better source than natural pure honey.



### 3. Take Epsom salt baths 3 times a week.

It is said that the best way to eliminate acids from the body is through the skin. The use of Epsom salts is one good way to relax the joints and muscles after a long tiring day. All you have to do is dissolve 3 teaspoons of Epsom salt in hot water. You may choose to add more and keep the water hot for as long as you can bear it. However, take note that if you have high blood pressure or heart problems, hot water is not recommended.

Do not add oils, bath cubes, or soap as these will minimize the effects of Epsom salt because of the products' alkalinity. Take the Epsom bath for 10 minutes, damp yourself dry, and cover yourself with warm towel. It is important that you get straight to bed to keep the pores open all night. As much as possible, cover yourself with a blanket so as to encourage acid elimination through sweating.

Word of caution: On no account should the body be exposed to cold temperature after taking the Epsom salt bath. Why? This could lead to muscle and nerves tension that will cause more pain to the arthritic.

Now, if a bath is not possible, you can just at least bathe the hands and feet. This can be done three times daily. Soak your hands and feet in a cupful of Epsom salt for 10 minutes. Exercise the joints while doing so. You will notice how quickly the movement is regained in locked joints.

### 4. Take one teaspoon of black molasses 3 times a day

So what is the right dosage? One teaspoon of molasses dissolved in four ounces of water is just right. Molasses can be taken on toast or on porridge.

The benefits of molasses? It is an excellent internal and external healer, blood-cleanser, rich source of iron, and relieves depression as it is also a good source of B vitamins. It is rich in magnesium, copper, phosphoric acid, and potassium.

Did you know that high blood pressure and heart ailments respond well to molasses treatment? Molasses proves valuable in these cases as the salt containing it re-establishes muscle tone.

### 5. Exercise your joints and muscles on a regular basis. Stretching, walking, and running are your go-to activities.

It is important that you take plenty of regular exercise if you have the chance

because it is considered as one of the best forms of relaxation. Therefore, always make time for exercise no matter how busy your schedule is.

6. Take multivitamins to help burn up acids in the body and replace lost nutrition.

- Ask your health care provider for a multivitamin and mineral tablet.
- If you often suffer from cramps pins and needles all the time, it is best to have calcium in tablet form.
- There must also be vitamin B complex as this helps soothe tired nerves.
- Vitamin C supplement is also important.

## Chapter 2: The Symptoms of Arthritis and its

### Complications

Both men and women with arthritis tend to notice intense joint pain. Sometimes the manifestation of pain has a sharp outbreak, then calms down and even alternate with a period of no symptoms.

The symptom that characterizes arthritis most is joint inflammation, which can cause a mild to severe inability to mobilize the joints.

Mild to intense pain may be felt in one or more joints: neck, shoulders, elbows, wrists, fingers, back, hips, knees or ankles. Usually the pain is accompanied with stiffness, which is more intense when you wake up after several hours of rest.

Therefore, it is advisable to take a shower or hot bath in the morning and do some exercises with gentle movements, to move the joints.

Another symptom of arthritis is localized heat around the affected joint, as if the temperature in that area exceeds the normal human body temperature. This joint usually appears red and very sensitive to any stimulus.

Also, arthritis can lead to febrile episodes, especially if it is septic or infectious arthritis. Also, the person affected by arthritis can lose weight without intending to. Or you may notice an intense skin rash.

The doctor can diagnose arthritis by observing the affected area and listening to the description of the symptoms. The corroboration of diagnosis is usually made with a laboratory analysis of blood and radiography of the affected area.

A laboratory analysis of the synovial fluid can also be performed. If oral or injectable medications are prescribed to reduce inflammation and relieve pain, it is very possible that in the short term the symptoms of arthritis will lead to symptoms of other diseases caused by the adverse effects of these medications.

### Foods to avoid

Rheumatoid arthritis or RA is an inflammatory disease. What you eat affects how extreme or how often your flare ups will be. To avoid this, you may

want to consider removing these foods that are deemed to cause flare ups:  
Fried food – Deep-fried food such as potato chips, French fries, calamari, and even onion rings are high in food additives, trans fat, saturated fat, and sodium. All of which we could do with avoiding.

Trans Fats – this causes systemic inflammation and are mostly be found in processed snacks, frozen products, fast food, donuts, fried products, crackers, stick margarines, and cookies.

Saturated Fats – Some of the foods that trigger inflammation and worsen arthritis include pizza, red meat, pasta, full-fat dairy products, and sweet desserts.

Refined sugar – Did you know that the body's response to sugar intake is an increase in the production of stress hormones and insulin? These can greatly contribute to inflammation. So instead, try replacing them with complex carbohydrates such as whole grain bread, fruits, and vegetables. Eating fruit will not only help you manage your inflammation, but also help you control your sweet tooth.

Processed food – Fast food packaged meals are examples of overly processed food. These are loaded with food additives, sugar, unhealthy oils, and artificial flavors. Avoid calling for a fast food delivery or stopping at a drive thru, make it a habit to plan your meals for the week and have go-to snacks for when you're in a rush.

Sugar – processed ones found in sodas, chocolates, pastries, and even fruit juices can trigger the release of an inflammatory called cytokines. These are a large group of signaling molecules that are secreted by specific cells of the immune system and regulate inflammation, immunity, and hematopoiesis.

Salt – Too much salt can encourage inflammation. Processed foods are generally high in sodium. Those with lingering inflammatory conditions can benefit from a low sodium diet, preferably less than a teaspoon of salt or 1,500 mg a day.

Margarine – Trans fats found in margarine are considered a harmful ingredient and promote inflammation. Baked goods like biscuits, pies, and buns contain margarines and hydrogenated oils that are bad for people with rheumatoid arthritis.

Pork – arachidonic acid contained in red meat like pork are considered pro-

inflammatory. Apart from this, processed pork products such as hotdogs, sausages, and bacon have added nitrates meant for color preservation that are found to also increase the risk of diabetes and heart diseases.

Beef – Fats from animals are mainly saturated fat. High-fat beef is linked to inflammation and has the possibility of altering the gut bacteria, which mainly causes immune response thereby stimulating inflammation.

White grain products – Some examples include pasta and breads that are made from refined grains. These quickly break down and convert into sugar, causing inflammation. Go for whole grains instead since they take longer to break down in the body.

Alcohol – excessive consumption can cause inflammation and weakens the proper function of the liver.

## **What an Arthritis Diet Should Do for You**

Although the focus of this book is on foods that can address arthritis and joint inflammation, it would do you well to know what to look for when considering whether or not to include a particular food or food group in your diet. Ultimately, your aim is to have an “Arthritis diet” that helps you to focus on your whole body, rather than just one specific area. Ideally, your food choices should be able to:

### **Help Curb Inflammation**

Arthritis is characterized by inflammation, which is the body’s attempt to protect itself. Harmful stimuli, including an injury, pathogen, damaged cells or irritants can all cause inflammation. Acute inflammation is an indication that the body is trying to heal itself. Eating foods that relieve the inflammation in your body will help expedite the healing process. It is important to note that the presence of inflammation does not automatically mean that there is an infection in the body. Infection is caused by bacteria, a virus or fungus, and inflammation is simply an indication that the body is aware of the problem and is trying to fight it.

Inflammation is not always bad, and it is important to distinguish between the two types of inflammation that may be present in the body.

Acute inflammation comes on suddenly and is the result of an illness or injury to the body. It may be present for a few hours, days or weeks; however

it is usually not a permanent condition.

Chronic inflammation is a long-term condition that can result from not treating acute inflammation, as an autoimmune response to otherwise healthy tissue, or as the result of an irritant that persists over a period of time.

### **Protect Against Autoimmune Diseases**

Autoimmune diseases such as Lupus, Fibromyalgia, Celiac Disease, Graves' Disease and literally hundreds of others are caused when the body initiates an immune response to healthy cells. Inflammation occurs as the body attempts to fight the "imagined" threat to its systems. Acute inflammation is nearly always a part of an autoimmune disease, and some researchers believe that acute and prolonged inflammation in the body can actually trigger an autoimmune disease.

### **Help You Manage or Lose Weight and Reduce the Strain on Your Joints.**

If you are struggling to lose weight, recent studies indicate that there may be inflammation running unchecked in your body. A diet high in processed foods, which contain high amounts of sugar and fats, can lead to inflammation and cause your weight to balloon. This excess weight places a strain on your joints, which then initiate an immune response to fix the problem.

Recognizing your unhealthy eating patterns and initiating changes in your diet can help to decrease the inflammation in your body, leading to a gradual weight loss and reducing the strain on your joints. Prolonged stress and strain on your joints can lead you to develop arthritis, turning a temporary condition into a permanent one.

### **Substances That Relieve Arthritis and Reduce Inflammation**

There are many compounds in food that are believed to have anti-inflammatory properties. Here are some of the more common ones, as well as the foods in which they are found.

#### **Omega-3 Fatty Acids**

Also known as PUFAs or polyunsaturated fatty acids, omega-3s are essential fatty acids. They are necessary for a healthy body; however the body cannot produce them naturally and so they must be obtained from food sources.

Omega-3s can be found in healthy oils (e.g. olive oil, grapeseed oil, and safflower oil), fish oils, and fatty/oily fish (e.g. salmon, albacore tuna, sardines, and herring).

Omega-3 fatty acids first became popular because they help keep the heart healthy. Recent studies have shown that they may be able to reduce inflammation and alleviate symptoms of rheumatoid arthritis and osteoarthritis.

## **Vitamins that Fight Inflammation**

Antioxidant vitamins such as C, D and E have properties that have been shown to fight inflammation in the body and reduce the harmful effects of free radicals.

### **Vitamin A**

Found in vegetables such as kale, sweet potatoes, spinach, carrots, broccoli and collard greens, as well as in beef liver, and milk, this vitamin has been shown to effectively reduce inflammation in the body when paired with beta-carotene, a provitamin that converts to Vitamin A in the body.

### **Vitamin C**

Studies have shown that increased or adequate vitamin C intake reduces the level of C-reactive proteins or CRP in the blood. CRP is a marker for inflammation that is present when there are high levels of inflammation present in the body.

### **Vitamin E**

This vitamin is found in green leafy vegetables, sunflower seeds, almonds and avocados, and can also be taken as a supplement. Some experts believe that vitamin E causes inflammatory substances that cause damage to the heart to be released more slowly into the body, minimizing the effect that they have on the system and reducing the risk of cardiovascular disease. The alpha-tocopherol form of vitamin E has also been found to reduce lung inflammation in animals.

### **Quercetin**

Found in onions, tea, citrus fruits, and apples, quercetin is a flavonoid that contains antioxidant properties. It eases inflammation by inhibiting inflammatory agents, including histamines, leukotrienes, and prostaglandins,

which are substances in the body that cause inflammation and can lead to conditions such as osteoarthritis and autoimmune diseases like rheumatoid arthritis and lupus.

## **Anthocyanin**

Like quercetin, anthocyanin is also a flavonoid with antioxidant properties. This plant pigment is found in purple and red fruits, including blueberries, raspberries, and cherries. Anthocyanins are believed to have antioxidant and more importantly, anti-inflammatory properties. They prevent inflammation by neutralizing enzymes and inhibiting oxidants that cause damage to the blood vessels' connective tissues. When these tissues are destroyed, blood leaks into other tissues, causing pain and inflammation. They also ease inflammation by repairing damaged blood vessels and thereby putting a stop to blood leakage.

There are food sources containing the substances above that are not discussed in this book. The inclusion of this chapter is meant to guide you towards choosing foods that will provide you with the right nutrients to address arthritis and/or reduce joint inflammation, however we strongly recommend that you do diligent research to ensure that you are choosing the proper foods for your body.

## **Chapter 3: Foods that relieve arthritis**

### **Fatty Fish**

Fatty or oily fish are cold-water fish. They differ from white fish in that their whole body contains oil, while the latter only have oil in their liver. They should be a staple in any “arthritis diet” because they contain nutrients that effectively deal with inflammation and diseases such as arthritis. Examples of fatty fish are the following: eel, herring, kipper, mackerel, salmon, sardines, trout, and tuna.

### **How Fatty Fish Reduce Inflammation**

Fatty fish are an excellent source of omega-3s or polyunsaturated fatty acids (PUFAs), which, as mentioned in the first chapter of this book, not only ease inflammation but also reduce symptoms of arthritis. Omega-3s do this by promoting the production of resolvins - a type of fat that may prevent



inflammation.

## **Walnuts**

Walnuts have the highest concentration of Omega-3 fatty acids of any nut on the planet. They have also been shown to inhibit the production of neurotransmitters, which can increase inflammation and cause pain in the body.

Walnuts are rich in fiber, unsaturated fat, protein, vitamin E, and antioxidants. They also supply the body with copper and manganese. Unlike other nuts, walnuts contain high amounts of omega-3 fatty acids.

Walnuts do a lot for the body. They promote heart and bone health, and improve blood flow to your muscles. They also prevent cell damage caused by free radicals. Walnuts are likewise believed to have anti-cancer properties.

Omega-3 fatty acids in animal products – specifically in fish oils – are known to reduce joint pain and inflammation in rheumatoid arthritis. It is still unclear whether the omega-3s in walnuts produce similar results, but in a related study it was found that people who increase their intake of these nuts are able to reduce the levels of C-reactive protein (CRP) in their blood. This means that walnuts may be able to ease inflammation, too.

## **Whole Grains**

Whole and refined grains are similar in that they are both cereal grains. The difference lies in their composition. Refined grains such as white flour and white bread only make use of the cereal grain's endosperm – that is, the protective covering of the germ or the plant embryo. Whole grains, on the other hand, include all the parts of the grain, namely: the endosperm, the germ, and the outer layer or the bran. Examples of whole grains are brown rice, quinoa, and oats. They also include wholegrain products like whole wheat bread and flour.

Whole grains are high in dietary fiber – making them a very effective weight loss tool. They also provide magnesium, iron, selenium, and several B vitamins.

Consuming whole grains has a positive effect on your overall health. These foods keep your brain and heart healthy. They also boost your immune system and reduce your risk of developing chronic conditions.

The positive effect of whole grain consumption on inflammation is well documented. A study done in Germany established that people who do not consume a lot of whole grains during pre-adolescence are prone to having higher levels of interleukin-6 (which indicates the presence of inflammation in the body) during adulthood. Related studies showed similar results: intake of whole grain products has a direct correlation to the levels of inflammation markers such as C-reactive proteins or CRP in the blood. Simply put, when you eat more whole grains, your CRP levels decrease, which means inflammation is reduced. In another study, this time done in the US, it was found that consumption of whole grains led to a decrease in systemic inflammation.

## **Avocado Oil**

Green and mild tasting, this healthy oil derived from the avocado fruit has yet to become a kitchen staple in many households. Given its many benefits, though, you might want to give this healthy oil a try.

Avocado is a high fat fruit...but it's a good fat. One avocado contains almost 22 grams of monounsaturated fat and provides an excellent nutrition boost for any meal that it is added to. Avocados also boost the absorption of various nutrients found in other food because of its high unsaturated fat content, as well as raise the levels of HDL or good cholesterol and lower blood pressure in the body.

Avocado oil is likewise being looked into as a natural cure for psoriasis and periodontal disease.

This healthy oil reduces inflammation by reducing the levels of C-reactive protein (CRP) in the blood. Research that was done in Europe indicated that a supplement that combined soybean oil and avocado oil extracts successfully improved arthritis and osteoarthritis symptoms. So convincing are the results of this study that the said supplement is now recognized as a prescription drug in France.

## **Grapeseed Oil**

Grapeseed oil is a by-product of the winemaking process. Also known as grape oil, it is produced by pressing the grape seeds – in particular, the ones that have been discarded during winemaking. It is usually extracted chemically since each grape seed yields only a very small amount of oil.

Grapeseed oil is known for its culinary and cosmetic uses.

Grapeseed oil contains an omega-9 fatty acid called oleic acid that has been shown to help control food cravings. This makes it an effective tool for losing and managing weight. It was also found to reduce bad cholesterol or LDL levels and raise good cholesterol levels in the body.

Grapeseed oil is an excellent source of polyunsaturated fats or omega-3 fatty acids and vitamin E – substances known to have anti-inflammatory properties.

## **Olive Oil**

Olive oil is undoubtedly the best-known healthy oil in this chapter. It is a staple in different cuisines around the world and brings added flavor to many dishes. It also provides a host of health benefits that should convince you to give this oil a permanent place in your pantry.

Olive oil has many health benefits. It contains polyphenolic compounds, which promote heart health, and hydroxytyrosol, which was found to protect the nervous system against diseases. Recently it was established that when mixed with vitamin D, olive oil could help to prevent bone loss.

Olive oil contains oleocanthal, a substance that is believed to have the same effect as NSAIDs or non-steroidal anti-inflammatory drugs such as aspirin and ibuprofen. Oleocanthal works the same way as ibuprofen by blocking the production of COX-1 and COX-2 – enzymes that promote inflammation and increase the body's pain sensitivity.

## **Safflower Oil**

Safflower oil is derived from the seeds of the safflower plant. It has two variants: high-linoleic and high oleic. The former is best used in unheated food since it contains polyunsaturated fats/omega-3s. The latter, on the other hand, is rich in monounsaturated fats and can be used in place of olive oil in cooking.

Safflower oil is high in vitamin E, which has antioxidant properties, and polyunsaturated fats/omega-3 fatty acids. Experts believe that both of these substances provide a number of health benefits, including lowering cholesterol and blood sugar levels in the body. They may also reduce abdominal fat, which makes safflower oil effective in weight loss and

management.

Like the other healthy oils in this chapter, safflower oil is said to have anti-inflammatory qualities because of the omega-3 fatty acids and vitamin E it contains.

## **Coconut oil**

Coconut oil has been in the news lately for its seemingly endless health and wellness abilities. Long thought unhealthy because of its high fat content, coconut oil is now known to be high in antioxidants, with some studies showing them to be more effective than non-steroidal pain medication at relieving pain and inflammation in the body.

Coconut oil has a high smoke point, making it an excellent choice for cooking. Be sure to choose virgin coconut oil, as refined oils have had most of their healing properties stripped away during the refinement process.

## **Turmeric**

Turmeric is primarily used as an essential ingredient in curries. Aside from serving as a spice in many dishes, it is also used as a pigment and as medicine for various health conditions.

Turmeric is rich in manganese and iron. It can also provide you with dietary fiber, potassium, and vitamin B6. Studies suggest that it may have anti-cancer properties. It can also protect against several skin conditions, stomach ulcers, diabetes, and even Alzheimer's disease. It is likewise used in alternative medicine to treat depression.

Turmeric contains polyphenolic compounds called curcuminoids, which are responsible for its yellow hue. Curcumin is the primary curcuminoid and the most active substance in turmeric. It is also the focus of many studies on the health benefits – in particular, the anti-inflammatory properties – of the said rhizome.

## **Capsicum/Cayenne Pepper**

Cayenne pepper has a long history of use both as a medicine and as a cooking ingredient. Native Americans have been using these spices for thousands of years, while Asian healers have known of its curative properties for centuries.

Cayenne pepper is high in capsaicin, and contains the following nutrients: vitamin B6, vitamin C, vitamin E, manganese, and potassium. These and

other capsicums are a proven digestive aid. They are also used to address various conditions affecting the blood vessels and the heart: they lower cholesterol levels, improve blood circulation, and even prevent the onset of cardiovascular disease.

Capsicum is sometimes applied to the skin to reduce muscle spasms and nerve pain. It's also used to lessen pain resulting from rheumatoid arthritis, shingles, and fibromyalgia.

Cayenne pepper and other capsicums contain capsaicin. A study of this compound and its effects has shown that it can provide relief from pain and inflammation in individuals suffering from arthritis and osteoarthritis. Cayenne pepper also contains the antioxidants carotenoids and flavonoids. These neutralize free radicals, which induce inflammation by damaging/destroying the cells in the body.

## Tea

More and more people are switching to tea instead of coffee because it is thought to be healthier. It contains less caffeine and provides numerous health benefits. It may also address inflammation, so it should definitely be added to your arthritis diet.

Tea promotes bone and heart health. It also has antioxidant and anti-inflammatory properties. It is no surprise, then, that it should be included in your arthritis diet. There are different kinds of tea, but all of these contain antioxidants that protect the body from free radicals. Tea is likewise calorie-free, so those suffering from inflammation brought about by diseases such as rheumatoid arthritis and osteoarthritis can enjoy its benefits without gaining weight. In some cases, drinking tea, especially green tea, may also help in weight loss because it is known to boost your metabolism. These are noteworthy benefits because as mentioned earlier, being overweight or obese exacerbates inflammation and may even increase the odds of developing arthritis and other chronic conditions.

A study of various teas and their effects found that white tea is the healthiest and contains the most polyphenols - probably because it is not as processed as oolong and black tea. It provides relief from inflammation by inhibiting elastase and collagenase – enzymes that encourage inflammation by damaging connective tissues.

Green tea contains about the same amount of polyphenols as white tea. It is rich in EGCG or epigallocatechin gallate – a polyphenol that has been found to successfully halt the progression of arthritis by preventing interleukin-1 from breaking down cartilage. Interleukin-1 is a blood cell that supposedly helps the body fight infections by producing inflammation.

## **Chapter 4: Breakfast**

### **Toasted Egg Rolls**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

Ingredients:

Whole-meal bread, sliced thinly, crust removed

½ oz olive oil

2 eggs

Pinch of salt

Pinch of pepper

1 tbsp. skimmed milk

Directions:

Melt olive oil in a pan. Pour eggs and then the milk. Season with salt and pepper. Whisk well.

Pour scrambled egg over the bread.

Roll up and cook for 2 minutes. Serve.

## **Basic Breakfast Porridge**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

Ingredients:

3 cups water

3 cups milk

1 cup porridge oats

Pinch of salt

2 teaspoons molasses sugar

Directions:

1. In a saucepan, pour water, milk, and oats.
2. Add salt. Stir and bring to a boil.
3. Reduce heat and allow to simmer for 3 minutes. Put molasses sugar. Serve.

## **Oatmeal Pancakes**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

Ingredients:



8 tablespoons rolled oats

1 oz plain flour

1 egg

1 teaspoon clear honey

½ pint skimmed milk

¼ teaspoon bicarbonate of soda

Corn oil

Directions:

1. In a bowl, combine, oats and flour. Beat the egg and stir honey. Combine the egg-honey mixture into the oats and flour. Gradually stir in the milk.
2. Meanwhile, in a pan, heat the oil. Pour 2 tablespoons of the batter mixture. Cook until the top is set and the underside golden brown. Flip and cook the other side.
3. Transfer to a plate. Drizzle with honey.

## **Breakfast Oats with Sunshine Oil and Almonds**

Preparation time: 5 minutes

Cooking time: 50 minutes

Servings: 5

Ingredients:

4 tablespoons rolled oats

1 teaspoon sunflower oil

1 tablespoon honey

1 banana, sliced

1 oz almonds, chopped

Skimmed milk

Directions:

1. In a cereal bowl, combine rolled oats, sunflower oil, honey, banana, almonds, and skimmed milk.

2. Stir and serve.

## Sweet Potato Frittata

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

Soy-free

Gluten-free

Nut-free

Vegetarian

Paleo

Mediterranean

1 tablespoon extra-virgin olive oil, plus more for brushing 1 large sweet potato, peeled and cut into 1-inch pieces 1 small red onion, chopped

1 teaspoon salt

¼ teaspoon freshly ground black pepper

1 teaspoon chopped fresh thyme leaves

8 large eggs, well beaten

1. Preheat the oven to 375°F. Brush a cast-iron skillet with a little olive oil.

2. Toss together the sweet potato and onion in the skillet. Drizzle with 1 tablespoon olive oil and add the salt and pepper. Bake until the potato is tender, 10 to 15 minutes.

3. Remove the skillet from the oven and sprinkle the thyme over the vegetables. Carefully pour the eggs over the vegetables and return the skillet to the oven. Bake until the eggs are firm and jiggle only slightly if you shake the skillet, about 15 minutes.

4. Let cool for at least 5 minutes before cutting into wedges and serving.

#### Recipe Tip

Once cool, the frittata can be stored in the refrigerator for up to a week. And it's not just for breakfast—enjoy a slice of frittata for lunch or dinner!

#### Substitution Tip

This technique can be used to make any frittata. Zucchini, leeks, and rosemary, or new potatoes, red bell peppers, and basil are a couple of good combinations to try.

#### Nutritional Information Per Serving

Calories: 220

Total Fat: 14g

Total Carbohydrates: 9g

Sugar: 2g; Fiber: 1g

Protein: 15g

Sodium: 760mg

Coconut flour has become the mainstay of many gluten-free recipes. It thickens as the batter sits, so you may need to add more coconut milk while you're cooking the pancakes. Because the texture is a bit dry, these tasty

pancakes are at their best topped with fresh berries and plain yogurt. Meal Plan Tip: Double the batter recipe so you can make waffles next week with the leftovers.

## **Breakfast Spiced Omelette**

Preparation time: 5 minutes

Cooking time: 60 minutes

Servings: 5

Ingredients

For the Sauce

1 Tbsp. cornstarch

2 Tbsp. water

1 cup chicken stock, low-sodium

2 tsp. rice wine vinegar

1 Tbsp. light soy sauce

2 tsp. palm sugar, crumbled  
Pinch of sea salt  
Pinch of white pepper  
Omelette  
6 eggs, lightly whisked  
½ cup sweet ham, cooked, diced  
1 cup bean sprouts  
¼ tsp. red pepper flakes  
¼ cup cabbage  
4 water chestnuts, minced  
1 tsp. light soy sauce  
2 tsp. coconut oil, divided  
¼ cup scallions, minced, for garnish

Directions:

Dissolve cornstarch in water. Stir. Set aside.

Meanwhile, combine chicken stock, rice wine vinegar, soy sauce, palm sugar, salt, and white pepper in to the saucepan. Pour in corn starch.

Stir and cook until the sauce thickens. Turn off the heat.

For the omelet, combine eggs, sweet ham, bean sprouts, red pepper flakes, napa cabbage, water chestnuts, light soy sauce in a large bowl. Mix.

Heat the coconut oil in a nonstick skillet. Pour just the right amount of the mixture. Cook egg until partially set. Flip. Cook the other side for 1 minute.

Transfer to a plate. Cook remaining egg mixture. Garnish with fresh scallions. Serve with the sauce on the side.

## **Apple, Avocado, and Carrot Salad with Curry Vinaigrette**

Preparation time: 5 minutes

Cooking time: 50 minutes

Servings: 5

Ingredients

Vinaigrette

1 garlic clove, quartered

1 shallot, minced

2 Tbsp. curry powder

Pinch of sea salt

Pinch of black pepper to taste

1 Tbsp. garam masala

3 Tbsp. apple cider vinegar

3 Tbsp. pomegranate vinegar

¼ cup extra virgin olive oil

Salad

2 apples, sliced thinly

¼ lb. baby spinach leaves, rinsed, spun-dried

1 lb. baby carrots, boiled in salted water until tender

1 avocados, sliced into chunks

Directions:

Combine garlic clove, shallot, curry powder, salt, black pepper, garam masala, apple cider vinegar, pomegranate vinegar, and extra virgin olive oil. Whisk all ingredients come together and the salt dissolves.

Place apples, baby spinach leaves, baby carrots, and avocados in a salad bowl. Drizzle in half of the dressing. Gently toss to combine.

To serve, spoon salad into plates. Season with just the right amount of vinaigrette.

## **Baguette Stuffed with Chicken Salad**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients:

1 gluten-free baguette

4 servings Chicken Salad, this can be store-bought or homemade



1 ½ Tbsp. English mustard, for spreading

Directions:

To make the sandwich, spread mustard on one part of the bread.

Stuff with chicken salad. Slice bread into equal portions. Serve.

## **Broccoli on Apple Cider Vinegar and Maple Syrup**

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 5

Ingredients:

5 cups broccoli florets

1/3 cup water

1 tsp. olive oil

1 tbsp. maple syrup

1 tbsp. apple cider vinegar

Pinch of salt

Pinch of pepper

¼ cup pumpkin seeds

Directions:

Pour water in a skillet. Bring to a boil. Add in broccoli florets. Cook for 3 minutes, covered.

Cook, uncovered, for another 3 minutes or until the broccoli is tender and the water evaporates.

Meanwhile, pour olive oil into the skillet. Stir in broccoli for 2 minutes. Remove from heat. Transfer to a serving dish.

Drizzle broccoli with maple syrup and apple cider vinegar. Season with salt and red pepper. Scatter pumpkin seeds on top.

## **Gluten-free Rolls Stuffed with Vegetable Salad**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

Ingredients:

4 servings vegetable salad, either store-bought or homemade

1 Tbsp. English mustard, for spreading

For the bread Dry ingredients

1 cup almond flour, finely milled

1 ½ Tbsp. instant bread yeast

2 tsp. xanthan gum

½ cup tapioca flour

1 ½ cup sweet potato starch

1 Tbsp. palm sugar, crumbled

1 ½ tsp. sea salt

Wet ingredients

1 cup warm water

3 egg whites, whisked

1 tsp. coconut vinegar

1 Tbsp. coconut oil

Directions:

Preheat the oven to 425°F. Lightly grease baking sheet with parchment paper; e with coconut oil.

To make the bread, put together almond flour, instant bread yeast, xanthan gum, tapioca flour, sweet potato starch, palm sugar, and sea salt in a mixing bowl.

Create a well in the center. Pour warm water, egg whites, coconut vinegar, and coconut oil

Mix until the dough comes together. Set aside dough for 15 minutes.

Divide into equal portions. Place dough in a floured surface and shape into balls.

Set aside dough for another 15 minutes.

Place on a baking sheet and bake for 30 minutes or until the crust is golden brown and the loaf risen.

Remove baking sheet from the oven. Let cool on a cake rack. Slice off ½ inch off the bread and scoop out just the right amount of bread filling.

To make the sandwich, spread mustard on scooped out part of the bread. Stuff salad into bread. Serve.

## **Chapter 5: Lunch**

### **Spinach and Grape Tomatoes Salad**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

Ingredients:

4 tsp. balsamic vinegar

2 tsp. vegetable oil

1 ½ tsp. sugar

Dash of Worcestershire sauce

2 cups spinach

½ cup grape tomatoes

1 oz. Tofutti cheese

Directions:

Put together balsamic vinegar, vegetable oil, sugar, and Worcestershire sauce in a bowl. Mix well. Set aside.

Put spinach and grape tomatoes in a bowl.

Pour dressing all over the vegetables. Put tofutti cheese on top. Serve.

## **Yang Chow Veggie Rice**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients:

2 tbsp. olive oil

1 onion, diced

4 garlic cloves, chopped

¼ cup tomatoes, diced

4 cups brown rice, leftover will do

½ cup green peas

½ cup carrots, diced

1 cup tofu, mashed

½ cup cabbage, shredded

1 tbsp. soy sauce

Pinch of salt

Pinch of pepper

Directions:

Pour olive oil in a nonstick skillet. Sauté onion, garlic, and tomatoes for 4 minutes. Tip in leftover brown rice and green peas.

Stir continuously until all ingredients come together. Add in carrots, tofu, and cabbage into the mix.

Meanwhile, combine soy sauce, salt, and pepper in a small bowl. Pour over the rice mixture. Continue stirring until everything is cooked through. Serve.

## Braised Lamb

Preparation time: 5 minutes

Cooking time: 50 minutes

Servings: 5

Ingredients:

1 tablespoon oil

2 lbs shoulder lamb, trimmed

1 onion, sliced

1 red pepper, sliced

1 pint hot water

1 chicken cube

Pinch of salt

Pinch of pepper

½ cup frozen peas, thawed

½ cup potatoes, diced

Directions:

1. Heat the oil in a pan. Cook the lamb for 5 minutes or until brown. Set

aside.

2. Toss the onion and pepper. Saute for 2 minutes. Return lamb into the pan and mix with onions.
3. Pour water and stock cube. Bring to a boil.
4. Add peas and potatoes. Allow to simmer for 15 minutes.
5. Place lamb on a platter and serve with vegetables and gravy.

## **Lamb Kebabs**

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 5

Ingredients:

1 onion, chopped

2 garlic cloves, crushed

1 lb lamb, minced

3 tablespoons yoghurt

2 green chillies, finely chopped

2 tablespoons coriander, chopped



1 piece fresh root ginger, finely chopped

1 tablespoon apple cider vinegar

1 teaspoon turmeric

½ cup breadcrumbs

1 oz sunflower margarine, melted

Pinch of sea salt

Cucumber slices

Directions:

1. Preheat the grill to high.

2. In a bowl, combine onion, garlic, lamb, yogurt, green chillies, coriander, root ginger, apple cider vinegar, turmeric, breadcrumbs, sunflower margarine, and salt.

3. Knead until the mixture is well blended. Let it sit for 30 minutes.

4. Lightly grease skewers. Shape meat mixture skewers. Grill for 5 minutes.

5. Turn over ad grill for another 5 minutes.

6. Arrange skewers in a platter and garnish with cucumber on the side. Serve.

## **Spinach Tofu Scramble**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

Ingredients:

½ tbsp. olive oil

1 onion, minced

½ tsp. garlic, minced

½ bell pepper, minced

8 oz extra firm tofu, crumbled

½ cup spinach

½ tsp. paprika

½ tsp. cumin

¼ tsp. turmeric

1 tbsp. nutritional yeast

Pinch of sea salt

Pinch of ground black pepper

Directions:

Pour olive oil in a nonstick skillet. Sauté onion, garlic, and bell pepper for 3 minutes or until aromatic and tender.

Add in crumbled tofu in the skillet. Sauté until all ingredients are mixed. Tip in spinach.

Season with paprika, cumin, turmeric, salt, and pepper. Stir in nutritional yeast. Continue mixing until cooked through. Serve.

## **Turkey Sausage**

Preparation time: 5 minutes

Cooking time: 50 minutes

Servings: 5

Ingredients:

1 onion, finely chopped

2 cups wholemeal breadcrumbs

2 teaspoons sage

Sunflower margarine

5 turkey sausages

5 lamb's liver, thinly sliced

Pinch of salt pinch of pepper

Directions:

1. Combine onion, breadcrumbs, sage, and margarine.
2. Spread stuffing on sausages. Wrap each sausage with lamb's liver.

3. Grill for 10 minutes. Serve.

## **Taquitos Made with Mushroom**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients

Two tsp of ground Thyme.

Four tsp of chili powder.

Six tbsp of Sea salt.

Four tbsp of Oregano.

Four cups of sliced Onions.

Eight cups of sliced Mushrooms.

Four tbsp of Tomato sauce.

Four tsp of Onion powder.

Directions:

Place a frypan on a source of heat.

Add Olive oil and heat.

Add Onion stir fry until golden brown.

Add Mushroom and stir fry for 4 minutes.

Complement with seasonings.

Place in corn shells firmly.

Then fry until crunchy.

## **Bell Pepper with Mushroom**

Preparation time: 5 minutes

Cooking time: 50 minutes

Servings: 5

Ingredients

A quarter cupful of Quinoa.

Half lb. of brown button Mushroom.

One green and quarter red bell pepper.

One and a half tbsp of Olive oil.

A pinch of ground Cumin.

Quarter tsp of sweet Basil.

Quarter tsp of Dill.

Quarter tsp of Sea salt.

One slice of crushed Kamut.

Directions:

Initially heat up your oven at a temperature of about 270 degrees.

Place the bell peppers in a source of heat and heat them to achieve a soft pepper. then hollow out

Put water in a saucepan and allow it to get to three third of the pan.

Add quinoa grain.

Place in a source of heat and simmer until it absorbed the water.

Stir-fry mushrooms and red bell peppers in olive oil placed in a source of heat.

Add cumin in bell peppers with some spices and olive oil.

Add the following together and mix Quinoa, Mushrooms, and bell pepper with remaining seasonings.

Using your initially heated oven, bake for about 12 minutes.

Remove from the oven and consume immediately.

## **Baked Pineapple with Rice and Veggies**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

## Ingredients

### Ingredients:

1 1/2 Tbsp. olive oil

1 1/2 Tbsp. sesame oil, toasted

1/3 cup red onion, minced

1 large pineapple, halved, flesh chopped

3 Tbsp. tamari

3 Tbsp. sweet chili sauce

12 oz extra firm tofu, drain, sliced into cubes

4 1/2 cups brown rice, cooked

3/4 cup carrots, cooked Pinch of sea salt

Pinch of ground black pepper Olive oil, for greasing

### Directions:

Preheat the oven to 325 degrees F. Cut out sheets of aluminium foil to wrap pineapple shells. Make sure to leave a small opening in the center.

Lightly grease the inner sides with olive oil. Set aside.

Pour olive oil in a wok. Cook tofu cubes until golden brown. Stir in red onion and sauté until translucent.

Add in sesame oil, tamari, and chili sauce. Allow to simmer. Tip in carrots, rice, and corn. Season with salt and pepper. Saute for another 3 minutes.

Add pineapples. Turn off the heat.

Place rice mixture into pineapple shells. Wrap in aluminium foil. Place shells on a baking sheet. Bake for 30 minutes.

Remove from the oven. Unwrap pineapples. Serve immediately.

## **Vegetable Relish**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients

Ingredients:

2/3 cup red onion, chopped

1 garlic clove, finely chopped

1 avocado, pitted

15 oz can black beans, rinsed

¼ cup fresh cilantro, chopped

3 tbsp. lime juice

1 tbsp. olive oil



Directions:

Place red onion, garlic, avocado, black beans, cilantro, lime juice, and olive oil in a bowl. Mix until all ingredients are combined.

Cover and place inside the fridge to chill for 1 hour or until ready to serve.

## **Quinoa-Stuffed Bell Peppers**

Preparation time: 5 minutes

Cooking time: 50 minutes

Servings: 5

Ingredients

Ingredients:

3 red bell peppers, halved

3 green bell peppers, halved

Pinch of sea salt

2/3 tsp cayenne pepper

Olive oil

1 1/2 cups quinoa, rinsed

3 cups vegetable stock

For the Stuffing

4 1/4 Tbsp. olive oil

3 garlic cloves, minced

1 onion, minced

3 celery stalks, minced

1 carrot, minced

3/4 tsp cumin

1 1/2 tsp chili powder

1/4 cup pumpkin seeds, shelled

4 Tbsp. basil, chopped

4 Tbsp. oregano, chopped

Pinch of salt

3/4 cup vegetable stock

Directions:

Preheat the oven to 400 degrees F. Place red and green bell peppers on a baking sheet. Season with salt and cayenne pepper. Drizzle in olive oil.

Place quinoa in a saucepan. Pour vegetable stock. Bring to a boil.

Once boiling, reduce to a simmer for 30 minutes, or until the liquid is completely absorbed. Set aside.

Place bell peppers in the oven and bake for 15 minutes.

Meanwhile, heat the olive oil in a skillet. Sauté garlic, onion, celery, carrot, cumin, chili powder, and pumpkin seeds until golden brown.

Add in quinoa into the skillet. Fold in basil. Season with salt. Sauté until combined.

Coat a casserole dish with olive oil. Set aside.

Stuff peppers with filling. Place on the casserole dish. Pour vegetable stock all over stuffed bell peppers. Cover with aluminum foil.

Place inside the oven and bake for 25 minutes. Serve warm.

## **Mung Beans and Tomato Lettuce Wraps**

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 5

Ingredients

Ingredients:

2 tbsp. olive oil

2 garlic cloves, diced

1 tomato, diced

1 red bell pepper, sliced

¼ cup mung bean sprouts

1 ½ Tbsp. pumpkin seeds, crushed

½ Tbsp. apple cider vinegar

3 lettuce leaves

1 ½ Tbsp. lemon juice, freshly squeezed

Directions:

Heat olive oil in a nonstick skillet. Once hot, sauté garlic, tomato, bell pepper, mung bean sprouts, and pumpkin seeds. Squeeze in lemon juice. Stir well.

Pour apple cider vinegar into the sprouts. Cook until the garlic is fragrant. Turn off the heat.

Spread lettuce leaves out. Place an equal amount of the veggie mix among them. Roll up lettuce leaves. Serve.

## **Chicken in Mushroom Sauce**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients

Ingredients:

Chicken pieces

Pinch of sea salt

Pinch of pepper

1 teaspoon fresh rosemary

1 teaspoon fresh chives

1 cup apple cider vinegar

1 ½ cups mushrooms, sliced

1 tablespoons margarine

1 cup wholemeal flour

1 ½ cups skimmed milk

Directions:

1. Preheat the oven to 350 F.
2. Place chicken in a casserole. Season with salt and pepper. Sprinkle with rosemary and chives. Pour apple cider vinegar.
3. Cut mushrooms into small pieces and cover with foil. Bake in the oven for 45 minutes.
4. Meanwhile, in a saucepan, heat the remaining margarine and stir in flour. Add milk. Bring to a boil.
5. Tip in juices from the chicken and mushrooms. Let it simmer for 3 minutes. Serve.

## **Broccoli Matchsticks**

Preparation time: 5 minutes

Cooking time: 50 minutes

Servings: 5

Ingredients

Ingredients:

2 broccoli stems, sliced into thick matchsticks

olive oil, for shallow frying

1 cup almond milk

1 cup almond flour, finely milled

Pinch of salt

Dash of Spanish paprika

¼ cup cashew cheese

Directions:

Pour olive oil into a nonstick skillet.

Place almond milk, almond flour, and breading in 3 different bowls.

Dredge broccoli matchstick in this order: flour, milk. Repeat until all matchsticks are breaded.

Once the oil is hot, fry broccoli matchsticks until crisp and golden brown. Drain on paper towels.

Season with salt and paprika. Serve with cashew cheese as dip.

## **Lamb Steak with Veggies**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

### Ingredients:

- 1 cup button mushrooms, sliced
- 1 green pepper, thinly sliced
- 1 leek, thinly sliced
- 1 cup bean sprouts
- ¼ cup sesame oil
- 2 tablespoons soya sauce
- 2 lamb steaks, thinly sliced

### Directions:

1. In a pan over medium heat, heat the oil. Saute mushrooms, pepper, and leek for 3 minutes or until tender.

2. Add bean sprouts and soya sauce. Saute for 2 minutes. Set aside.

3. Put the lamb steaks into the pan and cook for 5 minutes on each side.

4. Transfer lamb into a platter and top with vegetables. Serve.

## **Spanish Chicken Style**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

Ingredients:

1 cup olive oil

3 lb chicken

1 garlic clove, crushed

2 onions, thinly sliced

1 red pepper, chopped

1 cup artichoke hearts

2 cups chicken stock

½ teaspoon saffron threads

1/8 teaspoon ground cayenne

Pinch of sea salt

Pinch of pepper

10 stuffed olives, halved

1 tablespoon sunflower margarine

1 ½ tablespoon flour

Directions:



1. Preheat the oven to 350 F.
2. Heat the oil and cook the chicken pieces for 7 minutes or until evenly browned. Set aside.
3. Saute garlic, onions, and pepper for 3 minutes or until translucent and fragrant. Add the artichoke hearts and cook for 2 minutes.
4. Pour over the chicken stock and tip in saffron and cayenne.
5. Add the mixture over the cooked chicken. Place inside the oven and cook for 1 hour.
6. Add olives and bring back to a boil. Combine the blended flour and margarine. Stir well. Serve.

## **Loaded Vegetable Soup**

Preparation time: 5 minutes

Cooking time: 50 minutes

Servings: 5

**Ingredients:**

4 tbsp. olive oil

2 tbsp. garlic, minced

2 cups leeks, chopped

2 cups carrots, chopped into rounds

2 cups potatoes, diced

2 cups green beans, broken into pieces

Pinch of salt

8 cups vegetable stock

4 cups tomatoes, chopped

½ tsp ground black pepper

2 tsp lemon juice, freshly squeezed

¼ cup parsley, chopped

Directions:

Pour olive oil in a heavy pot. Saute garlic for 2 minutes or until fragrant. Add in leeks, carrots, potatoes, green beans, and salt. Cook for 10 minutes or until just tender. Stir occasionally.

Pour vegetable stock. Add in tomatoes and black pepper. Reduce the heat and allow to simmer for 25 minutes.

Remove from heat. Adjust seasoning, if needed.

To serve, garnish with lemon juice and parsley. serve warm.

## **Country Cabbage Soup**

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 5

Ingredients:

1 Tbsp. olive oil

1 white onion, sliced

1 russet potato, diced

½ celery stalk, chopped

1 carrot, sliced

1 tomato, diced

2 ½ cups vegetable stock

2 cups green cabbage leaves, shredded

Pinch of sea salt

Pinch of ground black pepper, to taste

Directions:

Pour olive oil in a soup pot. Once hot, sauté white onion for 2 minutes or until tender. Add in carrot, tomato, potato, cabbage, and celery. Pour vegetable broth. Stir well to combine.

Bring mixture to a boil. Once boiling, reduce to a simmer for 30 minutes or until potatoes are tender. Season with salt and pepper.

To serve, ladle soup bowls. Serve warm.

## **Butternut Pumpkin and Spinach Salad**

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 5

Ingredients:

1 butternut pumpkin cut to several slices.

1 ½ cups baby spinach leaves

1/4 cup olive oil

1 tbsp. wholegrain mustard

2 tbsp. red wine vinegar

1/2cup feta cheese

3 red onions

Directions:

Preheat the barbecue grill to medium.

Brush butternut pumpkin with olive oil. Season with salt and pepper.

Grill pumpkin slices until tender. Transfer to a plate.

Grill onions until they become translucent. Transfer to a bowl.

Add grilled pumpkin and onion, spinach leaves, and feta cheese in a serving bowl.

For the dressing, combine olive oil, mustard, and vinegar. Stir well. Pour contents into a jar with a tight-fitting lid.

To serve, garnish salad with feta cheese. Drizzle in just the right amount of dressing.

## Spiced Oriental Greens

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

Ingredients:

For the Dressing

1/2 tsp garlic cloves, minced

1/2 Tbsp. ginger, grated

1 scallion, chopped

1 Tbsp. olive oil

1 Tbsp. toasted sesame oil

1 tsp pure maple syrup

2 Tbsp. tamari

1 Tbsp. black sesame seeds

1 Tbsp. white sesame seeds

1/3 tsp crushed red chili flakes

1 1/4 Tbsp. fresh cilantro, chopped  
3/4 Tbsp. lime juice, freshly squeezed  
4 cups Napa cabbage, chopped  
4 cups red chard, chopped  
4 cups green chard, chopped

**Directions:**

For the dressing, put together garlic, ginger, scallions, olive oil, sesame oil, maple syrup, tamari, black and white sesame seeds, red chili flakes, cilantro, and lime juice in a bowl.

Meanwhile, in a saucepan, pour water. Bring to a boil. Add in red and green chard and Napa cabbage. Cook for 30 seconds or until wilted. Drain.

Transfer to a bowl. Pour sauce all over. Toss to coat. Serve.

## **Sautéed Baby Zucchini**

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 5

**Ingredients:**

Pinch of salt

Pinch of pepper

Oregano

1 pack baby zucchini, chopped in half

1 garlic clove, crushed

1 tbsp. olive oil

Directions:

Season baby zucchini with salt and pepper.

Meanwhile, pour olive oil in a nonstick skillet. Slide zucchini. Add in oregano. Cook for 2 minutes on each side. Add the garlic and cook for another minute before serving.



## Chapter 6: Dinner

### Grilled Catfish Fillets with Tomato Salad

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 5

Ingredients:

¼ lb. cherry tomatoes, quartered

2 salad tomatoes, ripe, cubed

2 green tomatoes, cubed

1 leek, minced

Pinch, fresh cilantro, minced

1 tbsp. balsamic vinegar

Pinch of salt

Pinch of black pepper

4 catfish fillets

2 Tbsp. Spanish paprika powder

½ tsp. sea salt

1 tsp. red pepper flakes

Directions:

Set the grill pan on medium high heat.

Meanwhile, put together cherry tomatoes, green tomatoes, salad tomatoes, leek, cilantro, balsamic vinegar, salt, and pepper in a bowl. Toss until all ingredients are well-combined. Place inside the fridge until ready to serve.

In another bowl, mix Spanish paprika powder, salt, and red pepper flakes. Dredge catfish fillets on the marinade sauce.

Grill for 5 minutes on each side. Flip and grill for 3 minutes on the other side.

Transfer fish to a platter with aluminum foil. Allow to rest for 3 minutes.

To serve, place fish fillets on a platter with tomato salad on the side.

## **Baked Brussels Sprouts**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

Ingredients:

2 tbsp. olive oil, divided

1 lb brussels sprouts

½ onion, chopped finely

½ tsp. salt

½ tsp. ground black pepper

**Directions:**

Preheat the oven to 425 F. Lightly grease baking sheet with olive oil.

Place the steamer basket in a pot. Pour water. Bring to a boil.

Once boiling, put Brussels in the steamer basket. Steam for 5 minutes.

Remove Brussels from the pot. Drain and then transfer to a bowl.

Add in the remaining olive oil, onion, salt, and pepper.

Place inside the oven and bake for 15 minutes. Serve.

## **Stir-Fry Mixed Veggies**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

**Ingredients:**

3 tbsp.olive oil

1 package frozen mixed green vegetables

2 tbsp. water

2 tbsp. soy sauce

1 package fresh spinach

Directions:

Pour olive oil in a nonstick skillet. Add in frozen mixed greens. Stir fry for 5 minutes or until tender.

In the same skillet, pour water. Season with soy sauce. Allow to simmer for 3 minutes.

Stir in spinach. Steam for 3 minutes together with the mixed veggies, covered. Serve.

## **Salmon and Dill Spread**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

## Ingredients:

4 oz. smoked salmon

4 oz. non-fat cream cheese

2 ½ Tbsp. mayonnaise

Pinch of sea salt

Pinch of ground black pepper, to taste

2 Tbsp. fresh dill, chopped

## Directions:

Place smoked salmon, mayonnaise, and cream cheese in a food processor. Pulse until all ingredients are well-combined.

Pour mixture into an airtight container. Add in fresh dill. Season with salt and pepper.

Place inside the fridge for a few hours or until ready to serve. This spread is best served with cucumber, carrot, and celery sticks.

## **Fried Vegetable Mixture**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients

Two cupsful of chopped Broccol

i.

Two chopped red and green Pepper.

One chopped yellow Onion.

Two packs of chopped Oyster Mushrooms.

Six tbsp of pure Olive oil.

Four chopped Zucchini.

Sixteen chopped Cherry tomatoes.

Directions:

Pour the Olive oil into a frying pan.

Complement with Tomatoes and Onions.

Add mushrooms and stir-fry for about another 4-5 minutes.

Add Zucchini, bell peppers, Broccoli and stir-fry 4-5 minutes.

## **Pasta Salad**

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 5

## Ingredients

Two tbsp of Sea salt.

Two sprints of Cilantro.

Two tbsp of fresh Lime juice.

One packet of Spelt penne.

One Avocados cut in sizes.

A quarter cupful of Olive oil.

A three-quarter cupful of Sun-dried Tomatoes.

A quarter cupful of sliced Onions.

Two tbsp of Almond milk.

One and a half tbsp of Maple syrup.

## Directions:

Cook the pasta as directed by the producer.

Add the whole recipes together in a large container.

Mix well until uniformly distributed.

## **Salad Made with Mushroom**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients

Half bunch of torn romaine lettuce.

One tsp. Basil.

One red chopped bell pepper.

Half bunch of torn fresh Spinach.

Half a bunch of torn red leaf Lettuce.

Two chopped red onion.

One cup of Olive oil.

One tsp of Sea salt.

Sixteen oz. of Mushrooms.

Half cup fresh lime juice.

One tsp. of Dill.

Directions:

Wash the following perfectly and dry: mushrooms and the greens and slice.

Add onion, bell pepper, olive oil, lime juice, dill, sea salt, and basil to the Mushroom.



Place in the refrigerator for 30 minutes. This will make it marinade.  
Add the other washed greens to the Mushroom and mix very well.

## **Cream of Rye**

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 5

Ingredients

1 1/2 cup of cream of rye.

1/2 cup of water.

1/2 cup of almond milk.

1 tsp of vanilla extract.

1/4 cup of agave nectar.

Directions:

Add water to a pot and bring to boil.

Once boiling, take opt off the fire.

Add cream of rye mix until thickens.

Add vanilla extract, agave nectar, and milk.

Stir then serve.

## **Soup made from Mushroom Vegetable**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

Ingredients

One cupful of chopped Oyster mushrooms.

One cupful of Quinoa.

One red and green chopped bell Pepper.

One tie of rinsed Spinach and steamed.

Two tbsp of pure Olive oil.

A half cupful of Kamut spiral pasta.

A half cupful of spring water.

Two sliced Onions.

Two large Chayote squash peeled and sliced.

Three bunches Kale.

One Clove.

Half tsp of marjoram, rosemary, oregano, thyme, red pepper, and cumin.

Directions:

Using medium heat, place olive oil on it and heat.

Add Mushrooms, Bell peppers, and Onions to the oil and Stir-fry lightly for 15 minutes.

Add the mushroom mixture in the soup pot and fill with spring water

Add Chayote squash.

Add the following: Cumin, Marjoram, Rosemary, Oregano, Red pepper, Quinoa Thyme, and Clove.

Cook for about 40-45 minutes.

Add Kamut Pasta and cook for 10-15 minutes.

Complement with Spinach.

Mix well and consume.

## **Salad Dressing with Cream**

Preparation time: 5 minutes

Cooking time: 50 minutes

Servings: 5

Ingredients

Half tsp. of Maple syrup.

A quarter cupful of Fresh lime juice.

One tbsp of spring water.

A pinch of Sea salt.

One green Onion.

A pinch of Ground Cumin.

Two tbsp. of Almond butter.

Quarter tsp. of Sweet basil.

A pinch of Thyme.

Directions:

Add all the recipes together with the exemption of spring water, place in a bottle.

Shake the mixture very well before consumption.

## **Cauliflower Casserole**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

## Ingredients

### Ingredients:

Olive oil

1 garlic clove, chopped

1 onion, chopped

½ cup green bell pepper, chopped

¼ cup celery, sliced thinly

3 cups cauliflower, chopped

1 tbsp. balsamic vinegar

1/8 tsp. salt

1/8 tsp. ground black pepper

### Directions:

Heat the olive oil in a nonstick pan. Sauté onion, garlic, celery, and bell pepper for 5 minutes or until tender.

Add in cauliflower. Pour balsamic vinegar. Season with salt and pepper.

Bring mixture to a boil. Once boiling, reduce to a simmer for 10 minutes.

Serve.

## **Sweet Corn and Chipotle Chowder**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

Ingredients

1 tbsp. coconut oil

2 garlic cloves, minced

1 cup onion, diced

½ cup carrot, diced

½ cup celery, diced

1 sweet potato, diced

Pinch of sea salt

Pinch of ground black pepper

2 cups sweet corn kernels, fresh

1 ½ tbsp. chipotle pepper in sauce, minced

1 cup coconut milk  
3 cups vegetable broth  
¼ cup red bell pepper  
½ tsp. parsley, chopped  
¼ tsp. cilantro, chopped

**Directions:**

Pour coconut oil in a nonstick pan. Sauté garlic, onion, carrot, and celery until tender and fragrant.

Add in sweet potato. Season with salt and pepper. Sauté until the potatoes are tender.

Stir in corn kernels and chipotle peppers. Stir well. Pour coconut milk and vegetable broth. Bring mixture to boil.

Once boiling, reduce the heat and allow to simmer for 10 minutes.

Let cool before transferring to an immersion blender. Blend to the desired level of consistency.

Transfer back to the pan. Tip in red bell pepper, parsley, and cilantro. Heat for 2 minutes. Serve.

## **Tuna and Mango Salad**

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 5

Ingredients

For the dressing

¼ tsp. raw, unprocessed honey

3 Tbsp. lemon juice, freshly squeezed

Pinch of sea salt

Pinch of black pepper, to taste

½ cup, tuna fillet, sliced into cubes, precooked

1 ripe mango, diced

1 cup red oak leaf lettuce, torn

½ cup watercress, torn

2 cups round leaf lettuce, torn

1 fresh jalapeno pepper, minced

Directions:

For the dressing, pour honey, lemon juice, salt, and black pepper in a bowl. Whisk until the salt dissolves.

For the salad, combine tuna fillet, diced mango, red oak leaf lettuce, watercress, round leaf lettuce, and jalapeno pepper in a salad bowl. Toss to



combine.

Drizzle in just the right amount of dressing. Toss to coat.

To serve, ladle equal amount of salad on plates. Drizzle in remaining dressing. Serve.

## **Tomato Salad Sandwich**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients:

2 wheat bread, toasted

1 Tbsp. pesto sauce

For the Toppings

2 red cherry tomatoes, quartered

2 green cherry tomatoes, quartered

Pinch of palm sugar, crumble

¼ tsp. balsamic vinegar

¼ tsp. apple cider vinegar

Pinch of kosher salt

Pinch of white pepper, to taste

Directions:

Spread pesto sauce on one side of the bread

Place inside the oven toaster and heat until warmed through.

Meanwhile, put together red cherry tomatoes, green cherry tomatoes, palm sugar, balsamic vinegar, and apple cider vinegar in a bowl.

Season with salt and pepper. Spread mixture on bread. Serve.

## **Simple Spinach and Kale Salad**

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 5

Ingredients:

3 cups loosely packed spinach

½ cup kale leaves

Dash of Worcestershire sauce

4 tsp. balsamic vinegar

1 ½ tsp. sugar

2 tsp.olive oil

1 oz Tofutti cheese

Directions:

Combine Worcestershire sauce, balsamic vinegar, sugar, and olive oil in a bowl. Mix well. Set aside.

Place kale and spinach in the bowl. Toss well to combine.

To serve, portion salads in plates. Pour dressing all over salad. Top with Tofutti cheese. Serve.

### **Fresh Avocado Salad**

Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 5

Ingredients:

2 ripe avocado, cubed

½ cup stevia

1 cup almond milk

Directions:

In a mixing bowl, combine avocado, stevia, and almond milk. Stir well.

Chill for 1 hour or until ready to use.

To serve, place equal portions in bowls.

## **Broccoli Stem Noodles with Artichoke Pesto**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

Ingredients:

2 fresh broccoli stems, tender parts only

Pinch of salt

Directions:

Scrape one side of broccoli stem using a vegetable peeler for the thick noodle. Turn broccoli a quarter-way to scrape that side, too.

Continue turning and scraping until stem is processed. Discard the rest.

Place vegetables in a colander. Sprinkle salt. Toss well to combine. Leave for 30 minutes to sweat.

Layer broccoli noodles on a towel. Roll tightly to remove salt and moisture. Do not rinse. Use as needed.

## **Artichoke Pesto Sauce**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients:

½ cup canned, artichoke hearts

¼ cup cashew nuts, toasted

3 garlic cloves, minced

1 cup fresh basil leaves

¼ tsp. red pepper flakes

2 Tbsp. lemon juice, freshly squeezed

¾ cup extra virgin olive oil

Pinch of kosher salt

Pinch of white pepper, to taste

Directions:

Place artichoke hearts, cashew nuts, garlic cloves, basil leaves, red pepper flakes, lemon juice, olive oil, salt, and white pepper into the blender.

Process until smooth. Adjust taste if needed. Use with broccoli noodles.

**Chicken with Vegetable Rice**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

**Ingredients:**

2 tbsp. olive oil

1 thumb-sized ginger, grated

1 garlic clove, minced

2 stalks leeks, minced, reserve some for garnish

2 lbs. chicken thigh fillets, diced

3 cups brown rice, cooked

1 head cauliflower, cut into bite-sized florets

1 can water chestnuts, quartered

1 red bell pepper, julienned

$\frac{3}{4}$  cups chicken stock

1 tbsp. fish sauce

Pinch of salt

Pinch of black pepper

$\frac{1}{2}$  tbsp. cornstarch

4 tbsp. water

1 tsp. stevia

Directions:

Pour olive oil in a pan. Sauté ginger, garlic, and leeks for 3 minutes or until limp and fragrant. Set aside.

Add in chicken thigh fillets. Cook until golden brown. Place cauliflower, water chestnuts, red bell pepper, and chicken broth. Add in sautéed garlic, ginger, and leeks. Cook for 15 minutes, covered. Season mixture with fish sauce, salt, and pepper.

Meanwhile, dissolve cornstarch in water. Add in stevia. Bring mixture to a boil for 10 minutes.

To serve, place brown rice on a plate. Ladle chicken and veggies. Garnish with the remaining leeks. Serve.

## **Green Curry Chicken Pie**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients:

1 tbsp. olive oil

1 tbsp. green curry paste

13 ½ oz. coconut milk



4 x ½ lb. chicken breast fillets, cut into ¾-inch pieces

1 ¾ lbs. butternut pumpkin, cut into ¾-inch pieces

5 1/3 oz. baby spinach leaves

1 tbsp. fresh lime juice

1 tbsp. brown sugar

1 egg, lightly whisked

2 tsp. fish sauce

4 sheets pastry sheets

Baby rocket leaves, for garnish

Directions:

Preheat the oven to 410 F.

Pour olive oil in a frying pan. Once hot, cook curry paste whilst stirring until aromatic. Add in coconut milk.

Bring it to a boil. Then, add the chicken breast and pumpkin pieces. Lower heat to medium and simmer while, occasionally stirring, for around 10 minutes or until pumpkin becomes fork tender.

Add spinach, fresh lime juice, brown sugar, and fish sauce into the mix. Stir the contents until spinach wilts.

Remove the pan from the heat and set aside to slightly cool down.

Transfer the chicken mixture into 4 rectangular pie tins (capacity of a cup each). Brush tin edges with the beaten egg.

Fold each pastry sheet in half. Brush each side of the pastry sheet. Top each pie tin with a sheet. Cut pastry sheets 2 slits on top of the pie. Brush the tops with the beaten egg.

Bake for 20 minutes or until the pastry becomes golden and puffed. Remove it from the oven and serve with baby rocket leaves.

## **Chapter 7: Dessert and snacks**

### **Blueberries in Cream Cheese Flapjacks**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 5

Ingredients

2 eggs

2 cream cheese

Dash of nutmeg powder

Dash of pinch cinnamon powder

1/8 tsp. honey

coconut oil, for greasing

For garnish

½ cup frozen blueberries or any seasonal berries, thawed

Directions:

Whisk eggs, cream cheese, nutmeg powder, cinnamon powder, and honey until well-combined.

Pour coconut oil in a nonstick skillet. Place just the right amount of batter mix into the pan. Cook until the edges are set and the center bubbling. Add half of the berries in the center.

Flip the other side. Transfer to a plate. Repeat step for the remaining batter.

To serve, stack flapjacks on a plate.

## **Granola Fruits and Nuts**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients

4 cups old-fashioned rolled oats

1/2 cup almond slivers

1/4 cup sesame seeds

1 tsp. cinnamon

1/8 tsp. nutmeg

1/4 tsp. salt

1/3 cup honey

2 tbsp. olive oil

1 tsp. vanilla extract

2 tbsp. warm water

6 tbsp. maple syrup

1 cup golden raisins

1 cup dried cranberries

Directions:

Preheat the oven to 300 degrees. Lightly grease a jelly-roll pan with oil.

Combine rolled oats, almonds, sesame seeds, cinnamon, nutmeg, and salt in a bowl. Mix well.

Put together honey, olive oil, vanilla extract, water, and maple syrup in another bowl. Pour over the oats mixture. Toss well to combine.

Spread mixture over a jelly-roll pan. Place inside the oven and bake for 55 minutes. Stir well breaking large clumps every 10 minutes.

Take out pan from the oven and add in raisins and cranberries. Store in an airtight container and store leftovers in the fridge.

## **Red Berries Smoothie**

Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 5

Ingredients:

½ cup frozen cranberries

½ cup frozen raspberries

4 strawberries, cubed

2 overripe banana, cubed

½ cup crushed ice

½ tsp. honey raw, unprocessed

Directions:

Place cranberries, raspberries, strawberries, banana, crushed ice, and honey in a blender. Process until smooth.

To serve, pour in tall glasses. Serve immediately.

## **Vegetable Power Juice**

Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 5

Ingredients:

2 ripe tomatoes, chopped

1 pear, chopped

1 cucumber, chopped

1 lime, sliced into wedges

½ cup crushed ice

Directions:

Place tomatoes, pear, cucumber, lime, and crushed ice in a blender. Process until smooth.

To serve, pour in tall glasses. Serve immediately.

## **Lime Water Infused with Strawberries and Grapes**

Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 5

Ingredients:

1 cup strawberries, hulled, sliced thinly

2 cups red grapes, seedless, halved

1 lime, sliced into thick half-moons

1½ cups water

1 cup crushed ice

¼ tsp. raw, unprocessed honey

Directions:

Place strawberries, red grapes, lime, water, and crushed ice in a tall, lidded pitcher. Seal the lid.

Steep for 3 hours. Strain beverage before serving. Add in honey. Serve.

### **Power Carrot Juice**

Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 5

Ingredients:

1 carrot, chopped

1 pear, chopped

1 red apple, chopped

1 sprig fresh mint, for garnish

Directions:

Place carrot, pear, and red apple into the juicer. Process until smooth.

Pour into tall glass. Garnish with mint on top. Serve.

## **Tropical Infusion**

Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 5

Ingredients:

1 cup pineapples, diced, reserve juice, rinse well

2 kiwi fruits, quartered



1 ripe mango, cubed

1 ripe papaya, cubed

4 cups water

1 cup ice cubes

Directions:

Place pineapples, kiwi, mango, papaya, water, and ice cubes in a large glass pitcher. Stir well.

Place inside the fridge to chill for 2 hours or more before serving.

Pour into tall glasses to serve.

## **Peach, Pineapple, and Mango Smoothie**

Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 5

Ingredients:

1 peach, cubed

1 cup pineapple, cubed

1 ripe mango, cubed

1 cup crushed ice

½ tsp. raw, unprocessed honey

Directions:

Place peach, pineapple, mango, crushed ice, and honey in a blender. Process until smooth.

Divide into glasses. Serve immediately.

## **Cherry Ripe Bites**

Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 5

Ingredients:

½ cup fresh cherries, halved, pitted

¾ cup desiccated coconut

2 tbsp. dry-roasted strawberry powder

1 tbsp. melted coconut oil

¼ cup dark chocolate, melted

Directions:

Preheat oven to 325 F.

Spread cherries with cut-side up on a baking sheet lined with parchment paper. Roast in the oven for 20 minutes.

Blend roasted cherries and dry-roasted powder together until smooth.

Add desiccated coconut and coconut oil into the blender. Blend to combine.

Pour the blended mixture into a silicone ice cube tray. Refrigerate for an hour to set.

Once set, remove the set mixture from the mold.

Dip the cherry ripe bites into the melted dark chocolate. Then, lay it on parchment paper to set.

Store in an airtight container and refrigerate for storage.

## **Blueberry Lemon Muffins**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients: For the Dry ingredients

1½ tsp. baking soda

2 cups all-purpose flour, unbleached

2 tsp. lemon zest

½ tsp. salt

For the Wet ingredients

1/3 cup coconut oil

1 cup rice milk

¾ cup palm sugar, crumbled

1 tbsp. lemon juice, freshly squeezed

1½ cup blueberries, rinsed, drained well

Directions:

Preheat the oven to 375°F. Line paper liners in muffin tins.

Combine baking soda, all-purpose flour, lemon zest, and salt in a bowl.  
Place coconut oil, rice milk, palm sugar, and lemon juice in another bowl.  
Stir well.  
Fold in blueberries. Spoon equal portions into 11 muffin tins. Bake for 25 minutes. Remove from the oven.  
Cool muffins on cake rack before serving.

## **Strawberry and Flaxseed Shake**

Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 5

Ingredients:

2 frozen bananas, overripe  
1 cup frozen strawberries, halved  
2 cups coconut milk  
1 cup ice cubes  
1 Tbsp. green stevia

1½ Tbsp. flaxseed, toasted

Directions:

Place bananas, strawberries, coconut milk, ice cubes, and green stevia into the blender. Process until smooth.

Pour into tall glasses to. Serve.

## **Shaved Fruits and Vegetables Infusion**

Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 5

Ingredients:

1 zucchini, shaved into flat, thin ribbons using a spiralizer, seeds discarded

1 carrot, shaved into flat, thin ribbons using a spiralizer

1 green mango, shaved into flat, thin

ribbons using a spiralizer

1 cucumber, shaved into flat, thin ribbons using a spiralizer

1 cup ice cubes

4 cups water

Directions:

Place zucchini, carrot, green mango, cucumber ribbons, ice cubes, and water into a glass pitcher.

Stir lightly using a spoon. Place inside the fridge to chill for 2 hours.

Pour into tall glasses. Serve.

### **Power Berries Juice**

Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 5

Ingredients:

¼ cup frozen blueberries

¼ cup frozen cranberries

¼ cup frozen strawberries

1 pear

1 sprig fresh mint, for garnish

Directions:

Place blueberries, cranberries, strawberries, and pear into the juicer. Process until the mixture is smooth.

Pour into a tall glass. Put mint on top. Serve.

## **Almond Jelly Fruit Salad**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients:

coconut oil, for greasing

2 pouches unflavored gelatine

2 cups almond milk, unsweetened

2 tsp. palm sugar, crumbled

2 cups water

½ tsp. almond extract

Fruit salad

1 pear, diced

2 cherries, halved

1 apple, diced

1 banana, sliced into thick medallions



¼ cup almond slivers, toasted

Directions:

Lightly grease a baking dish with coconut oil. Combine unflavored gelatin, palm sugar, almond milk, and water in saucepan. Stir until the gelatin dissolves.

Allow the mixture to simmer while stirring. Gelatin is done when it sticks to the back of the spoon. Turn off the heat.

Add in almond extract. Pour gelatin into the baking dish. Let cool for a few minutes. Seal with saran wrap. Place inside the fridge to chill before slicing into cubes.

To serve, combine apples, cherries, banana, and pear in a salad bowl. Garnish with toasted almonds on top.

## **Soy Berries Parfait**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients:

2 cups soymilk

½ pack graham crackers

½ tsp. ground cinnamon

1 cup blueberries

1 cup strawberries, halved

Directions:

Place graham crackers and cinnamon into the food processor. Process until crumbly.

To assemble, pour graham cracker crumbs to serve as parfait's base. Pour soy milk. Dot with strawberries, blueberries, and graham crackers. Finish with some crumbs of graham crackers.

Place inside the fridge to cool for 2 hours or until ready to serve.

## **Cranberry Flax Balls**

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 5

Ingredients:

1 tbsp. ground flax seed

1 tbsp. chia seeds

1 cup date

1/2 cup honey

Pinch of salt

1 1/2 cups oats

1 cup pistachio nuts, shelled

1 cup dried cranberries

1/3 cup white chocolate chips

Directions:

Line a baking pan with parchment paper.

Meanwhile, combine dates, chia seeds, ground flax seeds, honey, and salt in a food processor. Pulse until well-combined.

Transfer mixture to a bowl. Add in dried cranberries, oats, pistachios, and white chocolate chips. Place inside the fridge for at 30 minutes.

Once cooled, shape into balls. Arrange on the baking pan. Allow to cool for 30 minutes before cutting. Place inside the fridge until ready to serve.

## Conclusion

I hope this book was able to help you know valuable information about arthritis and on how you can improve your overall health and wellbeing with proper treatment and diet. I hope this has helped relieve some of the pain of arthritis prevalent amongst young and old alike.

We hope that you have found this book to be beneficial as you set out to reduce the inflammation in your body and begin to heal! Remember...this is all a process. It's a marathon, not a sprint.

The next step is to let other people know of the information you have learned from this book with the hope that you pay forward and help alleviate at least some of the pain and suffering and bring hope to those who think that arthritis is incurable. So, I say, be hopeful, especially now that you know there is cure. You do not have to deal with arthritis painfully for the rest of your life.