

# meals for managing

inflammation





## about inflammation

**Inflammation is the body's natural reaction to illness or injury, creating an immune response to start the healing process. Short-term inflammation is essential for healing; however, long-term inflammation can increase the risk of chronic illnesses, such as diabetes, heart disease, and autoimmune diseases.**

A healthy diet can play a significant role in reducing chronic inflammation. As registered dietitians, we are the nutrition experts and are here to help. Although no one specific food will eliminate inflammation completely, an eating pattern high in fruits, vegetables and healthy fats has been shown to aid in reducing inflammation in the body. To help translate these recommendations into everyday meals, we have created this comprehensive resource including tools, tips and recipes to assist in fighting chronic inflammation. We're here to help empower you to live a healthier life.

### **Tools and Resources Include:**

- A Guide To Reducing Inflammation
- Foods That Fight Inflammation
- Eat This, Not That
- Anti-Inflammatory Shopping List
- Dietitian-tested Recipes



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# guide to reducing inflammation

**Inflammation is the result of your immune system's response to an injury, illness or stress. It can affect many processes within your body.**

Inflammation can have several causes. Infection, injury, illnesses (including autoimmune diseases) and environmental factors can all cause inflammation. Lifestyle factors such as smoking, lack of physical activity, obesity, stress and poor diet choices can also cause chronic inflammation. Inflammation is most commonly diagnosed through blood tests.

## **Why is inflammation a problem?**

Inflammation is a normal process in your body and can be beneficial in the short term. Inflammation is needed to help you recover from everyday injuries or stresses, such as a cut or a cold. However, long-term, or chronic inflammation can be harmful. Chronic inflammation can cause damage to the body and may increase the risk for certain health conditions, like obesity, cancer, stroke and heart disease.

## **Chronic inflammation**

Chronic inflammation occurs when inflammation lasts for an extended period of time, anywhere from several months to years.

### **Symptoms may include:**

- Fatigue
- Fever
- Gastrointestinal issues
- Mood changes, anxiety
- Pain
- Weight changes
- Frequent infections

## **Lifestyle changes to reduce inflammation**

The following lifestyle changes may help to reduce inflammation

- Quitting smoking
- Eating a healthy diet
- Adding physical activity into your daily routine
- Getting enough sleep
- Maintaining a healthy weight
- Managing stress



# foods that may fight inflammation

## Fruits and Vegetables

Dark green leafy vegetables, berries, broccoli, avocados, peppers, mushrooms, grapes, tomatoes, cherries, oranges and beans

## Healthy Fats

Extra-virgin olive oil, fatty fish, nuts, such as walnuts, chia seeds and flax seeds

## Whole Grains

Brown rice, old fashioned oats, quinoa, and 100% whole wheat products, such as whole wheat bread, pasta and crackers

## Spices/Other

Turmeric, garlic, cinnamon, ginger and green tea

### Reduce these foods to help lower inflammation:

- Refined carbohydrates, such as white bread, pasta, white rice, crackers and pretzels
- Fried foods
- Red meat and processed meats, such as bacon, sausage, hot dogs, bologna and salami
- Excessive alcohol
- Added sugar and high fructose corn syrup in foods, such as sweets and processed foods
- Sugar sweetened beverages like soda, sweet tea, energy drinks or sports drinks
- *Trans* fats

## eat this, not that

Group	Eat This	Not That
<b>fruits</b>	Avocado, berries (blueberries, strawberries, raspberries, blackberries), cherries, grapes, oranges	Canned fruit packed in syrup, dried or frozen fruit with added sugar
<b>veggies</b>	Broccoli, leafy greens (kale, spinach, collard, mustard), mushrooms, onions, peppers, tomatoes	Canned vegetables packed in salted water (rinse in a colander to remove excess salt), deep fried vegetables (french fries, chips), frozen vegetables packed in heavy sauces
<b>grains</b>	Brown rice, old fashioned oats, whole grains (bulgur, quinoa), 100% whole wheat products (whole wheat bread, whole wheat pasta)	Baked goods (biscuits, cake, cookies, doughnuts, pastries), refined white flour products (bread, rolls, pasta, crackers, pretzels), white rice
<b>proteins</b>	Beans, fatty fish (salmon, tuna, mackerel, herring, sardines), lean white meat (chicken, turkey), legumes, nuts	Fried meats, processed meats (bacon, bologna, hot dogs, salami, sausage), red meat
<b>dairy</b>	Probiotic-rich dairy products (plain or low-sugar yogurts, kefir)	High-sugar dairy products (custard, ice cream, some yogurts)
<b>beverages</b>	Coffee, green tea, kombucha, water	Excess alcohol, sugary beverages (energy drinks, lemonade, soda, sports drinks, sweet tea)
<b>others</b>	Extra-virgin olive oil, spices (cinnamon, garlic, ginger, turmeric)	Processed and packaged foods, vegetable and seed oils (corn, safflower, soybean, sunflower)



# shopping list

A balanced diet is comprised of foods from all food groups. The foods specific to this list have been shown to have powerful anti-inflammatory effects.

Vegetables	
— Cruciferous —	
Bok Choy	Daikon Radishes
Broccoli	Kohlrabi
Brussels Sprouts	Radishes
Cabbage	Rutabaga
Cauliflower	Turnips
— Dark Leafy Greens —	
Arugula	Mustard Greens
Collard Greens	Romaine Lettuce
Kale	Spinach
Leaf Lettuce	Swiss Chard
— Other —	
Beets	Onions
Garlic	Peppers
Green Onions	Shallots
Leeks	Sweet Potatoes

Dairy
Kefir (Low-Sugar)
Yogurt (Low-Sugar)

Fruits	
— Berries —	
Blackberries	
Blueberries	
Cranberries	
Raspberries	
Strawberries	
— Citrus Fruits —	
Clementines	
Lemons	
Limes	
Oranges	
Tangerines	
— Other —	
Apples	
Avocados	
Cherries	
Grapes	
Pomegranates	
Tomatoes	

Protein	
Eggs	
— Beans and Legumes —	
Black Beans	
Chickpeas	
Edamame	
Great Northern Beans	
Kidney Beans	
Lentils	
Pinto Beans	
— Fish —	
Anchovies	
Herring	
Mackerel	
Salmon	
Sardines	
Trout	
Tuna	

Whole Grains
Brown Rice
Old Fashioned Oats
Quinoa
Whole Grain Bread
Whole Grain Pasta

Nuts and Seeds
Almonds
Cashews
Chia Seeds
Flax Seeds
Pecans
Pine Nuts
Pumpkin Seeds
Sunflower Seeds
Walnuts

Oil & Spices
Cinnamon
Extra-Virgin Olive Oil
Ginger
Turmeric

Other
Dark Chocolate
Green Tea



### food safety tips

To help keep you and your loved ones free from foodborne illness, we've included food safety tips. These tips are noted in **red font** in both the ingredients and instructions.

# recipes to reduce inflammation

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# Mediterranean Egg Bake

Breakfast

🕒 10 Mins Prep • 55-60 Mins Cook • 1hr 10 Mins Total

👤 8 Servings • 1 Slice Serving Size

A breakfast packed with veggies to start your day off right.

## Ingredients

1 Tbsp Extra-Virgin Olive Oil

½ Cup Red Bell Pepper, washed and chopped

½ Cup Yellow Onion, chopped

½ Tsp Salt

¼ Tsp Pepper

4 Cups Baby Spinach, washed and roughly chopped 🍴

2 Cloves Garlic, minced

½ Cup Grape Tomatoes, washed and halved

½ Cup Kalamata Olives, halved

8 Large Eggs 🍴

1 ½ Cups Fat-Free Milk

½ Tbsp Dijon Mustard

2 Tbsp Fresh Oregano, washed and chopped

½ Cup Feta Cheese, crumbled

## what you'll need

Knife

Cutting Board

Measuring Spoons

Measuring Cups

Mixing Bowl

Whisk

Large Skillet

Stirring Spoon

10-inch Round Baking Dish

Cooking Spray

## nutritional info

180 Calories 11g Fat

6g Carbs 10g Protein

1g Fiber

# Mediterranean Egg Bake

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Preheat Oven

Preheat oven to 350 °F.

### 3. Cook Vegetables

In a large skillet, heat olive oil over medium heat. Add red bell pepper, yellow onion, salt and pepper and cook for 3-5 minutes.

### 4. Add Spinach and Garlic

Add spinach and garlic. Cook another 2 minutes, or until spinach is wilted.

### 5. Add Grape Tomatoes and Olives

Add grape tomatoes and kalamata olives and cook 2 more minutes. Remove skillet from heat.

### 6. Prepare Egg Mixture

In a mixing bowl, combine eggs, fat-free milk, Dijon mustard and fresh oregano. Whisk until well combined.

### 7. Add Mixture to Baking Dish

Grease a 10-in round baking dish or pie plate. Add cooked vegetables to the bottom of the dish. Pour egg mixture over vegetables. Sprinkle feta cheese over the top.

### 8. Bake

Bake for 45-50 minutes or until the middle of the dish is set.

### 9. Let Cool

Let egg bake cool for 5 minutes after removing from oven.

### 10. Clean Up

Wash hands with soap and warm water.

Recipe created by [Meijer Registered Dietitians](#)

## Nourishment Note



### ♥ Eggs

Eggs are a great source of lean protein, helping to support increased protein needs when inflammation is high. They are also rich in choline which has been linked to improving cognitive health as well as reducing inflammation.



### ♥ Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation. It also contains nutrients and vitamins that may help lower the risk of heart disease.

## allergen swap

**Dairy:** Omit feta cheese, replace milk with unflavored almond or soy milk.

**Egg:** This recipe cannot be made without eggs.





# Berry Yogurt Parfait with Skillet Granola

Breakfast

🕒 5 Mins Prep • 10 Mins Cook • 15 Mins Total 👤 4 Servings

A beautiful burst of berries, layered in creamy yogurt and topped with crunchy granola.

## Ingredients

### Fruit and Yogurt

2 Cups Non-Fat Vanilla Greek Yogurt 🍷

2 Cups Strawberries, washed and halved 🍷

2 Cups Blackberries, washed

### Granola

⅔ Cup Old Fashioned Oats

¼ Cup Slivered Almonds

2 Tbsp Butter

2 Tbsp Honey

½ Tsp Cinnamon

## what you'll need

Large Skillet

Measuring Cups

Measuring Spoons

Cutting Board

Knife

Small Glasses (4)

Mixing Spoon

## nutritional info

330 Calories 11g Fat

47g Carbs 14g Protein

7g Fiber

## allergen swap

**Dairy:** Omit Greek yogurt, replace with dairy-free yogurt.

**Nuts:** Omit almonds.

# Berry Yogurt Parfait with Skillet Granola

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Make Granola

Add oats and slivered almonds to large skillet. Cook over medium heat for 3-5 minutes, until mixture is golden in color.

### 3. Add Butter, Honey and Cinnamon

Stir in butter, honey and cinnamon. Cook 1-2 minutes, stirring frequently, until liquid is mostly absorbed.

### 4. Remove from Heat

Remove granola from heat. Set aside.

### 5. Assemble Parfaits

Add ¼ cup yogurt to the bottom of a small glass. Top yogurt with ¼ cup blackberries, ¼ cup strawberries and ⅛ cup granola. Repeat above steps once more.

### 10. Clean Up

Wash hands with soap and warm water.

Recipe created by [Meijer Registered Dietitians](#)

## Nourishment Note



### Yogurt

Yogurt contains probiotics, which are good bacteria that may enhance immunity and reduce inflammation. It also is high in phosphorus, important for bone health.



### Strawberries

Strawberries are a rich source of vitamin C, an antioxidant that is important for a healthy immune system. The anthocyanins found in strawberries have also shown to be beneficial for heart health.



# Cinnamon Quinoa Breakfast Bowl

Breakfast

🕒 10 Mins Prep • 0 Mins Cook • 10 Mins Total

👤 2 Servings

Start your day with a hearty and delicious piping hot breakfast bowl!

## Ingredients

1 Cup Unsweetened, Vanilla Almond Milk

2 Cups Cooked Quinoa 🍷

1 Tsp Cinnamon

1 Tsp Vanilla Extract

1 Tbsp Maple Syrup

¼ Cup Walnuts, toasted 🍷

1 Cup Blueberries, washed 🍷

1 Medium Banana, sliced

## what you'll need

Small Saucepan

Measuring Cups

Measuring Spoons

Small Skillet

Spoon

Cutting Board

Knife

## nutritional info

428 Calories 12g Fat

74g Carbs 11g Protein

10g Fiber

## allergen swap

**Nuts:** Omit walnuts; omit almond milk, replace with soy milk.

# Cinnamon Quinoa Breakfast Bowl

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Warm Quinoa and Almond Milk

In a small saucepan, combine the cooked quinoa and almond milk. Slowly warm over medium-low heat.

### 3. Toast Walnuts

While quinoa warms, toast walnuts in a small, dry skillet until fragrant.

### 4. Add Flavor Boosters

Add cinnamon and vanilla extract to the warmed quinoa and mix well. Remove from heat and stir in maple syrup.

### 5. Dish and Enjoy!

Dish quinoa and top each serving with ½ cup blueberries, 2 Tbsp toasted walnuts and ½ sliced banana. Enjoy!

### 6. Wash Hands

Wash hands with soap and warm water.

Recipe created by *Meijer Registered Dietitians*

## Nourishment Note



### ♥ Quinoa

Quinoa is rich in fiber and contains many anti-inflammatory compounds. It is also a gluten-free grain which can be beneficial for those with a gluten intolerance or celiac disease.



### ♥ Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. This type of fat is important for heart and brain health and may help to reduce inflammation.



### ♥ Blueberries

Blueberries are high in fiber, vitamin C and vitamin K and have an incredibly high number of antioxidants.



# Black Bean, Sweet Potato and Quinoa Soup

Soup

🕒 15 Mins Prep • 30 Mins Cook • 45 Mins Total

👤 8 Servings • 1 Cup Serving Size

A hearty soup packed with nutrients and flavor.

## Ingredients

1 Cup Quinoa, uncooked 🍷

½ Tbsp Extra-Virgin Olive Oil

1 (15oz) Can Black Beans, drained and rinsed

1 Medium Sweet Potato, washed, peeled and cubed 🍷

2 Cups Sweet Onion, diced

3 Cloves Garlic, minced

1 Jalapeño, washed, seeded and diced

6 Cups Low-Sodium Vegetable Broth

1 Tsp Chili Powder

1 ½ Tsp Ground Cumin

½ Tsp Ground Coriander

## Optional Ingredients

Avocados, tomatoes, green onions, cilantro, lime, tortilla chips, sour cream, shredded cheese for topping

## What you'll need

Large Pot

Small Saucepan

Stirring Spoon

Cutting Board

Knife

Vegetable Peeler

Can Opener

Measuring Cups

Measuring Spoons

Strainer

Ladle

Bowls

## Nutritional Info

175 Calories 2g Fat

40g Carbs 7g Protein

6g Fiber

# Black Bean, Sweet Potato and Quinoa Soup

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Cook Quinoa

Cook quinoa per package instructions. Set aside.

### 3. Cook Vegetables

Heat olive oil in large pot. Add onions and garlic, cook 2 minutes, stirring frequently.

### 4. Add Sweet Potatoes and Diced Jalapeño

Add sweet potatoes and diced jalapeño. Cook another 5 minutes, stirring frequently.

### 5. Add Vegetable Broth and Spices

Add vegetable broth to pot with vegetables. Stir in chili powder, ground cumin and ground coriander.

### 6. Cook until Sweet Potatoes are Soft

Bring to a boil, then reduce to a simmer and cook another 18-20 minutes until sweet potatoes are soft.

### 7. Remove from Heat

Remove pot from heat and add black beans and quinoa to soup.

### 8. Serve and Add Toppings

Ladle soup into bowls and top with desired toppings.

### 9. Wash Hands

Wash hands with soap and warm water.

Recipe created by [Meijer Registered Dietitians](#)

## Nourishment Note



### ♥ Sweet Potatoes

Sweet potatoes are rich in vitamins and minerals, including vitamin A, potassium and vitamin C. Potassium is important for blood pressure control, while vitamins A and C are essential for a healthy immune system.



### ♥ Quinoa

Quinoa is a complete protein, containing all nine essential amino acids. It is high in both protein and fiber, keeping you feeling full and satisfied longer, making this a good option for those trying to manage weight.



# Golden Chicken and Rice Soup

Soup

🕒 15 Mins Prep • 35 Mins Cook • 50 Mins Total 👤 6 Servings

The most flavorful chicken and rice soup you'll ever taste!

## Ingredients

2 Tbsp Extra-Virgin Olive Oil

1 Yellow Onion, diced

2 Large Carrots, washed and diced

2 Stalks Celery, washed and diced

5 Cloves Garlic, minced 🍷

1 Tsp Ground Turmeric 🍷

1 Tsp Ground Coriander

1 Tbsp Fresh Ginger, grated 🍷

2 Qts Low-Sodium Chicken Stock

1 lb Boneless Skinless Chicken Breasts

¾ Cup Arborio Rice

Salt and Pepper, to taste

## what you'll need

Knife

Cutting Board

Microplane/Zester

Measuring Spoons

Measuring Cups

Large Pot

Spoon

Forks (2)

## nutritional info

292 Calories 8g Fat

25g Carbs 28g Protein

3g Fiber

# Golden Chicken and Rice Soup

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Cook Vegetables

To a large pot, add olive oil and heat over medium-high heat. Once hot, add the diced carrots, celery, onions, garlic and a pinch of salt to the pot. Cook for 3-5 minutes, or until onions become translucent.

### 3. Add Spices

Add ground turmeric, coriander and grated ginger to the pot, stir, and allow to cook for about 30 seconds.

### 4. Add Remaining Ingredients and Cook

Add the chicken stock and chicken breasts to the pot and bring to a boil. Add the arborio rice, stir and reduce heat to a simmer. Cover the pot and allow to simmer for 20-25 minutes, or until the chicken is fully cooked. Note: Make sure the chicken is fully submerged in the stock.

### 5. Remove Chicken and Shred

Remove chicken from soup and place on a cutting board. Shred the chicken using two forks and return the shredded chicken to the pot.

### 5. Season

Season with salt and pepper, to taste, and enjoy.

### 7. Wash Hands

Wash hands with soap and warm water.

Recipe created by *Meijer Registered Dietitians*

## Nourishment Note



### ♥ Turmeric

Turmeric contains high amounts of antioxidants and has been known to fight inflammation. It may also help contribute to a healthy cardiovascular system.



### ♥ Garlic

Garlic is a member of the onion family and is rich in vitamins, minerals and antioxidants. It may also help lower the risk of various diseases, such as heart disease, and reduce inflammation.



### ♥ Ginger

Ginger contains gingerol, a powerful antioxidant and anti-inflammatory compound.





# Toasted Couscous and Pomegranate Salad


Salad

🕒 20 Mins Prep • 15 Mins Cook • 35 Mins Total

👤 6 Servings

Jazz up your table with this bright and delicious dish.

## Ingredients

4 Tbsp Extra-Virgin Olive Oil, divided 

1 Cup Pearl (or Israeli) Couscous

1 Tbsp Dijon Mustard

2 Tbsp Lemon Juice

¾ Cup Parsley, washed and chopped

¾ Cup Pomegranate Arils 

½ Small Red Onion, finely chopped

½ Cup Pecans, chopped

½ Cup Feta Cheese, crumbled

Salt and Pepper, to taste

## allergen swap

**Gluten:** Omit couscous, replace with quinoa.

**Nuts:** Omit pecans, replace with roasted sunflower seeds.

**Dairy:** Omit feta cheese.

## what you'll need

Small Saucepan

Measuring Cups

Measuring Spoons

Knife

Cutting Board

Small Bowl

Whisk

Mixing Spoon

Large Bowl

## nutritional info

282 Calories 17g Fat

26g Carbs 6g Protein

1g Fiber

# Toasted Couscous and Pomegranate Salad

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Toast and Cook Couscous

In a small saucepan, toast couscous over medium heat in 1 Tbsp olive oil for 3-5 minutes, or until fragrant. Once toasted, cook couscous according to package directions and set aside.

### 3. Make Dressing

In a small bowl, whisk together 3 Tbsp olive oil, 1 Tbsp Dijon mustard and 2 Tbsp lemon juice.

### 4. Mix Ingredients and Serve

Add cooked couscous to a large bowl. Top with dressing. Mix in parsley, pomegranate arils, chopped red onion, pecans and feta cheese. Season with salt and pepper, to taste. Salad can be served warm or cold.

### 5. Wash Hands

Wash hands with soap and warm water.

Recipe created by [Meijer Registered Dietitians](#)

## Nourishment Note



### ♥ Pomegranate Arils

Pomegranate arils contain powerful antioxidants, including punicalagins, which have been found to reduce inflammatory activity.



### ♥ Extra-Virgin Olive Oil

Olive oil is rich in oleic acid, a type of healthy monounsaturated fat. Oleic acid may be beneficial in reducing inflammation in the body. Olive oil also contains inflammation-reducing antioxidants.



# Blueberry Spinach Salad

Salad

🕒 10 Mins Prep • 0 Mins Cook • 10 Mins Total 👤 4 Servings

Full of antioxidants, this salad is both delicious and nutritious.

## Ingredients

5 oz Baby Spinach, washed 🍷

¼ Small Red Onion, thinly sliced

1 Cup Blueberries, washed 🍷

½ Cup Pecans, chopped

2 oz Goat Cheese, crumbled

½ Cup Light Poppyseed Dressing (store-bought)

## what you'll need

Cutting Board

Knife

Large Serving Bowl

Measuring Cups

## nutritional info

260 Calories 19g Fat

18g Carbs 5g Protein

3g Fiber

## allergen swap

**Dairy:** Omit goat cheese.

**Nuts:** Omit pecans.

# Blueberry Spinach Salad

## Instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Add Spinach

Add spinach to large serving bowl.

### 3. Add Toppings

Top spinach with sliced red onion, blueberries, pecans and goat cheese.

### 4. Serve with Preferred Dressing

Serve with light poppyseed dressing on the side.

### 5. Wash Hands

Wash hands with soap and warm water.

Recipe created by *Meijer Registered Dietitians*

## Nourishment Note



### Blueberries

Blueberries are high in fiber, vitamin C and vitamin K and have an incredibly high number of antioxidants.



### Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation. It also contains nutrients and vitamins that may help lower the risk of heart disease.



# Green Goodness Salad

Salad

🕒 25-30 Mins Prep • 25 Mins Cook • 50-55 Mins Total

👤 6 Servings • 1.5 Cups Serving Size

A bowl of hearty greens paired with a tangy Caesar-like dressing and topped with crispy roasted chickpeas.

## ingredients

### Roasted Chickpeas

**1 (15oz) Can** Chickpeas, drained and rinsed 🍷

<b>1 Tbsp</b> Extra-Virgin Olive Oil	<b>½ Tsp</b> Garlic Powder
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<b>½ Tsp</b> Paprika	<b>¼ Tsp</b> Salt
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### Salad

**6 Cups** Kale, **washed**, stemmed and chopped 🍷

**4 Cups** Brussels Sprouts, **washed** and shredded

<b>½ Tbsp</b> Extra-Virgin Olive Oil	<b>Pinch</b> of Salt
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**¼ Cup** Parmesan Cheese, shredded

### Dressing

<b>¼ Cup</b> Extra-Virgin Olive Oil	<b>4 Tbsp</b> Lemon Juice (~2 fresh lemons)
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<b>2 Tbsp</b> Dijon Mustard	<b>2 Tbsp</b> Tahini
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**2 Tsp** Worcestershire sauce

**2 Cloves** Garlic, roughly chopped

**⅓ Cup** Parmesan Cheese, shredded

Salt & Pepper, to taste

## what you'll need

Paper Towel

Can Opener

Cutting Board

Knife

Measuring Cups

Measuring Spoons

Medium Mixing Bowl

Large Mixing Bowl

Mixing Spoon

Baking Sheet

Blender

Tongs

Strainer

## nutritional info

**320** Calories **26g** Fat

**1g** Carbs **6g** Protein

**7g** Fiber

# Green Goodness Salad

## Instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Preheat Oven

Preheat oven to 425 °F.

### 3. Dry Chickpeas

Drain chickpeas. Pat dry with a paper towel.

### 4. Season Chickpeas and Mix

Add chickpeas, olive oil, garlic powder, paprika and ¼ tsp salt to a mixing bowl and mix well.

### 5. Roast Chickpeas

Place chickpeas on a greased baking sheet in a single layer. Roast for 20-25 minutes, or until crispy.

### 6. Make Dressing

Combine olive oil, lemon juice, Dijon mustard, tahini, garlic, salt, pepper, Worcestershire sauce and Parmesan in a blender. Blend until smooth.

### 7. Prepare Kale

Place kale in a large mixing bowl. Add olive oil and a pinch of salt, massage kale for 1-2 minutes to create more tender greens. Combine Brussels sprouts and kale.

### 8. Dress Salad and Add Toppings

Dress salad, mixing well with tongs. Top with crispy chickpeas and shredded Parmesan.

### 9. Wash Hands

Wash hands with soap and warm water.

Recipe created by *Meijer Registered Dietitians*

## Nourishment Note



### ♥ Kale

Kale is an incredible source of vitamin K and contains many antioxidants, which help to protect cells and have anti-inflammatory properties.



### ♥ Chickpeas

Chickpeas are a good source of plant-based protein. They also contain fiber that can help promote digestive and heart health.

## allergen swap

**Dairy:** Omit Parmesan cheese and replace with nutritional yeast.

**Fish:** Omit Worcestershire sauce.

## tip

**Brussels sprouts:** Purchase pre-shredded Brussels sprouts or shred with a food processor.



# Turmeric Roasted Cauliflower

Side

🕒 10 Mins Prep • 20 Mins Cook • 30 Mins Total

👤 4 Servings • ½ Cup Serving Size

A flavorful and satisfying version of this hearty vegetable.

## Ingredients

**2 lbs** Cauliflower, washed and chopped into florets 🍷

**4 Cloves** Garlic, minced

**2 Tbsp** Extra-Virgin Olive Oil

**1 Tsp** Cumin

**1 Tsp** Paprika

**½ Tsp** Turmeric 🍷

**½ Tsp** Salt

## what you'll need

Baking Sheet

Cutting Board

Knife

Measuring Spoons

Large Mixing Bowl

Small Mixing Bowl

Mixing Spoon

## nutritional info

**120** Calories **7g** Fat

**12g** Carbs **4g** Protein

**4g** Fiber

# Turmeric Roasted Cauliflower

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Preheat Oven

Preheat oven to 450°F.

### 3. Mix Ingredients

Add chopped cauliflower, garlic and olive oil to a large mixing bowl.

### 4. Combine Spices

In a small mixing bowl, combine cumin, paprika, turmeric and salt.

### 5. Pour Mixture

Pour spice mixture over cauliflower and mix well.

### 6. Place Cauliflower on Baking Sheet

Place cauliflower mixture on a baking sheet. To create a crispy texture, spread out florets.

### 7. Roast

Roast for 20 minutes, flip cauliflower halfway through. Remove once florets are crisp.

### 8. Wash Hands

Wash hands with soap and warm water.

Recipe created by [Meijer Registered Dietitians](#)

## Nourishment Note



### ♥ Turmeric

Turmeric contains high amounts of antioxidants and has been known to fight inflammation. It may also help contribute to a healthy cardiovascular system.



### ♥ Cauliflower

Cauliflower is a low calorie, low carbohydrate vegetable that's very high in fiber. Fiber is important for maintaining gut health and helping to lower cholesterol, reducing the risk of heart disease.





# Roasted Spaghetti Squash with Garlic and Kale

Side

🕒 20 Mins Prep • 45 Mins Cook • 1 Hour, 5 Mins Total 👤 4 Servings

A hearty vegetarian dish, complex in flavors and textures.

## Ingredients

1 Medium Spaghetti Squash

1 Bulb Garlic 🍷

1 Bunch Lacinato Kale, washed, stemmed and chopped 🍷

3 Tbsp + 1 Tsp Extra-Virgin Olive Oil, divided 🍷

1/3 Cup Sun-Dried Tomatoes, chopped

1/4 Cup Walnuts, chopped

1/4 Cup Parmesan Cheese, grated

Salt and Pepper, to taste

Balsamic Glaze, (store-bought) for serving

## allergen swap

**Nuts:** Omit walnuts.

**Dairy:** Omit Parmesan cheese, replace with nutritional yeast.

## what you'll need

Knife

Cutting Board

Spoon

Tin Foil

Baking Sheet

Measuring Cups

Measuring Spoons

Fork

Large Skillet

Large Bowl

## nutritional info

166 Calories 11g Fat

14g Carbs 5g Protein

3g Fiber

# Roasted Spaghetti Squash with Garlic and Kale

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Preheat Oven and Prepare Squash

Preheat oven to 400 °F. Using a sharp knife, cut the spaghetti squash in half, lengthwise. Scoop out the seeds using a spoon. Once cleaned, drizzle ½ Tbsp olive oil in each squash half and rub all over the inside. Sprinkle each half with salt and pepper. Place squash, cut side down, on baking sheet covered in tin foil.

### 3. Roast Garlic and Squash

To roast garlic, cut the top off the full bulb of garlic and drizzle with 1 tsp olive oil. Sprinkle with salt and pepper and wrap in tin foil. Place both the squash and garlic in the oven and roast for 45 – 60 minutes, depending on the size of the squash. Remove squash and garlic from oven and allow to cool slightly.

### 4. Add Garlic to Spaghetti Squash

When garlic is cool enough to be handled, squeeze the roasted garlic out of the cloves and roughly chop. Using a fork, scrape the strands of spaghetti squash into a large bowl and add chopped garlic.

### 6. Toss Ingredients Together and Serve

Finally, heat the remaining 2 Tbsp olive oil in a large skillet. Add the chopped kale and sauté until wilted, about 4 minutes. Add the sun-dried tomatoes and cook until warm. Toss the kale and sun-dried tomatoes into the spaghetti squash mixture, along with the walnuts. Season generously with salt and pepper. Serve topped with Parmesan cheese and a drizzle of balsamic glaze, if desired.

### 7. Wash Hands

Wash hands with soap and warm water.

Recipe created by [Meijer Registered Dietitians](#)

## Nourishment Note



### ♥ Garlic

Garlic is a member of the onion family and is rich in vitamins, minerals and antioxidants. It also helps to lower the risk of various diseases, such as heart disease, and reduce inflammation.



### ♥ Kale

Kale is an incredible source of vitamin K and contains many antioxidants, which help to protect cells and have anti-inflammatory properties.



### ♥ Extra-Virgin Olive Oil

Olive oil is rich in oleic acid, a type of healthy monounsaturated fat. Oleic acid may be beneficial in reducing inflammation in the body. Olive oil also contains inflammation-reducing antioxidants.



# Tasty Tuna Stuffed Avocado

Entree

🕒 10 Mins Prep • 0 Mins Cook • 10 Mins Total

👤 2 Servings • ½ Avocado with filling Serving Size

This Southwest mixture is fresh tasting and perfect for a satisfying lunch.

## ingredients

1 Ripe Avocado, halved, pit removed

1 (4oz) Can Albacore Tuna, drained

¼ Cup Red Bell Pepper, washed and diced

1 Tbsp Jalapeño, washed and minced (omit if desired)

¼ Cup Cilantro, washed and roughly chopped

1 Tbsp Lime Juice

Salt & Pepper, to taste

## what you'll need

Cutting Board

Knife

Measuring Cups

Measuring Spoons

Small Mixing Bowl

Spoon

Fork

Can Opener

## nutritional info

188 Calories 15g Fat

9g Carbs 15g Protein

5g Fiber

## allergen swap

**Fish:** Omit canned tuna, replace with canned chicken.

# Tasty Tuna Stuffed Avocado

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Mash Avocados

Scoop out the inside of the avocado halves into a mixing bowl, leaving only a small layer at the rim. Use a fork to mash the avocado in the mixing bowl.

### 3. Mix Ingredients

Add tuna, red bell pepper, minced jalapeño, cilantro, lime juice, salt and pepper to mixing bowl and combine.

### 4. Fill Avocados

Divide tuna mixture in half and fill each avocado half.

### 5. Wash Hands

Wash hands with soap and warm water.

Recipe created by *Meijer Registered Dietitians*

## Nourishment Note



### ♥ Avocado

Avocados are a great source of healthy fats to help protect the heart. They also contain important antioxidants to help reduce inflammation in the body, important to helping you feel your best.



### ♥ Tuna

Tuna is a good source of omega-3 fatty acids which may help to lower inflammation. Omega-3 fatty acids also help to protect the heart and brain.



# Rainbow Noodles

Entree

🕒 20 Mins Prep • 15 Mins Cook • 35 Mins Total

👤 6 Servings • 1.5 Cups Serving Size

**A tasty rainbow of colors and nutrients. These peanutty noodles are sure to keep you satisfied.**

## ingredients

**12 oz** Whole Wheat Spaghetti Noodles

**1 Tbsp** Extra-Virgin Olive Oil

**1** Red Bell Pepper, **washed** and thinly sliced 🍴

**1** Yellow Bell Pepper, **washed** and thinly sliced

**½ Cup** Baby Carrots, **washed** and chopped into matchsticks

**1 Cup** Red Cabbage, **washed** and thinly sliced

**1 Cup** Shelled Edamame

### Peanut Sauce

**½ Cup** Creamy Peanut Butter

**¼ Cup** Low-Sodium Soy Sauce

**2 Tbsp** Water

**2 Tbsp** Honey

**2 Tbsp** Rice Vinegar

**1 Tbsp** Fresh Ginger, peeled and minced 🍴

**1 Clove** Garlic, minced

**2 Tsp** Sesame Oil

**1 Tsp** Sriracha® (optional)

## what you'll need

Large Pot

Large Skillet

Cutting Board

Knife

Measuring Cups

Measuring Spoons

Whisk

Peeler

Colander

Small Mixing Bowl

## nutritional info

**400** Calories   **16g** Fat

**55g** Carbs   **15g** Protein

**10g** Fiber

# Rainbow Noodles

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Cook Pasta

Boil water and cook pasta per package directions. Drain and set aside.

### 3. Make Peanut Sauce

In a small mixing bowl, whisk together peanut butter, soy sauce, water, honey, rice vinegar, ginger, garlic, sesame oil and Sriracha®. If sauce is too thick, add a tablespoon of water at a time and mix until desired consistency.

### 4. Heat Olive Oil and Sauté Vegetables

Pour olive oil into large skillet over medium heat. Sauté red bell pepper, yellow bell pepper, baby carrots, red cabbage and edamame for about 5 minutes.

### 5. Mix the Noodles, Peanut Sauce and Vegetables

Add noodles and peanut sauce to vegetable mixture and mix well.

### 6. Garnish and Serve

Top with garnish, such as chopped peanuts, green onion and lime. Enjoy either hot or cold.

### 7. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from [Gimme Some Oven](#)

## Nourishment Note



### ♥ Red Bell Pepper

Red peppers are loaded with vitamin C and carotenoids. Both are powerful antioxidants that can help prevent damage to healthy cells in the body and may lower inflammation.



### ♥ Ginger

Ginger contains gingerol, a powerful antioxidant and anti-inflammatory compound.

## allergen swap

**Nuts:** Omit peanut butter, replace with tahini.

**Soy:** Omit soy sauce and edamame, replace soy sauce with coconut aminos.

**Gluten:** Omit whole wheat noodles, replace with rice noodles.



# Whole Grain Penne Primavera

Entree

🕒 15 Mins Prep • 10 Mins Cook • 25 Mins Total 👤 4 Servings

Full of tasty veggies and filling whole grain pasta.

## ingredients

2 Cups Whole Grain Penne Pasta 

1 Tbsp Extra-Virgin Olive Oil 

½ Cup Onion, chopped

1 lb Asparagus, **washed**, woody ends removed and trimmed into 2-inch pieces

2 Cups Fresh Mushrooms, **washed** and sliced

1 Yellow Summer Squash, **washed**, halved lengthwise, and sliced into half moons

2 Cloves Garlic, minced 

1 ½ Tsp Dried Oregano

¼ Tsp Crushed Red Pepper Flakes

½ Cup Parmesan Cheese, grated

Salt and Pepper, to taste

Lemon Wedges, for serving

## what you'll need

Knife

Cutting Board

Pot

Skillet

Colander

Measuring Spoons

Measuring Cups

Spoon

## nutritional info

270 Calories 8g Fat

38g Carbs 14g Protein

10g Fiber

## allergen swap

**Gluten:** Omit whole grain penne, replace with gluten-free pasta.

**Dairy:** Omit Parmesan cheese, replace with nutritional yeast.

# Whole Grain Penne Primavera

## Instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Cook Pasta

Cook pasta according to package directions. Drain and set aside.

### 3. Heat Oil and Cook Vegetables

In a large skillet, heat olive oil over medium-high heat. Add onions and cook until softened, 2-3 minutes. Add asparagus, mushrooms and squash. Cook until tender, about 5 minutes. Add garlic, oregano, red pepper flakes and salt and pepper, to taste. Cook until fragrant, an additional 1 minute.

### 4. Mix in Cooked Pasta and Parmesan Cheese

Add cooked pasta and ¼ cup Parmesan cheese to the cooked vegetables and mix well.

### 5. Garnish and Serve

Serve pasta primavera topped with additional Parmesan cheese and lemon wedges. Enjoy!

### 6. Wash Hands

Wash hands with soap and warm water.

Recipe created by [Meijer Registered Dietitians](#)

## Nourishment Note



### Whole Grains

Diets rich in whole grains have been linked to lower levels of inflammation in the body, particularly due to the high fiber content of whole grain foods.



### Garlic

Garlic is a member of the onion family and is rich in vitamins, minerals and antioxidants. It also helps to lower the risk of various diseases, such as heart disease, and reduce inflammation.



### Extra-Virgin Olive Oil

Olive oil is rich in oleic acid, a type of healthy monounsaturated fat. Oleic acid may be beneficial in reducing inflammation in the body. Olive oil also contains inflammation-reducing antioxidants.





# Red Curry with Crispy Tofu

Entree

🕒 20 Mins Prep • 30 Mins (Tofu) Cook • 15 Mins (Curry) Cook • 35 Mins Total

👤 4 Servings

A delicious vegetarian dinner, brimming with veggies and flavor.

## Ingredients

### Crispy Tofu

16 oz Extra-Firm Tofu 🍴

1 Tbsp Corn Starch

1 Tbsp Extra-Virgin Olive Oil

1 Tbsp Low-Sodium Soy Sauce

### Red Curry

1 Tbsp Avocado Oil    1 Tbsp Ginger Paste 🍴

1 Small Onion, minced    2 Cloves Garlic, minced

2 Tbsp Cilantro Stems, washed and chopped

1 (8oz) Can Bamboo Shoots, drained

3 Tbsp Prepared Red Curry Paste 🍴

1 Cup Unsweetened Coconut Milk

2 Tsp Low-Sodium Soy Sauce

1 Cup Snow Peas, washed

1 Lime, washed, zested and juiced

Salt, to Taste

Cilantro Leaves, to garnish

Prepared Brown or White Rice, for serving

## what you'll need

Mixing Bowl

Spoon

Plates

Baking Sheet

Large Skillet

Knife

Cutting Board

Can Opener

Clean Kitchen Towel

Parchment Paper

Measuring Spoons

Measuring Cups

Microplane/Zester

## nutritional info

415 Calories    29g Fat

21g Carbs    15g Protein

5g Fiber

\*Nutrition facts do not include rice.

# Red Curry with Crispy Tofu

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Preheat Oven and Prepare Tofu

Preheat oven to 400°F. Drain block of tofu and cut into cubes. Wrap cubes in a clean kitchen towel and set on a plate. Place additional plates on top of the tofu to help squeeze out the extra water. Set aside.

### 3. Prepare and Cook Tofu

In a mixing bowl, mix the cornstarch and soy sauce. Add the drained tofu and drizzle with 1 Tbsp olive oil. Stir until tofu is evenly coated. Place tofu on a parchment-lined baking sheet and bake for 25-30 minutes, tossing halfway through, until tofu is crispy.

### 4. Cook Vegetables

While tofu is in the oven, heat avocado oil in a large skillet. Add the onion, garlic, ginger and cilantro stems. Cook until tender, about 5 minutes. Add the bamboo shoots and continue to cook another 3-5 minutes.

### 6. Make Curry Sauce

Add the curry paste and cook an additional 2 minutes. Add the coconut milk, lime juice and zest, soy sauce, snow peas and a pinch of salt. Cook an additional 7-10 minutes to allow sauce to thicken. Finally, add the crispy tofu and stir to coat with sauce. Season with salt, to taste.

### 7. Serve and Enjoy

Serve over rice and garnish with cilantro leaves. Enjoy!

### 8. Wash Hands

Wash hands with soap and warm water.

Recipe created by *Meijer Registered Dietitians*

## Nourishment Note



### ♥ Tofu

A plant-based meat alternative, tofu is packed with protein. It is also made with soy, which has been shown to have anti-inflammatory properties.



### ♥ Ginger

Ginger contains gingerol, a powerful antioxidant and anti-inflammatory compound.



### ♥ Curry Paste

Curry paste contains many types of spices that have been shown to be anti-inflammatory, like turmeric and chili peppers.

## allergen swap

**Soy:** Replace tofu with sautéed chicken, adjust cooking times accordingly; replace soy sauce with coconut aminos.



# Mustard and Brown Sugar Glazed Salmon

Entree

🕒 5 Mins Prep • 14 Mins Cook • 19 Mins Total

👤 4 Servings • 6 oz Salmon filet Serving Size

An easy and delicious weeknight dinner.

## Ingredients

4 (6oz) Skin-on Salmon Filets 

Salt and Pepper, to taste

### Glaze

3 Tbsp Whole Grain Dijon Mustard

2 Tbsp Brown Sugar

1 Tsp Garlic, minced

1 Tsp Ginger Paste

## what you'll need

Measuring Spoons

Knife

Cutting Board

Small Bowl

Whisk

Baking Sheet

Aluminum Foil

Spoon

## nutritional info

345 Calories 20g Fat

14g Carbs 19g Protein

0g Fiber

## allergen swap

**Fish:** Omit fish and use chicken cutlets; adjust cooking time accordingly.

# Mustard and Brown Sugar Glazed Salmon

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Preheat Oven & Season Salmon

Preheat oven to 425 °F. Place salmon filets on an aluminum foil-lined baking sheet and season with salt and pepper.

### 3. Make Glaze

In a small bowl, whisk together glaze ingredients.

### 4. Spread Glaze

Spread glaze evenly over salmon filets.

### 5. Roast

Place in oven and roast for 10 minutes. Once roasted, move oven rack to the top position and turn oven to “broil” setting. Place baking sheet on top rack and broil for an additional 2-4 minutes, or until salmon flakes throughout.

### 6. Remove from Oven

Remove from oven and enjoy.

### 7. Wash Hands

Wash hands with soap and warm water.

Recipe created by *Meijer Registered Dietitians*

## Nourishment Note



### Salmon

Salmon is an inflammation-lowering powerhouse! It contains beneficial omega-3 fatty acids, B-vitamins and the antioxidant astaxanthin, all of which may help to lower inflammation in the body.



# Cherry Chocolate Energy Bites

Snack

🕒 25 Mins Prep • 0 Mins Cook • 25 Mins Total

👤 24 Servings • 1 Energy Bite Serving Size


Salty, sweet and energy packed, these snack bites are delicious and easy to make.

## Ingredients

1 ½ Cups Old Fashioned Oats

½ Cup Creamy Peanut Butter

½ Cup Ground Flaxseed

½ Cup Dark Chocolate Chips 

½ Cup Dried Cherries 

⅓ Cup Honey

1 Tsp Vanilla Extract

¼ Tsp Salt

## what you'll need

Large Mixing Bowl

Measuring Cups

Measuring Spoons

Mixing Spoon

## nutritional info

100 Calories 5g Fat

13g Carbs 2.5g Protein

2g Fiber

## allergen swap

**Nuts:** Omit peanut butter, replace with sunflower seed butter.

# Cherry Chocolate Energy Bites

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Combine Ingredients

Combine all ingredients in a large mixing bowl and mix well.

### 3. Roll into Balls

Roll mixture into 1-inch balls. This should make approximately 24 energy bites.

### 4. Wash Hands

Wash hands with soap and warm water.

Recipe created by [Meijer Registered Dietitians](#)

## Nourishment Note



### Dark Chocolate

Dark chocolate contains powerful antioxidants, which help to protect cells and can assist in reducing inflammation. It is also high in potassium, a nutrient that supports heart health.



### Cherries

Cherries are a great source of antioxidants, including anthocyanins and quercetin. Anthocyanins may help decrease the risk for certain cancers and lower inflammation within the body.

## tip

**Chill:** Mixture may be easier to roll into balls if chilled in refrigerator for 20-25 minutes.



# Inflammation Busting Smoothie

Snack

🕒 5 Mins Prep • 0 Mins Cook • 5 Mins Total

👤 1 Smoothie

A fast and delicious way to start your day.

## Ingredients

1 Cup Frozen Mixed Berries

½ Ripe Banana

1 Tbsp Chia Seeds

1 Cup Fresh Spinach, washed and loosely packed

1 Tbsp Almond Butter

½ Cup Green Tea, chilled

## what you'll need

Measuring Cups

Measuring Spoon

Blender

Glass

## nutritional info

292 Calories 14g Fat

40g Carbs 8g Protein

12g Fiber

## allergen swap

**Nuts:** Omit almond butter, replace with sunflower seed butter.

# Inflammation Busting Smoothie

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Blend Ingredients

Place all ingredients in a blender and blend until smooth.

### 3. Pour Smoothie

Pour into a glass and enjoy!

### 4. Wash Hands

Wash hands with soap and warm water.

Recipe created by [Meijer Registered Dietitians](#)

## Nourishment Note



### ♥ Mixed Berries

Berries have more antioxidants than almost any other type of fruit and have powerful anti-inflammatory properties.



### ♥ Chia Seeds

Small-in-size but packed with nutrients, chia seeds are loaded with fiber, protein and omega-3 fatty acids. Fiber helps promote gut health, protein provides building blocks to help make new and healthy cells, and omega-3 fatty acids may help to lower inflammation.



### ♥ Green Tea

Green tea is rich in polyphenols, naturally occurring compounds that may work to reduce inflammation.



### ♥ Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation. It also contains nutrients and vitamins that may help lower the risk of heart disease.





# we're here for you.

If you have any nutritional questions related to  
inflammation, please email our registered dietitians  
at: [MSP.Dietitians@Meijer.com](mailto:MSP.Dietitians@Meijer.com)



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Inflammation

