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PESCATARIAN ANTI-INFLAMMATORY FOOD PLAN



What is the anti-inflammatory food plan?

We all know inflammation when it's on the surface of the body - it's the redness, swelling + pain localised to one area. We also have a similar inflammatory response within the body. It's the body's natural response to healing by increasing the immune activity to the site of infection or injury. It's a necessary reaction that's life-saving in certain situations.

However, when inflammation becomes chronic (persistent + long term), it can do damage to the body by causing illness. Factors that contribute to ongoing inflammation include high psychological stress, poor sleep, inactivity, or too much of a certain type of exercise, toxin exposure (such as second hand smoke), presence of parasites and of course, food.

Dietary choices play a significant role in either contributing to inflammation or easing it; the outcome depends on the choice of food!

The anti-inflammatory food plan includes a wide array of anti-inflammatory foods (such as oily fish, turmeric + certain vegetables) that are nutrient-dense - full of vitamins, minerals, antioxidants, essential fatty acids, amino acids - so as to assist in dampening the inflammatory response and optimising healing + health.

Foods that potentially exacerbate inflammation are either completely removed or significantly limited for a time so as to give your body the opportunity to heal. The most common pro-inflammatory foods include processed foods, processed vegetable oils (such as canola & corn oils), trans fats, sugar, alcohol, gluten & dairy. This is not always the case for everyone, however these are shall we say the "usual suspects".

Who is the anti-inflammatory food plan for?

The anti-inflammatory food plan is for anyone experiencing chronic inflammation, especially in individuals with an autoimmune disease.

In the simplest terms, autoimmune disease is a when our immune system (which is supposed to protect us from invading micro-organisms) actually turns against us by mistaking our own proteins, cells and tissues for invaders and attacks them through an inflammatory process.

We have also found it useful for those suffering from a recent injury or recovering from any sort of surgical intervention. Many chronic disease states are primarily caused or exacerbated by chronic inflammation and for that reason anti-inflammatory diets such as a stereotypical Mediterranean diet have been shown to provide benefit against conditions such as cardiovascular disease, diabetes, arthritis, and conditions that result in chronic pain in a variety of research studies.

The anti-inflammatory food plan aims to remove foods that potentially trigger inflammation in an already-inflamed body whilst providing the necessary nutrients to dampen that response.

Before proceeding, it's important to appreciate and understand the therapeutic role of food: food cannot be considered a cure. Certain factors, such as what condition you have, how long you've had it and how aggressive your condition is, will depend on whether food brings about a complete reversal of your condition, whether it slows the progress of your condition or whether it may simply improve your quality of life. Whatever the outcome, food does play a pivotal role.



FOOD LIST

PROTEINS



FISH

COD
HADDOCK
HAKE
HERRING
MACKEREL
MONKFISH
PLAICE
SARDINES
SOLE
WILD SALMON
WILD TROUT

SEAFOOD

LOBSTER
MUSSELS
OYSTERS
PRAWNS
SCALLOPS
SQUID

OTHER

EGGS (limited)
PEA PROTEIN
RICE PROTEIN
WHEY PROTEIN

CARBOHYDRATES



VEGETABLES

BEETROOT
CARROTS
PARSNIP
POTATO
PUMPKIN
SQUASH
SWEETCORN
SWEETPOTATO
TURNIPS
YAMS

GRAINS/LEGUMES

ALL BEANS
ALL LENTILS
AMARANTH (limited)
BUCKWHEAT (limited)
CHICKPEAS
MILLET (limited)
OATS
QUINOA
RICE

LOWER SUGER

ALL BERRIES
APPLES/PEARS
CANTELOUPE MELON
CHERRIES
***GOJI BERRY**
GRAPEFRUIT
KIWI
LEMON/LIME
ORANGES
PEACHES
PLUMS
POMEGRANATE
RHUBARB

HIGHER SUGAR FRUITS

BANANAS
GRAPES
MANGOES
PINEAPPLE
PINEAPPLE CORE

NON STARCHY VEGETABLES



ARTICHOKE
ASPARAGUS
***AUBERGINE**
BAMBOO SHOOTS
BEAN SPROUTS
BOK CHOY
BROCCOLI
CABBAGE

CAULIFLOWER
CELERY
CHILLI
COURGETTE
CUCUMBER
FENNEL
GARLIC
GREEN BEANS

GREEN LEAFY VEG
KALE
LEEKs
MANGETOUT
MUSHROOMS
(Shitake)
***OKRA**
ONIONS

***PEPPERS**
RADICCHIO
RADISH
RUNNER BEANS
SPROUTS
***TOMATOES**

HERBS



BASIL
CARAWAY
COCOA
DILL
FENNEL
GARLIC
MARJARAM
MINT
MUSTARD
OREGANO
PARSLEY
ROSEMARY
SAGE
THYME

SPICES



***CAPSICUM**
***CAYENNE PEPPER**
CHILI
CINNAMON
CLOVES
CORIANDER
CUMIN
GINGER
***PAPRIKA**
PEPPER
TURMERIC

PROBIOTICS



FERMENTED VEG
KIMCHEE
KOMBUCHA
SAUERKRAUT

FATS



ALMONDS
AVOCADO
BRAZIL NUTS
CASHEWS
CHIA SEEDS
COCONUT MILK/
CREAM
COCONUT OIL
COCONUT YOGHURT
FLAX SEEDS
MACADAMIAS
MCT OIL
NUT BUTTERS
OLIVES
**OLIVE OIL (not heat-
ed)**
PUMPKIN SEEDS
WALNUTS

BOLD foods are priority anti-inflammatory foods

*For joint/autoimmune conditions you may need to limit nightshade foods



FOOD DIARY

Below is an example 1 week food plan for your breakfast, lunch and dinner including a snack. Recipes for these follow on after the plans.

	BREAKFAST	LUNCH	SNACK	DINNER
DAY 1	Blueberry and greens smoothie	Mackerel salad	Hummus with carrots and cucumber	Lentil Stew
DAY 2	Omelette	Kale Falafels and hummus	Small handful of walnuts	Coconut fish bake with broccoli
DAY 3	Cinnamon coconut chia pudding	Monkfish with tropical quinoa	Handful of berries and cashew nuts	Mackerel with cauliflower rice and kale
DAY 4	Strawberry nut smoothie	Salmon and green beans	An apple with a few brazil nuts	Fish fingers and peas
DAY 5	Blueberry Granola Bowl	Carrot and ginger soup	Sweet potato chips	Halibut with broccoli
DAY 6	Poached eggs and salmon	Quinoa herb salad	Crunchy chick peas	Carrot and chickpea soup
DAY 7	Berry chia porridge	Beetroot crunch salad	50g cooked Anchovies (from deli)	Green tea salmon



BREAKFAST RECIPES



Blueberry and Greens Smoothie

Ingredients

100g avocado

75g fresh or frozen blueberries

100g cucumber

50g kale

25g chocolate plant protein powder

1 tbsp coconut oil

200ml water

Method

Blend all ingredients together

Omelette



Ingredients

1.5 tbsp coconut oil

4 medium free range eggs

50g mushrooms, chopped

1/2 medium pepper, chopped

1/4 red onion, chopped

Method

Heat a frying pan on medium/high heat and add the oil. Get a large bowl and beat the eggs.

Put the veg in the frying pan and cook while stirring for around 5 minutes until it softens. Turn the heat down to medium and add in the beaten egg and mix around then leave to settle.

Place a lid over the top (or foil) and cook for around 8 minutes or until all the egg is cooked. Serve hot.





Cinnamon & Coconut Chia Pudding

Ingredients

300 ml coconut milk
125ml filtered water
40g plant protein powder
2 tsp cinnamon
1 tsp vanilla extract
1 tsp honey
60g almond flour
30g desiccated coconut
40g chia seeds
20 blueberries

Method

This makes 2 servings.

Blend together the milk, water, protein powder, cinnamon, vanilla and honey until smooth.

Pour into a bowl and mix in the almond flour, desiccated coconut and chia seeds.

Stir every minute for 5 minutes and then place in the fridge for minimum 1 hour or overnight.

To serve top with blueberries and a sprinkle of desiccated coconut.



Strawberry Nut Smoothie

Ingredients

2 heaped tsp cashew butter
150ml coconut milk
25g plant protein powder
1 tsp honey
40g oats
140g fresh or frozen strawberries
150ml water

Method

Blend all ingredients together.

You may want to soak the oats in the coconut milk overnight to give it less of a powdery taste and then blend it together in the morning.



Blueberry Granola Bowl



Ingredients

150ml coconut milk
30g frozen blueberries
30g plant protein powder (vanilla)
70g granola

Method

Blend together the milk, blueberries and protein. Pour into a breakfast bowl and top with the granola.

Granola



Ingredients

120g shredded coconut (dry)
150g flaked almonds (dry)
120g sunflower seeds (dry)
100g pumpkin seeds (dry)
100g cashews (dry)
60g flaxseed (dry)
80g coconut oil (wet)
100g honey (wet)
150g cashew butter (wet)
1 tsp vanilla extract (wet)
200ml coconut/nut milk (to have with your granola when ready)

Method

To make a large batch of granola. Preheat the oven to 180°C. Place all dry ingredients in a large mixing bowl and mix together well.

In a small pan on low/medium heat add all the wet ingredients (not the milk) and stir until well combined and runny. Slowly pour wet mixture over dry ingredients, while stirring to combine.

Spread granola out onto a greased baking tray and bake in the oven for 20 minutes stopping to stir after 10.

Allow granola to cool before transferring it into an airtight container. Can store in a cool dry place for up to 2 weeks.

Serve 100g granola with your milk.





Poached Eggs and Salmon

Ingredients

2 free range eggs
80g spinach
2 medium tomatoes, chopped
60g smoked wild salmon
1.5tbsp olive oil

Method

Place a small pan on the hob and half fill it with water. Once the water is boiling, stir the water in a circular motion and then crack open the eggs and carefully tip each in (without the shell).

Cook the eggs for 4-5 minutes or longer if you like the yolk cooked through.

Lay out the spinach on a plate and add the tomatoes over the top and sprinkle with olive oil. Place on top the salmon and then the eggs on top of that. Season with salt and pepper.



Berry Chia Porridge

Ingredients

320ml coconut/nut milk
25g plant protein powder
2 tsp vanilla extract
1 tbsp cashew nut butter
40g chia seeds
1 large strawberry
20g blueberries

Method

Blend together the milk, protein powder, vanilla extract and nut butter until smooth.

Pour into a bowl and mix in the chia seeds.

Stir every minute for 5 minutes and then place in the fridge for minimum 1 hour or overnight.

To serve top with the strawberry and blueberries.



LUNCH RECIPES



Mackerel Salad

Ingredients

1 tsp coconut oil
130g mackerel fillet
1/2 tsp ground coriander
1/2 tsp rosemary
1 garlic clove, minced
100g spinach
1 medium tomato, sliced
1/2 red chilli finely chopped
1 tsp olive oil
1 tbsp balsamic vinegar
Juice from 1/2 lemon
1 tbsp coconut yoghurt
1 tsp English mustard

Method

In a frying pan on medium heat, heat the coconut oil and then place in the mackerel skin side down.

Sprinkle it with the coriander, rosemary, garlic and salt and pepper. Cook for 6 minutes and then turn and cook until golden.

On a plate, place on the spinach and tomatoes, scatter it with the chilli and then dribble over the olive oil, balsamic vinegar and lemon juice.

Place your cooked fish on top. Mix together the yoghurt and mustard and dribble on top of the fish.



Kale Falafels

Ingredients

2 cans chickpeas, drained
2 small onions, chopped
6 garlic cloves
2 large handfuls kale
1 handful parsley
2 tsp cumin
2 tsp paprika
4 tbsp olive oil

Method

Preheat the oven to 200°C. Place all ingredients into a food processor and mix until well combined and everything is broken down. Line a baking sheet with baking paper.

To make a falafel I use around 2 tbsp of the mixture and roll into a ball and squash it to give a flat top and bottom. Keep making these until the mixture is all used up.

Bake in the oven for 30-40 minutes until cooked turning them over every 10 minutes. Leave to cool and then serve desired amount with hummus.





Monkfish with Tropical Quinoa

Ingredients

100g quinoa (uncooked)

300ml chicken stock

2 tsp coconut oil

400g monkfish

165g pineapple, chopped

1 medium red pepper, chopped

2 tbsp fresh chives, chopped

Method

Serves 6

In a pan place in the quinoa and the chicken stock. Bring to a boil and reduce to a simmer, leave until the quinoa is soft to taste with no crunch (around 20 minutes).

Meanwhile in a pan on medium/high heat, fry the monkfish in the oil for around 8 minutes on either side. Then remove from the pan and empty out the juices.

Place in the pan the pineapple, pepper and chives and on high heat mix them for a few minutes until hot, then add the cooked quinoa and mix well and reduce the heat to medium.

Place the monkfish on top of this and leave covered for 5 minutes or until the fish is cooked through. This can be served hot or cold.



Salmon and Green Beans

Ingredients

200g green beans, stalks removed

120g wild salmon fillet

2 tbsp green pesto (dairy free)

1 tsp coconut oil

Juice from half a lemon

Method

Preheat oven to 200°C. Lay out a large sheet of kitchen foil and fold in half. Slightly just off the centre of the foil place the green beans, then the salmon fillet on top (skin side down) then the pesto on top the salmon.

Dribble over the oil and lemon juice and season with salt and pepper. Fold the foil over and the scrunch up the edges to seal, to basically make a parcel with no gaps!

Place in the oven and cook for 20 minutes, or until the salmon is cooked through. Take out of the oven when ready and carefully unwrap the foil and serve.



Carrot and Ginger Soup

Ingredients

2 tbsp coconut oil
1 large onion, chopped
1.3kg carrots, peeled and chopped
2 tsp ginger, finely chopped
1/2 tsp ground cumin
1/4 tsp ground cinnamon
1/2 tsp turmeric
1.5 litres vegetable broth/stock

Method

In a large pan on high heat cook the onion in the oil until golden and then add the carrots, ginger and spices and stir for a few minutes until the spices become fragrant.

Add the broth/stock and stir well and season with salt and pepper. Cook until the carrots become tender, around 15 minutes and then blend the soup until smooth with a hand blender (or in a food processor in small batches).

Serve desired amount. Goes well with a splash of lemon juice.



Quinoa Herb Salad

Ingredients

250g cooked quinoa
70g raw peas
small bunch fresh mint, chopped
small bunch fresh parsley, chopped
small bunch fresh chives, chopped
Handful cashews, chopped
1 tbsp tamari
1 tbsp olive oil

Method

Add all ingredients into a bowl and mix well and then serve.





Beetroot Crunch Salad

Ingredients

60g walnuts

60g sunflower seeds

60g pumpkin seeds

500g raw beetroot, grated

200g courgette, grated

100g spinach

1 can borlotti beans, drained

1 apple, cored and thinly sliced

Dressing

60ml olive oil

40ml balsamic vinegar

1/2 tsp salt

1 tsp honey

Juice from 1 lemon

Method

Serves 6

Place the walnuts, and seeds into a dry frying pan and cook on high heat for a few minutes until they become fragrant and starting to brown. Place these in a large bowl with the beetroot, courgette, spinach, beans and apple and stir well.

To make the dressing add all dressing ingredients into a bowl and whisk together. Pour over the bowl of salad and mix well. Serve out your portions and pop 2tbsp hummus on top of each serving.



SNACK RECIPES



Hummus with veg

Ingredients

3 garlic cloves (or less)

2tbsp lemon juice

6 tbsp olive oil

1/4 tsp salt

1/4 tsp paprika

1/8 tsp pepper

1 can chickpeas, drained and rinsed

1 tbsp fresh parsley

Method

Add all ingredients into a blender and blend until smooth.

If you prefer a less garlic taste then only add 1 clove garlic.

Serve with fresh raw vegetables like carrots, cucumber, celery and sugar snap peas.



Sweet Potato Chips

Ingredients

2 medium sweet potatoes, peeled

1 tbsp melted coconut oil

1/2 tsp sea salt

Method

Preheat your oven to 210°C. Slice the potatoes into 1/8 inch thick slices then place into a bowl and mix with the melted coconut oil until evenly covered.

Place each chip onto a baking sheet making sure they don't touch. Bake in the oven for 25 minutes turning them half way. Cook until the edges are looking crisp. Remove from the oven and season with salt.





Crunchy Chick Peas

Ingredients

1 can chickpeas, drained well

1 tbsp melted coconut oil

1/2 tsp salt

1 tsp ground cumin

1/2 tsp paprika

1/4 tsp cayenne pepper

Method

Preheat oven to 200°C.

Put all the ingredients into a bowl and give them a good mix. Pop them onto a baking sheet lined with baking paper and spread them around.

Roast them in the oven for 15 -30 minutes until they look golden.



DINNER RECIPES

Lentil Stew

Ingredients

1 tbsp coconut oil
1 small red onion, chopped
1 yellow pepper, chopped
2 cloves garlic, finely chopped
140g lentils
2 tsp oregano
1 tsp cinnamon
600ml vegetable broth/stock
2 medium courgettes, chopped
1 tbsp tomato puree
100ml pomegranate juice

Method

Makes 4 servings

In a pan on medium/high heat, add the oil, onion, pepper and garlic and cook for a few minutes.

Stir in the lentils, oregano and cinnamon and stir for 1 minute and then add the broth/stock. Bring to the boil and then reduce to a simmer and cook with a lid on for 25 minutes.

Add the courgettes, tomato puree and pomegranate juice and stir well and season with salt and pepper. Simmer for another 15 minutes or until the lentils are cooked to your liking.



Coconut Fish Bake with Broccoli

Ingredients

300g plaice, 400g lemon sole
1 large onion, chopped
3 cloves garlic, minced
2 tsp minced fresh ginger
1 tsp green chilli, chopped
5 tomatoes, chopped
Broccoli, stalk removed, chopped
400ml coconut milk
Handful fresh coriander, chopped
2 tbsp lemon juice
Spice mix
6 tsp coriander, 2 tsp cumin, 1/2 tsp pepper, 1 1/2 tsp rock salt, 1/2 tsp turmeric, 1/2 tsp ground fennel seeds

Method

Serves 3-4

Preheat oven to 200°C.

In a deep frying pan on medium heat, cook the onion, garlic, ginger and chilli for a few minutes in coconut oil. Add the tomatoes and mix until they turn soft, and then add your spice mix and stir until it forms a paste. Add the coconut milk, lemon juice, fresh coriander and broccoli and simmer for 5 minutes.

Using a roasting dish, place in the uncooked fish. I like to layer this. So I put down one layer of fish to cover the bottom, then I pour on half the mixture from your frying pan. Then I layer the last few fillets on top and then pour on the rest of the mixture.

Cook in the oven for 30 minutes or until the fish is cooked through. Serve hot.



Mackerel with Cauliflower rice and Kale

Ingredients

2 mackerel fillets
1/2 head cauliflower, grated
1 tbsp coconut oil
1 tsp mustard seeds
large handful kale
Juice from 1/2 lemon

Method

Cook the mackerel under a grill for 5 minutes on each side or until cooked through.

In a frying pan add the oil and mustard seeds on high heat. Once the seeds start popping add in the cauliflower and reduce heat to medium. Stir often for 10 minutes.

Cook the Kale in a pan of boiling water for 5 minutes, then drain. Plate the rice and pop the fish on top and kale to the side. Sprinkle the lemon juice on the fish and kale and season everything with salt and pepper.



Fish Fingers

Ingredients

400g cod loin
1 egg
50g ground almonds
40g desiccated coconut
1 tbsp dried parsley
260g frozen peas

Method

Serves 2

Preheat oven to 200°C. Slice the cod into fish finger sized pieces. Beat the egg in a bowl. In another bowl add the ground almond, desiccated coconut and parsley and mix.

Dip each piece of fish in the egg first coating all sides and then place in the dry mixture and fully coat each side. Place each finished covered piece of fish into a roasting pan lined with grease proof paper until you have coated every piece. Place in the oven for 10-20 minutes until you see them start to brown.

In a pan place in the peas with boiling water and cook for 5-8 minutes until cooked through.



Halibut with Broccoli

Ingredients

1 large head broccoli cut into florets

60g ground almonds

2 tsp fresh basil, finely chopped

4 fillets halibut

1 tbsp coconut oil

120ml chicken stock

Juice from 2 lemons

1/4 tsp rock salt

1/4 tsp pepper

Method

Makes 4 servings

Steam broccoli until a little tender but not soft.

Mix together the almonds and basil and coat each halibut fillet with the mix. Heat the oil in a large frying pan on medium heat and cook the fish for around 4 minutes on each side or until cooked through. Transfer to a dish.

Add the chicken stock to the frying pan along with the broccoli and lemon juice and season with the salt and pepper. Mix together to combine picking up any bits stuck to the pan from the fish. Spoon the mixture on top of the fish.



Carrot and Chickpea Soup

Ingredients

1 tbsp coconut oil

400g carrots, peeled and chopped

1 red chilli, finely chopped, no seeds

1 clove garlic, minced

400ml can coconut milk

200ml vegetable stock

1 tsp ground cumin

1/2 tsp ground ginger

1 can chickpeas, drained and rinsed

Small bunch fresh parsley, chopped

Crunchy chickpeas to garnish (see snacks)

Method

Serves 3

Melt the coconut oil in a large saucepan and add the carrots, chilli and garlic and cook for a few minutes.

Add the coconut milk, stock, cumin and ginger and stir well. Cook for 10 minutes on a simmer.

Add the chickpeas and simmer for 5 more minutes.

Blend to a puree with a hand blender (or food processor, just be careful as it's hot).

Serve in bowls and garnish with the parsley and crunchy chickpeas.





Green Tea Salmon

Ingredients

80g wild salmon fillet
1 green tea bag
2 tsp coconut oil
1 cm piece ginger, minced
1 tbsp miso paste
1/2 bunch fresh coriander, chopped
Juice 1/2 lemon
1 1/2 tbsp tamari
50g sugar snap peas
60g broccoli florets
100ml coconut milk
1/2 fresh red chilli, finely sliced
1 lime

Method

On a plate place the salmon and empty the contents of the tea bag over and rub into the fish. Place the salmon in a medium/high heat frying pan skin side down with the coconut oil. When golden on all sides it should be cooked through. Discard the skin.

Place the ginger, miso paste, coriander (saving some leaves), lemon juice, tamari, and a splash of water into a blender and blend until smooth.

Place the sugar snap peas, broccoli and asparagus into a pan and cover with boiling water and cook for a few minutes, until tender. Drain the veg and then place back into the pan. Pour over the contents of the blender and coconut milk and stir well on a medium heat.

To serve place the vegetables in a deep bowl and place the salmon on top with some lime wedges and scatter with the chili and remaining coriander leaves.

