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VEGETARIAN 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 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

CARBOHYDRATES



VEGETABLES

BEETROOT
CARROTS
PARSNIP
POTATO
PUMPKIN
SQUASH
SWEETCORN
SWEETPOTATO
TURNIPS
YAMS

GRAINS/LEGUMES

BUCKWHEAT (limited)
 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

PROTEINS



PROTEIN ONLY

EGGS (LIMITED)
 PEA PROTEIN
 RICE PROTEIN
 HEMP PROTEIN
 WHEY PROTEIN

PROTEIN & CARBS

ALL BEANS
 ALL LENTILS
 CHICKPEAS

PROTEIN & FATS

ALL NUTS (**WALNUTS**)
 ALL SEEDS (**CHIA**
SEEDS & PUMPKIN
SEEDS)
 AVOCADO
FLAX SEEDS
 NUT BUTTERS

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

GOOD FATS



COCONUT -
 - MILK/CREAM
 COCONUT OIL
 COCONUT YOGHURT
 MCT OIL
 OLIVES
**OLIVE OIL (not heat-
 ed)**

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	Kale Falafels and hummus	Hummus with carrots and cucumber	Lentil stew
DAY 2	Cinnamon coconut chia pudding	Broccoli pesto salad	Sweet potato chips	Carrot and chickpea soup
DAY 3	Blueberry granola bowl	Bruschetta Spaghetti Squash	Small handful walnuts	Kimchi soup
DAY 4	Omelette	Beetroot crunch salad	Sweet potato hummus with veg	Vegetable burgers with feta
DAY 5	Berry chia porridge	Quinoa herb salad	Crunchy chick peas	Butterbean Dhal
DAY 6	Strawberry nut smoothie	Miso Soup	Berries with coconut raspberry cream	Mixed bean salad
DAY 7	Chocolate chia pudding	Eggs in Avocado	Strawberry Almond Cookies	Chickpea and carrot burgers



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

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.



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.





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.



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.





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.



Chocolate Chia Pudding

Ingredients

250ml coconut/nut milk

2 tbsp cacao powder

pinch rock salt

30g chocolate plant protein powder

30g chia seeds

10 cashew nuts

Method

Blend the milk, cacao, salt and protein powder together 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 cashew nuts.



LUNCH RECIPES



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.



Broccoli Pesto Salad

Ingredients

2 broccoli heads
1.5 tsp salt
1 red onion, finely chopped
20 cherry tomatoes, halved
14 olives, halved
4 tbsp pesto
2 tbsp olive oil

Method

Serves 3

Chop off the broccoli florets and discard the stalks. Place the florets into a food processor and pulp until small.

Take out from the food processor and place into a bowl and massage in the salt for a few minutes using your hands, you'll see the broccoli look like it's got a cooked colour to it after a while.

Add all other ingredients and mix well.



Bruschetta Spaghetti Squash

Ingredients

1 medium spaghetti squash
2 tbsp olive oil
2 cups cherry tomatoes, quartered
1/4 cup diced red onion
2 garlic cloves, minced
2 tbsp chopped fresh basil
2 tbsp balsamic vinegar
Parmesan cheese

Method

Preheat oven to 180°C. Wash and dry the squash and prick a few times with a knife and bake in the oven for 45 minutes or until a knife is easily inserted. Once cooked remove from the oven and cool.

Cut the squash in half length ways and remove the seeds with a spoon. Using a fork, scrape the inside of the squash filling a bowl with shreds. Toss this with 1 tbsp olive oil.

In a bowl mix together the tomatoes, onion, garlic, basil, balsamic vinegar and remaining oil and mix together. Toss in the spaghetti squash and mix and serve and then top with a sprinkle of parmesan.



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.





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.

Miso Soup

Ingredients

1 litre water

1 tbsp shredded nori/wakame
seaweed

3 tbsp miso paste

3 scallions, chopped

1/3 block firm tofy cut into
cubes

1 tbsp tamari sauce

Method

Makes 4 servings

In a large pan bring the water to a simmer and then add the seaweed and simmer for 5 minutes. Turn the heat to low and add the rest of the ingredients and stir well. Do not boil. Give it a couple of minutes to get warm and then serve.



Eggs in Avocados

Ingredients

1 avocado halved, seed removed

2 free range eggs

200g tinned plum tomatoes

sprinkle chilli flakes

sprinkle fresh dill

Method

Preheat the oven to 200°C.

If the holes in the avocado seem a little small then spoon a little extra out to make room for an egg. Place the avocado in a roasting dish lined with grease proof paper. Crack open the eggs carefully into a dish and spoon in the yolks into each hole and then as much whites as will fit.

Season with salt and pepper and then place in the oven for around 15-20 minutes. While they are in the oven heat up the plum tomatoes in a pan. Take the avocados out of the oven and then sprinkle with chilli flakes and the fresh dill. Serve warm with the tomatoes on the side.



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.



Sweet Potato Hummus and Veg

Ingredients

1 large sweet potato cooked and mashed

1 can chick peas, drained and rinsed

60g tahini

Juice from 1 lemon

3 tbsp olive oil

1 clove garlic

1/4 tsp rock salt

1 tsp ground cumin

1/2 tsp cinnamon

Method

Place all ingredients into a food processor and blitz until smooth. Serve with some raw vegetables like carrots, celery, cucumber and sugar snap peas.



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.

Fresh Berries and Raspberry Cream

Ingredients

160ml coconut milk

180g frozen raspberries

1 tsp vanilla extract

200g mixed berries, washed

Mint leaves

Method

Serves 4

Blend together the coconut milk and frozen raspberries until smooth and then add the vanilla and blend again.

Divide the berries into bowls and top with the raspberry cream, add mint leaves to decorate





Strawberry Almond Cookies

Ingredients

2 chia eggs
400g almond flour
1 tsp bicarb of soda
1 tsp salt
1 tsp cinnamon
1 tsp vanilla extract
100g nut butter
150g honey
110ml coconut milk
150g strawberries, chopped

Method

Preheat oven to 190°C. To make the chia eggs, blend 2 tbsp of chia seed until ground, then add 8 tbsp water and mix until you get an egg consistency.

In a bowl, combine the almond flour, bicarb of soda, salt, and cinnamon and mix. Add the chia eggs, vanilla, nut butter, honey, and coconut milk and mix well until well combined. Tip in the strawberries and mix until evenly spread. Line a baking sheet with baking paper and spoon on a heaped tbsp of mixture and flatten the top and shape into a circle.

Cook in the oven for 15-20 minutes until golden brown and cooked through. Let them cool on a cooling rack. Store in an air tight container.



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.



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.



Kimchi Soup

Ingredients

3 tbsp coconut oil
225g mushrooms, sliced
1 onion, chopped
1 1/2 tbsp ginger, grated
1 tsp chilli flakes
5 garlic cloves, minced
100g kimchi (drained)
1.4 litres water
1 tbsp honey
200g broccoli florets
3 tbsp miso paste
1 tbsp tamari sauce
300g tofu

Method

Makes 4 servings

In a large pan melt the oil and then add the mushrooms and a little salt and cook until browned and then remove from the pan.

In the same pan add the onion, ginger, chilli flakes and garlic and saute for a few minutes on high heat, do not burn. Add the kimchi, water and honey and bring to a boil. Add the broccoli and cook for 3 minutes on a boil and then reduce the heat to a simmer.

Stir in the miso paste and tamari sauce and taste. If it's a little flat, just add more miso or tamari. You can add some of the juices the kimchi came in. Serve the soup out into 4 servings and then top each with the mushrooms and tofu.



Vegetable Burgers with Feta

Ingredients

350g sweet potato, peeled and chopped
3 tsp coconut oil
1 onion, diced
2 garlic cloves, minced
150g portobello mushrooms, finely chopped
150g cooked quinoa
180g raw beetroot, grated
2 tbsp fresh coriander, chopped
zest from 2 limes
4 tbsp almond flour
50g feta cheese sprinkled on the top

Method

Makes 6 burgers

Cook the sweet potato in a pan of boiling water until soft, drain and mash and leave to the side to cool.

In a frying pan add 1 tsp oil, the onion, garlic and mushroom and cook on high heat for 8 minutes stirring frequently until soft. Place into a large mixing bowl and leave to cool.

Add the rest of the ingredients into the bowl along with the sweet potato and using your hands mix together everything well and then form into 6 large burgers. Place these on a plate and sprinkle each side with a little almond flour. Place in the fridge and leave to set for 30 minutes.

To cook place 2 tsp coconut oil into a frying pan and place in the burgers on medium heat. Cook for 8 minutes and then turn over and cook for the same amount of time. Serve, enjoy with your side salad and sprinkle of feta.





Butterbean Dhal

Ingredients

1tbsp coconut oil

1 onion, chopped

2 garlic cloves, minced

500ml vegetable stock

100g red split lentils

1 tsp ground turmeric

1 tsp paprika

1tsp ground cumin

1/2 tsp cayenne pepper

1/2 tsp salt

1 can butterbeans, drained and rinsed

50g fresh spinach

Method

Makes 2 servings

In a saucepan fry the onion and garlic for a few minutes in the coconut oil.

Add the stock, lentils, spices and salt and bring to the boil.

Add the butter beans and reduce to a simmer.

Simmer for 20 minutes until it becomes nice and thick or until the lentils are soft. Add the spinach and stir for 3 minutes. Serve hot.



Mixed Bean Salad

Ingredients

1tsp coconut oil

1 red pepper, diced

1/2 small red onion, finely chopped

90g pineapple, chopped

160g sweetcorn

1 (450g) can mixed beans, drained

175g cherry tomatoes, quartered

small bunch coriander, chopped

1/2 tsp cayenne pepper

1/2 tsp salt

1 can butterbeans, drained and rinsed

50g fresh spinach

Method

Makes 3 servings

To make the dressing blend together the dressing ingredients and then set to the side.

In a hot frying pan cook the pepper and onion in the coconut oil until browning place this into a bowl with the rest of the ingredients and then stir in the dressing.





Chickpea and Carrot Burgers

Ingredients

400g can chickpeas, drained and rinsed

300g cooked carrot, mashed

1 garlic clove, minced

1 tbsp lemon juice

1/2 tsp ground cumin

1/2 tsp ground coriander

1/2 tsp paprika

1/4 tsp cayenne pepper

1/4 tsp salt

1 tbsp tahini

4 tbsp sesame seeds

1 tbsp coconut oil

Method

Makes 2 servings

Preheat oven to 200C. Pour the chickpeas into a large bowl and mash them up a little. Add the cooked mashed carrot, garlic, lemon juice, spices, salt and tahini and mash it all together really well.

Roll the mixture into 4 or 5 burgers with wet hands. Place the sesame seeds onto a dish and then dip the outside of the burgers onto the seeds to coat.

Place a baking tray in the oven with the coconut oil and take out once the oil has melted. Place the burgers on the tray and turn them over so the tops now have some oil on. Cook in the oven for 20-30 minutes turning them over halfway.

You could try sweet potato, butternut squash, and parsnips instead of carrot, or a mixture and you can try this with butterbeans, kidney beans, borlotti beans or mixed beans instead of chickpeas.

