



ADVANCING
HEALTH
NATURALLY



ANTI-INFLAMMATORY RECIPES

HOW TO REDUCE INFLAMMATION 'NATURALLY'



ANTI-INFLAMMATORY RECIPES

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BREAKFAST

Zucchini Porridge



Serves: 2

Preparation time: 15 minutes

Per Serving: 180 Calories,

6 g protein, 2 g fat,

33 g carbohydrates

Ingredients:

- 1 Zucchini (courgette)
- 45 g rolled oats
- 1 teaspoon ground cinnamon
- 1 banana
- 1 tablespoon maple syrup or honey

Method

- Finely grate the zucchini into a medium saucepan and add the oats, cinnamon and 170 ml (2/3 cup) water. Bring to the boil, turn the heat to low and simmer for 5 minutes, or until the water has evaporated.
- Peel and slice the banana.
- Divide between two bowls. Top with the banana and drizzle with the maple syrup.



LUNCH

Herby Buckwheat Tabbouleh

Serves: 2

Preparation time: 45 minutes

Per Serving:

635 Calories, 10 g protein, 28 g fat, 82 g carbohydrates

Ingredients:

- 200 g buckwheat groats
- 1 bunch parsley
- 1/2 bunch mint
- 2 spring onions
- 2 tomatoes
- 1 teaspoon ground cumin
- 1 teaspoon paprika

Dressing:

- 1/3 cup (80 ml) olive oil
- Juice of 1 lemon
- Sea salt
- Freshly ground black pepper

Mix the oil and lemon juice in small bowl and season with salt and pepper.

Method

- Cook the buckwheat according to the packet instructions.
- Finely chop the parsley and mint. Thinly slice the spring onions and dice the tomatoes. Prepare dressing.
- Transfer the buckwheat, herbs, spring onions and tomatoes to a bowl, season with cumin and paprika and mix.
- Pour the dressing over the salad, mix carefully and let rest for at least 15 minutes. The longer it can rest, the better the flavours will be.

Health Tip: Like all pseudo cereals, buckwheat contains **no** gluten and is thus a healthy alternative to wheat and other grain products. The seed can be found to make a flour, which, like the entire grain, is rich in B vitamins.



LUNCH

Brussel Sprout, Radicchio and Apple Salad

Serves: 2

Preparation time: 20 Minutes

Per Serving:

450 Calories, 11 g protein, 35 g fat, 22 g carbohydrates

Ingredients:

200 g brussel sprouts
1/2 head radicchio
2 apples
45 g almonds

Dressing:

60 ml (1/4 cup) Olive oil
2 tablespoons apple cider vinegar
2 teaspoons wholegrain mustard
Sea Salt
Freshly ground black pepper

Mix oil, vinegar and mustard in small bowl and season with salt and pepper.

Method

- Remove the outer leaves of the brussel sprouts and cut off the hard ends, then thinly slice them. Transfer them to a medium bowl.
- Tear the radicchio into bite-sized pieces. Quarter, core and finely dice the apples. Add to the bowl with the brussels sprouts.
- Toast the almonds in a dry frying pan over medium heat until they are fragrant, about 5 minutes. Prepare the dressing.
- Toss the salad with the dressing and top with almonds. Divide between bowls and serve.

Health Tip: *Brussel sprouts contain secondary phytochemical, which help to strengthen our immune system. They are an excellent source of plant protein. You can even eat them raw! If you do, I recommend cutting them into thin slices or grating them.*



DINNER

Turmeric Curry with Rice Noodles

Serves: 2

Preparation time: 45 Minutes

Per Serving:

810 Calories, 29 g protein, 58 g fat, 69 g carbohydrates

Ingredients Curry:

100 g green beans
1 handful Swiss or button mushrooms
1 spring onion
200 g smoked tofu
1/2 bunch coriander
3 tablespoons coconut oil
250 ml (1 cup) coconut milk
2 tablespoons sesame oil
1 tablespoon agave syrup
1 tablespoon soy sauce
100 g rice noodles
1 handful bean sprouts

Tumeric Paste:

2 fresh turmeric roots, or 2 tablespoons ground turmeric
1 onion
2.5 cm ginger
1 garlic clove
1 large tomato

Peel and dice the turmeric roots, onion, garlic and ginger. Dice the tomato. Transfer to a food processor and blend until smooth.

Method

- Prepare the turmeric paste first (see above) then make the curry, halve the green beans, quarter the mushrooms and thinly slice the spring onion. Dice the tofu and finely chop the coriander.



DINNER

Turmeric Curry with Rice Noodles

Serves: 2

Preparation time: 45 Minutes

Per Serving:

810 Calories, 29 g protein, 58 g fat, 69 g carbohydrates

Method continued...

- Heat 1 tablespoon of the oil in a medium frying pan over medium-high heat and fry the tofu until crisp, about 7-10 minutes, stirring regularly. Remove from heat and set aside.
- Heat the remaining 2 tablespoons oil in a large saucepan over medium heat, add the turmeric paste and cook for 2 minutes. Add the green beans and mushrooms and cook for another 2 minutes.
- Deglaze with the coconut milk and simmer over low heat for 10 minutes. Stir in the sesame oil, agave syrup and soy sauce and remove from the heat.
- While the curry simmers, cook the noodles according to the packet instructions.
- Divide the noodles and curry between two bowls, top with the spring onion, tofu, sprouts and coriander and serve.

Health Tip: *Turmeric eases intestinal symptoms such as bloating, heartburn, diarrhoea, constipation, flatulence and cramps. It has an anti-inflammatory effect, which can help with skin problems and acne. The main active ingredient in turmeric is curcumin, which gives it its intense bright colour.*



DINNER

Tofu Palak 'Paneer'

Serves: 2

Preparation time: 30 Minutes

Per Serving:

515 Calories, 32 g protein, 36 g fat, 20 g carbohydrates

Ingredients:

400 g firm tofu

450 g spinach

iced water

2 garlic cloves

2.5 cm piece ginger

2 jalapeños

1 red onion

2 tomatoes

60 ml (1/4 cup) coconut oil

1 tablewspoon ground cumin

2 teaspoons ground cinnamon

1 teaspoon ground cardamon

1 teaspoon garam masala

sea salt + freshly ground black pepper

Method

- Drain the tofu, then sandwich between several layers of kitchen paper to remove excess fluid.
- Bring saucepan to the boil and blanch the spinach until just wilted, about 1 minute. Drain and transfer immediately to a bowl of iced water, drain and set aside.
- Peel and finely chop the garlic and ginger. Stem, seed and finely chop the jalapeños. Add to the bowl with the spinach.



DINNER

Tofu Palak 'Paneer'

Serves: 2

Preparation time: 30 Minutes

Per Serving:

515 Calories, 32 g protein, 36 g fat, 20 g carbohydrates

Method Continued...

- Peel and finely chop the onion. Dice the tomatoes and tofu.
- Heat oil in medium saucepan over medium heat, add the cumin, cinnamon, cardamon and garam masala. Cook until fragrant, about 2 minutes Add the onion and tomatoes and cook for another 5 minutes.
- Stir in the spinach, garlic, ginger, jalapeños and tofu along with 250 ml (1 cup) water and simmer over low heat for 5 minutes.
- Season with salt and pepper, divide between bowls and serve, alone or with brown basmati rice.

Health Tip: Spinach is a fast-growing plant, which absorbs many nutrients from the ground. For your body to better incorporate these nutrients, combine spinach with other foods rich in vitamin C, such as tomatoes or broccoli.



DESSERT

Banana & Coconut Nice Cream



Serves: 2

Preparation time: 10 minutes

Per Serving: 390 Calories,
8 g protein, 21 g fat,
42 g carbohydrates

Ingredients:

- 3 frozen (very ripe) bananas, peeled before freezing
- 3 Medjool dates, pitted and chopped
- 60 ml (1/4 cup) coconut milk
- 2 tablespoons Almond Butter
- 1 teaspoon cinnamon
- 1 teaspoon Bourbon vanilla extract
- 1/2 teaspoon ground cardamom
- Coconut chips

Method

- Blend the bananas, dates, coconut milk, almond butter, cinnamon, vanilla and cardamom in a blender.
- Divide between bowls, top with coconut chips and serve immediately.



FOODS THAT SUPPORT REDUCTION OF INFLAMMATION

Foods that support the body to reduce inflammation

FRUITS

- Apples
- Avocados
- Oranges
- Lemons
- Limes
- Berries
- Watermelon

NUTS & SEEDS

- Hemp Seeds
- Cashews
- Walnuts
- Almonds
- Flax Seeds
- Chia Seeds
- Sunflower Seeds

CONDIMENTS

- Apple Cider Vinegar
- Almond, Cashew or Sunflower Seed Butter
- Raw Cacao Powder
- Fresh and Dried Herbs

VEGETABLES

- Leafy greens
- Broccoli
- Cauliflower
- Cucumber
- Carrots
- Beets
- Mushrooms
- Peas
- Sweet Potatoes
- Zucchini
- Squash

GRAINS

- Brown rice
- Wild rice
- Buckwheat
- Millet
- Quinoa
- Whole Grain Products

PROTEINS

- Eggs
- Turkey
- Chicken
- Salmon
- Trout
- Lentils

OILS

- Hemp Seed Oil
- Extra Virgin Olive Oil
- Coconut Oil
- Avocado Oil
- Walnut Oil

DRINKS

- Filtered Water
- Green Tea
- Herbal Tea
- Coconut Water



I'M HELGA DALLA
Founder Advancing Health Naturally

Helping You Reduce Inflammation, Joint Pain & Stress Naturally

Personal Health Mentoring

I help clients identify, reach and maintain their desired health goals, providing them with guidance and accountability.

Imparting my knowledge, skills and experience helps empower my clients to develop sustainable healthy habits to combat inflammation, joint pain and stress naturally.



Helping You Achieve Success

Unlock Your Full Potential. Say Hello to THE NEW YOU

Most of my clients have been to see their local GP as a first port of call. They're now hoping to understand what's contributing to their symptoms.

Most of all, they want to know how they can feel, look and perform better. Let's arm you with enough information to start your journey back to health.

- ✓ Are you tired of inflammation taking over your life?
- ✓ Are your joints and muscles aching with no relief?
- ✓ Are you ready to experience less pain and more joy?
- ✓ Are you ready to take action to say Hello to the NEW YOU?

GET STARTED

