

Anti-Inflammatory Sample Menu

BREAKFAST: Spanish Frittata

- 3 large organic eggs
- 1/8 cup coconut milk
- 1/8 teaspoon sea salt, or more to taste
- 1/2 tablespoons coconut oil or extra-virgin olive oil
- 1/8 cup sautéed mushrooms or your favorite vegetable
- 1/4 cup spinach or arugula

1. Preheat oven to 375°F degrees; Whisk the eggs and coconut milk. Set aside.
2. Prepare pan with coconut oil and medium-high heat. Add mushroom and sauté until soft. Toss in spinach and fold into veggie mixture just until wilted. Remove vegetables from pan; set aside.
3. Turn down the heat to low, adding a little more coconut oil if needed. Using the same skillet, add the eggs, shaking to distribute the mixture evenly. Cook over medium-low heat for 7 minutes using a spatula to spread the eggs from the edges to the center until the edges are no longer runny. Arrange the vegetable mixture over the top evenly.
4. Cook through and slide frittata onto the plate. Enjoy!

LUNCH: Tropical Quinoa Salad With Cashews (Serves 4)

- 1 cup dried quinoa, rinsed well
- 1 cup apple or carrot, finely chopped
- juice of 1 lime
- 1 tablespoon extra-virgin olive oil
- 1 large mango, chopped (not overly ripe)
- freshly ground black pepper, to taste
- 1/2-inch-piece ginger, finely chopped
- 1 avocado, chopped or thinly sliced
- 1 cup cashews, coarsely chopped



1. Cook the quinoa: Bring 2 cups of water to a boil in a medium saucepan; add the quinoa and simmer, covered 15-20 minutes. Set aside and let cool.
2. In a large bowl toss the chopped apple/carrot. Whisk together the lime juice and olive oil. Add to the bowl. Add the cooked, cooled quinoa and mango to the bowl and toss well. Add cilantro, ginger and pepper, to taste. Garnish with sliced avocado and cashews.

DINNER: Grilled Salmon + asparagus

1. Preheat oven to 450 degrees F. Season salmon with salt and pepper. Place salmon, skin side down, on a non-stick baking sheet or in a non-stick pan with an oven-proof handle. Bake until salmon is cooked through, about 12 to 15 minutes. Serve alongside grilled asparagus.



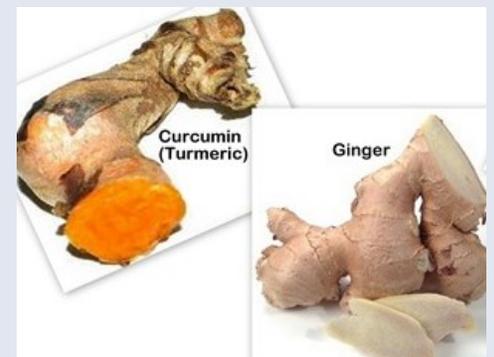
Anti-Inflammatory Principles

Eat the rainbow: Consume 8-9 servings of vegetables a day. Cruciferous vegetables such as broccoli, Brussels sprouts, cabbage and cauliflower are best.

Consume dairy and grains in moderation: When choosing grains, steer clear from simple carbohydrates with refined sugar. Opt for whole grains—barley, buckwheat, oats, quinoa, brown rice, rye, spelt and wheat.

Avoid red meat: Eat red meat the way most of us eat turkey—about twice a year. Instead, include fish as the “meat” or eat vegetarian main dishes.

Add a variety of spices: Ginger and curcumin have an anti-inflammatory effect. Herbs such as garlic and turmeric also have antioxidant properties.



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