



# GLENDAS 7 MENUS

We've put together 7 Menus using foods that are known for their anti-inflammatory properties. Enjoy pain free health by eating right!

7 Anti-Inflammatory  
Meals that Heals



Pumpkins are an excellent source of beta-cryptoxanthin, a powerful anti-inflammatory. This antioxidant is absorbed best when paired with a fat, making the butter and oil in this recipe important for more than just flavor. Pumpkin skins are edible which makes preparing this soup very easy! Serve this soup with a mixed green salad for a delicious healthy meal.

## CHILI PUMPKIN SOUP



Not only does ginger taste great in these quick and easy gluten-free and dairy-free muffins, but it's also an excellent anti-inflammatory, helping to ease arthritis pain.

## RHUBARB, APPLE, AND GINGER MUFFINS



This is a great make-ahead soup. Simply portion into single servings, freeze, and then pop one into your lunch sack for work.

RED LENTIL AND  
SQUASH CURRIED STEW



Instead of a tomato-based pasta sauce, use red peppers, which are full of vitamin C and beta carotene.

ITALIAN-STYLE STUFFED  
RED PEPPERS



This antioxidant-rich soup freezes easily so you can prepare it ahead for the week. Roasting the sweet potatoes before simmering will make the flavors more pronounced.

## ROASTED RED PEPPER AND SWEET POTATO SOUP



These burgers are so fantastic, you may just want to give up eating beef patties. Load up on vitamin C and beta carotene from the sweet potatoes and easily digestible nutrients from the sprouts.

## SWEET POTATO BLACK BEAN BURGERS



Omega-3 fatty acids are a key ingredient in helping to reduce the inflammation of arthritis and other joint problems.

Trade in the tuna for salmon and serve with a green salad or a cup of soup for a filling meal.

## SMOKED SALMON POTATO TARTINE



## Recipe Resources

<https://liveenergized.com/alkaline-diet-resources/three-alkaline-anti-inflammation-soup-recipes/>

<http://www.mydarlinglemonthyme.com/2013/09/rhubarb-apple-ginger-muffin-recipe.html>

<https://dashingdish.com/recipe/italian-style-stuffed-red-peppers/>

<http://www.tasteandtellblog.com/roasted-red-pepper-and-sweet-potato-soup/>

<http://ohsheglows.com/2011/10/05/red-lentil-and-squash-curry-stew/>

<http://www.ambitiouskitchen.com/2013/08/spicy-sweet-potato-black-bean-burgers-with-avocado-cilantro-crema-sprouts/>

<http://www.abeautifulplate.com/smoked-salmon-potato-tartine-north-festival/>

# RECIPE RESOURCES

Researched By  
Glenda Hill