



COACHADRIENNE

THE
ANTI-INFLAMMATORY
GUIDE

EAT CLEAN
GET FIT
LIVE WELL

CLIENTCARE@COACHADRIENNE.COM

Congratulations on taking steps to improve your health by controlling inflammation with good nutrition! Here are some of my favorite anti-inflammatory recipes. (Disclaimer: Always consult your medical professional. This is not intended to diagnose or treat any condition.)

Chipotle Shrimp-Stuffed Avocado with Greens and Sauerkraut
Serves 4.

1 lb. Shrimp, peeled and deveined

1 tsp minced garlic

2 tbsp chopped Chipotle peppers in Adobo sauce (spicy, use caution and reduce amount if it's too hot for you)

2 tbsp water

2 tbsp olive oil

½ avocado, pitted

Salt to taste

2 cups of fresh Power Greens (kale, spinach and chard blend)

1 tbsp coconut oil

Dash of Himalayan Pink salt

Fermented Sauerkraut of your choice. I like Wildbrine or Cultured Guru.

Instructions:

Season shrimp with salt. Saute garlic and shrimp in olive oil on medium heat until shrimp are pink, taking care not to overcook shrimp. Add Chipotle and Adobo and water and stir well, coating shrimp and cook until reduced and shrimp are glazed. Spoon ½ cup into avocado.

Quick saute power greens in coconut oil over medium heat until wilted. Sprinkle with Himalayan salt to taste.

Serve 2 tbsp of probiotic-rich sauerkraut, greens and avocado together on a plate.



Roasted Root vegetables

1 large sweet potato, cubed with skin on
1 large beet, peeled and cubed
2 carrots, sliced
1 yellow onion, chopped into bite size chunks
2 tbsp olive oil
Himalayan salt to taste

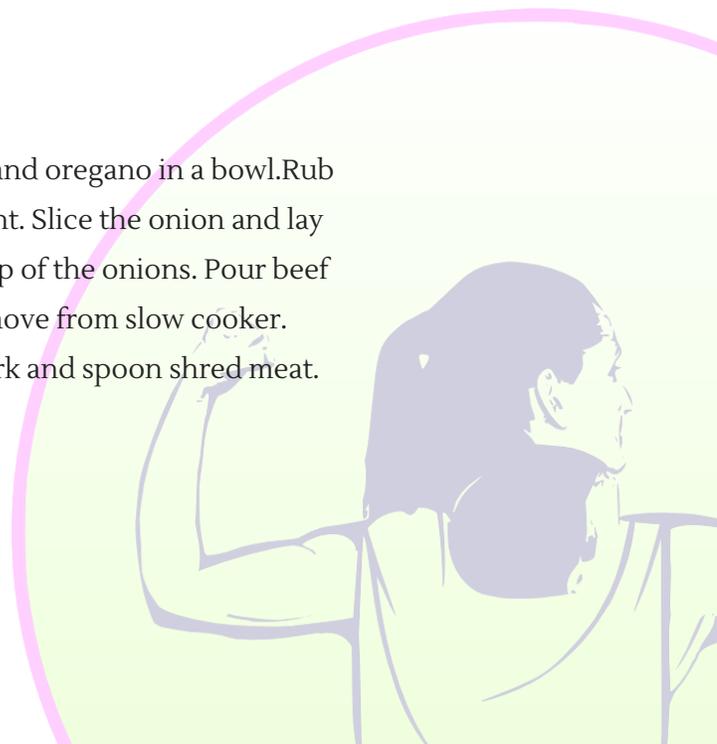
Preheat oven to 400 degree F. Spread vegetables on a baking sheet, drizzle with oil and salt and mix well to coat. Roast in overnight for 40 minutes or until til fork tender. Makes 4 sides.

Shredded Pork Lettuce Tacos with Kimchi

Shredded pork:

1 1/2 teaspoon kosher salt
1 teaspoon chili powder
1 teaspoon cumin
1 teaspoon granulated garlic
1/2 teaspoon fresh cracked black pepper
1/2 teaspoon dried oregano
1 (5 pound) bone-in pork shoulder
1 medium onion
3 cups beef broth
2 cups water

Combine salt, chili powder, cumin, granulated garlic, pepper and oregano in a bowl. Rub spice mixture all over the pork. Cover and refrigerate overnight. Slice the onion and lay it on the bottom of a 5 quart slow cooker. Place the pork on top of the onions. Pour beef broth and water over the top. Cover and cook for 8 hours. Remove from slow cooker. Allow to cool slightly. Discard bone and pan juices. Using a fork and spoon shred meat.
1 head of butter lettuce



Golden Milk Smoothie

TO BREW THE GOLDEN MILK

2 Cups Coconut or Almond Milk (plain)

1 tsp ground Turmeric

Pinch of black pepper

1/2 tsp ground ginger

1 tbsp maple syrup or honey

SMOOTHIE

brewed golden milk (above)

1 banana (fresh or frozen)

1 cup pineapple

vanilla (1 tsp or less)

First brew the golden milk.

Combine all your ingredients (the first 5 from the golden milk list) in a small sauce pan or stock pot. Bring to a quick boil then reduce to low and simmer for 5 minutes. Whisk all together until blended. Remove and let cool.

Once cooled, combine your golden milk with the rest of your smoothie ingredients listed. Blend fruit, golden milk, vanilla, optional coconut milk, etc., until smooth.

Baked Salmon with Lemon-Thyme Flaky salt

1 shallot, finely chopped

4 salmon fillets, skinless

4 teaspoons olive oil, divided

Sea salt and pepper

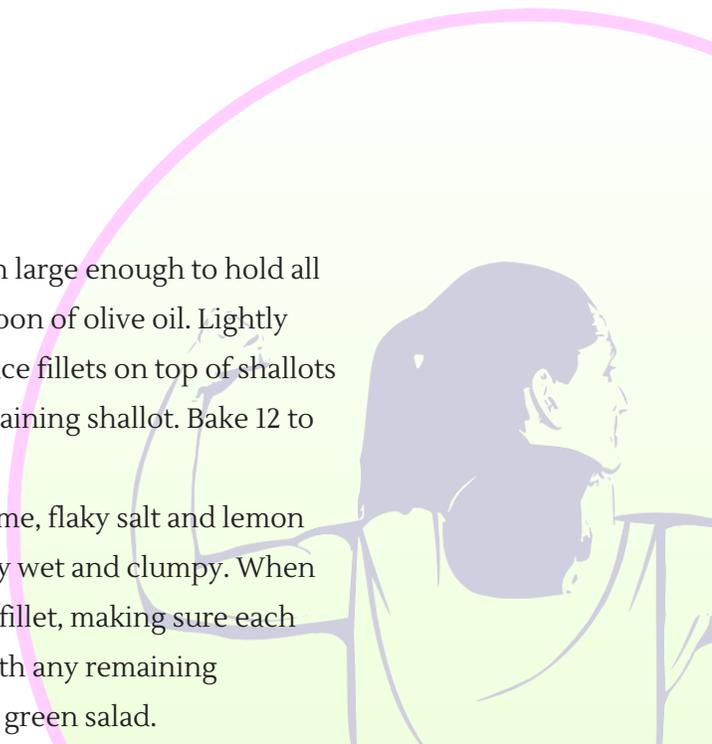
1 teaspoon finely chopped fresh thyme leaves

1 teaspoon flaky salt, such as Maldon sea salt

2 lemons, Finely grated zest

Preheat oven to 350°F. Sprinkle half the shallot in a baking dish large enough to hold all of the fish in a single layer. Rub each fillet all over with a teaspoon of olive oil. Lightly season one side of each fillet with cooking salt and pepper. Place fillets on top of shallots in the baking dish, seasoned side down, and sprinkle with remaining shallot. Bake 12 to 15 minutes or until flesh is opaque and flakes with a fork.

While fish bakes, prepare the seasoning salt by combining thyme, flaky salt and lemon zest in a small bowl. Mix gently. The salt mixture will be slightly wet and clumpy. When fish is done, sprinkle a little bit of the seasoning salt over each fillet, making sure each portion gets a bit of salt, zest and thyme. Serve immediately with any remaining seasoning salt if desired. Serves 4. Serve with brown rice and a green salad.



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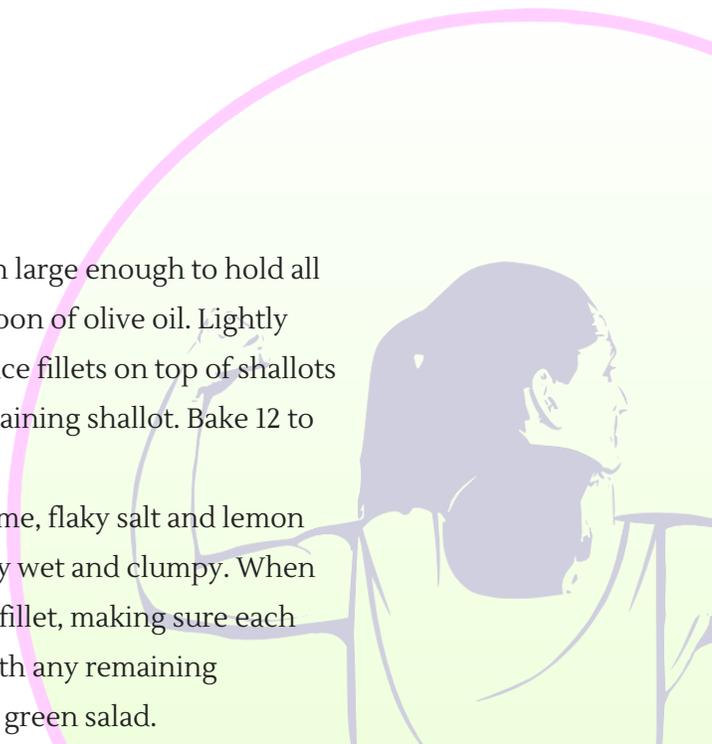
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Gluten Free Crepes

Makes 6 servings.

2 eggs

1 teaspoon vanilla, gluten-free

1/2 cup nut milk

1/2 cup water

1/4 teaspoon salt

1-2 tablespoons agave nectar

1 cup gluten-free all purpose flour

2 tablespoons coconut oil, melted

1 tablespoon coconut oil, for pan

INSTRUCTIONS

Place 2 tablespoons of coconut oil into a small saucepan, and melt over low heat.

In a medium mixing bowl, whisk together the eggs, vanilla, nut milk, water, salt and agave nectar until combined. Slowly add in the flour and whisk to combine.

Remove oil from heat, and pour into batter in a steady stream while slowly whisking to combine. Mix until smooth. Heat a small amount of coconut oil in a large frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/3 cup for each crepe. As soon as you've poured the batter, tilt and swirl the pan in a circular motion so that the batter coats the surface evenly.

Cook the crepe for about 2 minutes, until the bottom is light brown.

Flip the crepe with a spatula and cook the other side. Repeat this process with remaining batter.

Turmeric Oatmeal Bowl

1/2 cup Whole Rolled Oats

1 cup Water

1 splash almond or coconut milk

1/2 teaspoon Turmeric Powder

Berries of your choice

1 tbsp Hemp Seeds

Dried Cranberries

Desiccated Coconut

Maple Syrup optional

Cook oats according to package directions with water. Add milk and turmeric and toppings. Serves 1.



Turkey Taco Salad (gluten-free, grain free, dairy free)

This recipe is also free of nightshades if you leave off the peppers.

Turkey Taco meat:

1 lb ground turkey, browned

Add Seasoning mix:

1 Tbsp. Chili Powder

1/4 tsp. Garlic Powder

1/4 tsp. Onion Powder

1/4 tsp. Cayenne pepper

1/2 tsp. Paprika

1 1/2 tsp. Ground Cumin

1 tsp. Sea Salt or Himalayan pink salt

For each salad:

2 cups of mixed greens

1 sliced carrot

1/4 cup guacamole

1/4 cup diced red onion

1/2 cup seasoned ground turkey Place all ingredients in a bowl and serve.

Turmeric Chicken Zoodle Soup

Serves 2.

1 lb chicken breast

1 large onion, diced

3 cups chopped celery (stem only)

2 cups diced carrots

1 T ground turmeric

Salt and pepper, to taste

3 large zucchini, julienned into thin noodles, Fresh parsley, to garnish

Place chicken breast, diced onions, chopped celery, and diced carrots in a large pot. Cover with water and bring to a boil, then lower heat to medium-high and cook until chicken breast is cooked through (about 30 minutes). Chicken is cooked when the juices run clear when you slice into it. Transfer the chicken to a plate and let it cool before shredding it into pieces with two forks. Add ground turmeric to the soup, then turn heat down to medium-low. Let it simmer for 20 minutes until vegetables are soft. Add in zucchini noodles and cook for 5 minutes until soft. Divide zucchini noodles and soup into two bowls. Top with shredded chicken and garnish with fresh parsley.



New Orleans style Barbecue Shrimp

1 lb. shrimp, peeled and deveined
1 ½ seed-free curry powder
1 tbsp. Ghee
1 tbsp olive oil
1 cup yellow onion, chopped
2 cloves garlic, minced
¼ cup Worcestershire sauce
⅓ cup dry white wine
1 cup vegetable broth
1 bay leaf
Juice of 1 lemon
1 tbsp. Light coconut milk

Directions:

Rinse shrimp under cold water and pat dry with paper towel. In a large bowl, toss shrimp with curry powder until well-coated. In a skillet over medium heat, combine ghee, oil, onion, and garlic. Cook for 5 minutes or until onions become soft. Add worcestershire sauce, white wine, vegetable broth, bay leaf, and lemon juice to the skillet and bring to a boil. Reduce heat to low and simmer, uncovered for 10 minutes. Stir in shrimp and cook for 5 minutes until pink and cooked through. Stir in coconut milk.

Serves 3, about 10 shrimp each.



