

RECIPES AND MEAL PLANNING FOR CHRONIC PAIN

EASY ANTI-INFLAMMATORY RECIPES



RAINBOW QUINOA BOWL

Ingredients

- 1 cup quinoa
- 1 medium sweet potato, peeled and cubed
- 1 can chickpeas, drained and rinsed
- 2 cups chopped kale
- 1/2 cup shredded carrots
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper to taste

Instructions

- Cook quinoa according to package instructions.
- Toss sweet potatoes with 1 tbsp olive oil, salt, and pepper.
- Roast at 400°F for 25 minutes.
- Lightly sauté kale in a pan with a splash of water until wilted.
- Combine all ingredients in a bowl and drizzle with remaining olive oil and lemon juice. Infuse water with lemon, cucumber, mint, or berries
- Eat hydrating foods (cucumber, oranges, melon, soups)

SALMON & GREENS WRAP

Ingredients

- 1 whole wheat wrap
- 3 oz grilled salmon
- 1/4 avocado, sliced
- 1 cup baby spinach
- 2 tbsp plain Greek yogurt
- 1 tsp fresh dill
- Lemon juice

Instructions

- Mix Greek yogurt, dill, and lemon juice for a simple spread.
- Spread yogurt mix onto wrap.
- Layer spinach, salmon, and avocado.
- Roll tightly and slice in half.