

RECIPES AND MEAL PLANNING FOR CHRONIC PAIN

EASY ANTI-INFLAMMATORY RECIPES



ROASTED VEGGIE SHEET PAN

Ingredients

- 1 cup cauliflower florets
- 1 cup halved Brussels sprouts
- 1 medium sweet potato, cubed
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp rosemary
- Salt and pepper to taste

Instructions

- Preheat oven to 400°F.
- Toss all ingredients in olive oil and spices.
- Spread on a baking sheet and roast for 30–35 minutes, flipping halfway through.

SMART PLANNING TIPS

- Pick 1 day/week to plan 3–5 meals
- Batch cook proteins and grains to mix and match
- Use frozen produce for fast stir-fries and soups
- Prep overnight oats

GROCERY LIST STARTERS

Protein

- Lentils
- Canned salmon
- Tofu
- Eggs

Grains

- Brown rice
- Oats
- Whole wheat wraps

Produce

- Spinach
- Kale
- Berries
- Carrots
- Garlic

Pantry

- Olive oil
- Turmeric
- Cumin
- Cinnamon
- Almond butter
- Low-sugar granola