

RECIPES AND MEAL PLANNING FOR CHRONIC PAIN

EASY ANTI-INFLAMMATORY RECIPES



MORNING POWER OATS

Ingredients

- 1/2 cup rolled oats
- 1 tbsp chia seeds
- 1/2 cup blueberries
- 1/2 banana, sliced
- 1 tbsp almond butter
- 1 cup unsweetened almond milk or other plant-based milk

Instructions

- Combine oats, chia seeds, and milk in a bowl or jar.
- Let sit overnight or microwave for 2 minutes.
- Top with fruit and almond butter.



SOURCE: GUIDE TO NUTRITION FOR CHRONIC PAIN, WAYNE JONAS, M.D., 2025

SPICED LENTIL SOUP

Ingredients

- 1 cup green lentils
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1 tsp turmeric
- 1 tsp ground cumin
- 1/2 tsp ginger (fresh or ground)
- 5 cups vegetable broth
- 1 tbsp olive oil

Instructions

- Heat olive oil in a large pot. Sauté onion, carrots, celery, and garlic for 5 minutes.
- Add spices and cook for 1 more minute.
- Add lentils and broth. Bring to a boil, then reduce to simmer for 30–35 minutes until lentils are tender.

