



HOLISTIC  
NUTRITION  
& WELLNESS

# ANTI- INFLAMMATORY RECIPES

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Simple recipes with no strict rules!

HOLISTIC  
NUTRITION  
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# CHICKPEA SALAD

4 ingredients

## INGREDIENTS :

- Chickpeas, 120 grams
- Red leaf lettuce, 125 grams
- Extra virgin olive oil, 1 tbsp.
- Granny smith apple, on the side as a snack

## HOW TO MAKE :

- Combine ingredients in your bowl
- Add sea salt and pepper to taste



# ROASTED VEGGIES

7 ingredients

## INGREDIENTS :

- Purple cabbage, ¼ head
- Carrots, 4
- Fennel, 1
- Butternut squash, 1/2
- Purple onion, 1
- Broccoli, 2 cups
- Turnip, 1

## HOW TO MAKE :

- Preheat oven to 425 degrees
- Chop the veggies in large pieces
- Combine ingredients in a large bowl, drizzle olive oil, toss in bowl to coat veggies
- Add sea salt and pepper to taste
- Pour veggies on a pan with parchment
- Cook for 25-30 minutes until al dente



# ROASTED FISH SALAD

5 ingredients

## INGREDIENTS :

- Fish of choice, 125 grams
- Extra virgin olive oil, 1 tbsp.

Total 125 grams, combination of veggies

- Romaine lettuce
- Carrot
- Beets

## HOW TO MAKE :

- Combine ingredients in your bowl
- Add sea salt and pepper to taste



# TENDERLOIN & VEGGIES

6 ingredients

## INGREDIENTS :

- Tenderloin, 125 grams
- Extra virgin olive oil, 1 tbsp.

Total 125 grams, combination of veggies below

- Green onion

Use leftover veggies from Roasted Veggies recipe above

- Roasted red onion
- Roasted Beets
- Roasted Broccoli

## HOW TO MAKE :

- Cook the tenderloin to your liking
- Combine ingredients in your bowl
- Drizzle the EVOO oil over top
- Add sea salt and pepper to taste



# CHICKEN & VEGGIES

6 ingredients

## INGREDIENTS :

- Chicken breast, 125 grams
- Extra virgin olive oil, 1 tbsp.

Total 125 grams, combination of veggies below

Use leftover veggies from Roasted Veggies recipe above

- Roasted Carrots
- Roasted Beets
- Roasted Broccoli
- Fresh basil on top

## HOW TO MAKE :

- Cook the chicken in a pan
- Combine ingredients in your bowl
- Drizzle the EVOO oil over top
- Add sea salt and pepper to taste



# YOGURT & PEAR

3 ingredients

## INGREDIENTS :

- Yogurt, 185 grams
- 1 pear
- Extra virgin olive oil, 1 tbsp.

## HOW TO MAKE :

- Add yogurt to a bowl
- Chop up pear and place on top
- Drizzle EVOO on top for healthy fat

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# BON APPETIT!

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[www.holisticnutritionandwellness.ca](http://www.holisticnutritionandwellness.ca)

Follow me on Instagram for more ideas!  
@kathy\_hashimoto\_coach



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## Anti-Inflammatory recipes

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Part 1 of the Home Chef Series