

THE LIFTEDMINDSET

Anti-Inflammatory Recipe Book



Table of Contents

Post work smoothie	3
Almond power protein smoothie	4
Cottage cheese avocado dip	5
Egg white avocado mcmuffin	6
Post-workout breakfast	7
Chicken teriyaki sheet pan w/rice	8
Baked chicken meatballs	9
Korean ground beef and rice bowls	10
Honey garlic glazed salmon on rice	11
Fried egg and avocado toasts	12
Hot muesli with pomegranate, blueberry, and cashew crunch	13
Veggie stir-fry with cashew	14
Pasta with miso cream sauce	15
Blueberry salad with toasted pecans and feta	16

Post work smoothie



Ingredients:

- 1 Cup Unsweetened Vanilla Almond milk (for bulking, grass fed whole milk)
- 1 Cup strawberries
- 1 Banana
- 1 Scoop Whey isolate protein
- 1 Cup spinach
- 1/4 tsp monohydrate creatine
- 1/2 tsp hemp seeds
- 1/2 tsp chia seeds
- 1 Cup rolled oats
- 1 tbsp peanut butter

Almond power protein smoothie



Ingredients:

- 3 Dates
- 1 banana (ripe)
- 18 grams of chocolate vegan or whey protein
- 1 teaspoon of Organic Cocoa
- 1 cup of ice
- 1 1/2 cup of Almond Milk
- 2 tablespoons of almond butter



Preparation:

1. Blend all ingredients into a blender until smooth.
2. Serve chill

BREAKFAST OPTIONS

- Rolled oats
- Chia seeds, hemp seeds, flax seeds
- 1/2 scoop whey isolate protein
- 2/3 cup Walnuts
- 1/2 cup blueberries
- 22 Grains and seeds toast w/protein
- 2 fried eggs w/spinach, Himalayan salt, pepper
- Greek yogurt

Cottage cheese avocado dip



Ingredients:

- (1) One avocado
- Cottage Cheese
- Everything Bagel Seasoning



Preparation:

1. Mix the entire avocado and the cottage cheese (amount to your preference) together while adding the Everything Bagel seasoning to your taste.
2. Serve with Sea Salt Pita Chips

Egg white avocado mcmuffin



Ingredients:

- (1) One avocado
- (1) Multi-grain English muffin
- Extra virgin olive oil
- Everything Bagel Seasoning
- (1) egg



Preparation:

1. Toast your English muffin
2. Cook the “egg white” only
3. Add just a dab of olive oil on the bottom of the English muffin toast
4. Then add the cooked egg white
5. Then add the sliced avocado
6. Top it off with Everything Bagel Seasoning to your taste
7. Then add the top of the English Muffin top

Post-workout breakfast



Ingredients:

- 4 scrambled eggs
- spinach, broccoli florets, mushrooms, sprinkled cheese
- 1 avocado
- 2 Chicken sausages
- 22 Grains and seeds toast w/peanut butter
- Strawberries and blueberries

DINNER RECIPES

Chicken teriyaki sheet pan w/rice



Ingredients:

- 2lbs chicken breast cut into pieces
- 1lb broccoli florets
- 1-2 bell peppers thinly sliced
- teriyaki sauce of your choice
- brown rice



Preparation:

1. Preheat oven to 400 degrees; line baking sheet with tin foil & cooking spray (extra virgin olive oil)
2. Boil brown rice according to package directions
3. Toss chicken & veggies w/ teriyaki sauce in medium bowl
4. Arrange on baking sheet in even layer
5. Bake 15-20 minutes til chicken is cooked
6. Drizzle with a little bit of teriyaki sauce after done baking
7. Serve chicken and veggies over rice

Baked chicken meatballs



Ingredients:

- 1lb ground chicken or ground turkey
- pinch of salt and pepper
- 1/2 cup breadcrumbs
- 1 egg
- 1/2 cup Parmesan cheese
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried oregano



Preparation:

1. Preheat oven to 400 degrees & line baking sheet with tin foil; spray with cooking spray
2. add all ingredients to medium sized bowl & mix using hands or spoon
3. Scoop mixture and form into 20-25 small balls; place them on baking sheet about 1/2 inch apart.
4. Bake 25 minutes
5. Serve with whole wheat pasta and sauce or salad of choice.

Korean ground beef and rice bowls



Ingredients:

- 1 pound lean ground beef 90% lean
- 3 garlic cloves minced
- 1/4 cup packed brown sugar
- 1/4 cup reduced-sodium soy sauce
- 2 teaspoons sesame oil
- 1/4 teaspoon ground ginger
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon pepper
- 2 cups hot cooked white or brown rice
- sliced green onions and sesame seeds for garnish



Preparation:

1. In a large skillet cook the ground beef and garlic breaking it into crumbles over medium heat until no longer pink. Drain the grease.
2. In a small bowl whisk brown sugar, soy sauce, sesame oil, ginger, red pepper flakes and pepper. Pour over the ground beef and let simmer for another minute or two.
3. Serve over hot rice and garnish with green onions and sesame seeds.

Honey garlic glazed salmon on rice



Ingredients:

SALMON

- 4 (6 oz each) salmon filets
- 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika (or regular paprika)
- 1/4 tsp blackening seasoning (optional)

SAUCE

- 3 Tbsp butter
- 2 tsp olive oil
- 6 cloves garlic minced
- 1/2 cup honey
- 3 Tbsp water
- 3 Tbsp soy sauce
- 1 Tbsp sriracha sauce
- 2 Tbsp lemon juice



Preparation:

1. Pat salmon dry, then season with salt, pepper, paprika and blackening seasoning (if using). Set aside.
2. **IMPORTANT:** Adjust oven rack to middle position, then preheat broiler. If you broil this with the rack up high the sauce will burn.
3. Add butter and oil to a large, oven-safe skillet over MED-HIGH heat. Once butter is melted, add garlic, water, soy sauce, sriracha, honey and lemon juice and cook 30 seconds or so, until sauce is heated through.
4. Add salmon, skin side down (if using salmon with skin), and cook 3 minutes. While salmon cooks, baste frequently with sauce from the pan by spooning it over the top of the salmon.
5. Broil salmon for 5-6 minutes, basting with sauce once during the broil, until salmon is caramelized and cooked to desired doneness.
6. Garnish with minced parsley if desired.

Fried egg and avocado toasts



Sunny-side-up eggs, fresh sprouts, and salsa amp up avocado toast for a fast, no-fuss morning meal. Avocados soothe inflammation in the body thanks to monounsaturated fats and antioxidants, and they might even counteract some of the effects of eating inflammatory foods.



Ingredients:

- 1 tsp. olive oil
- 4 large eggs
- 1 peeled ripe avocado, mashed
- 4 (1-oz.) slices hearty whole-grain bread, toasted
- 1 cup alfalfa sprouts
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- ½ cup refrigerated fresh salsa



Preparation:

1. Heat a large nonstick skillet over medium. Add oil to pan; swirl to coat.
2. Crack eggs into pan; cook 2 minutes.
3. Cover and cook 2 minutes or until desired degree of doneness.
4. Spread one-fourth of mashed avocado evenly over each toast slice.
5. Arrange sprouts over mashed avocado, and top with eggs. Sprinkle eggs evenly with salt and black pepper. Top each avocado toast with salsa.

Hot muesli with pomegranate, blueberry, and cashew crunch



The cereal is perfectly sweetened with fresh fruit without any added sugars in sight. You can top it with whatever berries and nuts you prefer or have on hand. Dry muesli can be found in the supermarket aisle with the other dry cereals.



Ingredients:

- $\frac{1}{3}$ cup muesli (such as Bob's Red Mill)
- $\frac{1}{2}$ cup 2% reduced-fat milk
- $\frac{1}{4}$ cup fresh blueberries
- 2 Tbsp. pomegranate arils
- $1\frac{1}{2}$ Tbsp. unsalted cashews, chopped



Preparation:

1. Place muesli in a serving bowl.
2. Microwave milk in a glass measuring cup on HIGH for 1 minute or until hot.
3. Pour milk over muesli. Sprinkle with blueberries, pomegranate arils, and cashews.

Veggie stir-fry with cashews



Cashews provide crunch and protein, and are also packed with omega-3 fatty acids and antioxidant vitamin E. Start the rice before you stir-fry the vegetables, or use precooked microwavable brown rice.



Ingredients:

- ½ cup water
- 3 Tbsp. hoisin sauce
- 2 Tbsp. lower-sodium soy sauce
- 1 tsp. cornstarch
- 1 Tbsp. canola oil
- 1 (12-oz.) pkg. broccoli florets
- 1 yellow onion, halved and vertically sliced
- 3 large carrots, thinly sliced diagonally
- 1 squash, cut into half-moons
- 1 cup fresh snow peas
- ½ cup chopped cashews
- 2 cups cooked brown rice



Preparation:

1. Whisk together water, hoisin, soy sauce, and cornstarch in a small bowl.
2. Set aside
3. Heat oil in a large nonstick skillet over medium-high. Add broccoli, onion, and carrots; cover and cook 2 minutes.
4. Add squash, snow peas, and hoisin mixture; cook over medium-high, stirring often, until vegetables are tender-crisp and liquid is almost evaporated, about 6 minutes. Stir in cashews. Spoon cooked rice onto plates, and top with vegetable mixture.

Pasta with miso cream sauce



This supercreamy pasta dish gets nice umami depth from the miso. Cooking the grape tomatoes in a skillet and then stirring in the milk mixture gives the sauce the perfect texture, and the little bit of liquid that comes out of the spinach lightens it up.



Ingredients:

- 8 oz. uncooked casarecce pasta
- 1½ cups whole milk, divided ¼ cup all-purpose flour
- 3 Tbsp. plus 2 tsp. white miso
- 1½ cups unsalted vegetable stock
- ½ tsp. black pepper.
- 1 Tbsp. olive oil
- 3 cups multicolored grape tomatoes
- 2 tsp. chopped fresh thyme
- 3 garlic cloves, sliced
- 1 (6-oz.) pkg. fresh baby spinach
- 2 oz. fresh mozzarella cheese, diced (about ½ cup) and divided



Preparation:

1. Cook pasta according to package directions, omitting salt and fat; drain.
2. Place ½ cup milk in a bowl; whisk in flour and miso until smooth. In a saucepan, bring stock and remaining 1 cup milk to a boil over high. Whisk in flour mixture, reduce heat to medium, and simmer until slightly thickened, 4 to 5 minutes. Add pepper.
3. Heat oil in a skillet over high. Add tomatoes, and cook, stirring occasionally, until slightly blistered and beginning to pop, 2 to 3 minutes. Add thyme and garlic; cook 1 minute. Add spinach; cook, stirring constantly, until wilted, 2 to 3 minutes. Remove from heat. Add cooked pasta, sauce, and half of the cheese to skillet; toss to combine.
4. Serve in shallow bowls, and top evenly with remaining cheese.

Blueberry salad with toasted pecans and feta



Baby spinach, peppery arugula, sour-sweet blueberries, crunchy pecans, briny feta, and a tangy lemon-balsamic vinaigrette come together in this vibrant side salad.



Ingredients:

- 1 Tbsp. fresh lemon juice
- Tbsp. balsamic vinegar
- Tbsp. extra-virgin olive oil
- ⅛ tsp. kosher salt
- ⅛ tsp. freshly ground black pepper
- 4 cups spinach and arugula salad mix
- 1 cup fresh blueberries
- ⅓ cup chopped toasted pecans
- ⅓ cup crumbled feta cheese (1.3 oz.)



Preparation:

1. In a large bowl, whisk together lemon juice, balsamic, olive oil, salt, and pepper. Add spinach and arugula mix blueberries, pecans, and feta cheese tossing gently to combine.