

21 DAYS OF MENUS

The following menus were designed using the latest data from the scientific literature.

Don't be afraid to vary quantities depending on how hungry you are. You can also combine menu items in different ways for endless variations.

Be your own chef and add a personal touch to the recipes to suit your tastes.

If you are vegetarian or vegan and don't eat animal or dairy products, we recommend taking a vitamin and mineral supplement and talking about it with your dietitian.

The emphasis in these menus is on nutrient density. Every recipe was designed for its nutritional value, so every one contains fruit or vegetables and food eaten raw and fresh. We encourage including as many plant-based foods in your diet as possible and limiting the consumption of red meat and processed food.

Have one of the following drinks as a snack after a meal or before going to bed: Anti-Inflammatory Water (see page 60), lemon water with mint, green tea with ginger, cinnamon coffee or green tea with star anise.

DAY 1

BREAKFAST



1 Flourless, Bakeless Anti-Inflammatory Ball (p. 68)
1 cup (250 ml) milk or plant-based milk
1 apple

Snack

Morning Snack (p. 70)
½ cup (125 ml) blueberries



LUNCH



Rice Vermicelli with Pesto and Fish (p. 111)
Quick and Easy Kale Salad (p. 86)
1 kiwi or 2 clementines

Snack

Veggie Pâté, your choice (p. 76 and 79)
4 Buckwheat Flax Crackers (p. 80)



DINNER



Gingery Sweet Potato Soup (p. 89)
Salmon Fillets with Anti-Inflammatory Spices (p. 112)
Versatile Salad (p. 90)

Snack

¼ cup (60 ml) Healthy Hummus (p. 82)
served with broccoli and carrots



RICE VERMICELLI WITH SALMON and Ginger

4 servings • PREPARATION: 10 minutes • COOKING TIME: 10 minutes

INGREDIENTS

- 1 tbsp olive or other oil
- 2 green onions, sliced
- 1 clove garlic, sliced
- 1 red pepper, cut into strips
- 1 stalk celery, sliced diagonally
- 2 cups (500 ml) broccoli florets
- ½ cup (125 ml) orange juice
or 1 peeled orange, finely chopped
- 1 tsp grated fresh ginger
- 1 lb (454 g) fresh skinless salmon,
diced
- 1 tsp miso
- 3 tbsp water
- Freshly ground pepper
- 2 cups (500 ml) cooked brown rice
vermicelli

METHOD

In a skillet, heat oil over medium heat and sauté vegetables, about 5 minutes.

Add orange juice or chopped orange, ginger and salmon and continue cooking, 3 or 4 minutes. Add miso and water. Season with pepper to taste, and serve over rice vermicelli.



VARIATION

Try soba noodles instead of rice vermicelli.

ARTHRITIS INFO

Studies show that people suffering from rheumatoid arthritis who eat ginger regularly experience less pain, stiffness and inflammation. To feel relief, it takes only a single ¼-inch (5 mm) slice of ginger daily. Fresh ginger is the most effective form.



Nutrition Facts Per serving

Amount	% Daily Value
Calories 440	
Fat 11 g	17%
Saturated 2 g	8%
+ Trans 0 g	
Polyunsaturated 3 g	
Omega-6 0.5 g	
Omega-3 2.5 g	
Monounsaturated 2.5 g	
Cholesterol 60 mg	20%
Sodium 135 mg	6%
Potassium 910 mg	26%
Carbohydrate 60 g	20%
Fiber 3 g	12%
Sugars 5 g	
Protein 25 g	
Vitamin A 129 RE	15%
Vitamin C 50 mg	80%
Calcium 71 mg	6%
Iron 3.3 mg	25%
Phosphorous 288 mg	25%

