

Awesome Anti-Inflammatory Holiday

A Super Charged Meal Planning Guide to Help You
Slim-down and Bust Through the Holiday Blues

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Introduction to Anti-Inflammatory Diet

The holidays of my youth were a time of fun, celebration and joy. The adult version has not been so joyous. It's been about rushing around to get the perfect gifts, eating on the run, and depriving myself of sleep. All of this leads to unwanted pounds and a Grinch-like mood. Does that sound familiar?

There is good news. You can recapture the holidays of your youth and make them truly awesome with a few easy meal makeovers.



You see, the food we eat affects every cell in our body. It also affects our mood. With so much stress and obligations during the year-end holiday season, it is especially important to be mindful of what we eat.

In order to fuel your body and brain with the nutrients they need for exuberant energy and holiday cheer, I recommend eating 60 to 80% alkaline producing foods (i.e., fruits and vegetables along with a few grains, healthy oils, some nuts and seeds). The remaining acid-producing foods should be nutrient dense (i.e., legumes, starchy vegetables, occasional lean meat). This anti-inflammatory approach will help you slim down without deprivation, supercharge your energy and your mood without sugar cookies and eggnog and begin the new year with a leg up on those new year's get healthy resolutions.

Many of us recognize that Standard American Diet (SAD) contains too much bad fats, acid producing, inflammation promoting foods and starch for optimum health. Instead of eliminating whole categories of food like other dietary approaches, however, my anti-inflammatory approach focuses on getting the most goodness out of every meal. That translates into you being your best. I choose tasty foods that provide the right fuel for your body so you are happier and healthier without deprivation.



I focus on the alkaline versus acid producing characteristics of various foods because I find it works better and is easier to follow than most diets. Acid-producing foods contribute to inflammation, while alkaline-producing foods are anti-inflammatory. An ideal meal is more alkaline than acid. The exact ratio depends on your health issues and goals.

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By focusing on alkaline foods, we can focus on what to eat, not what to avoid, which is always more fun. This alkaline-acid approach also helps you make meal choices that reduce inflammation – the underlying cause of chronic illness and fatigue – so weight loss is easy, energy is abundant and happiness is your base line mood.

This guide will help you plan meals for the year-end holidays. This time of year is when it is hardest to stay on a “diet” and watch what we eat. I have included recipes that can be used to create your celebratory table. I have not included recipes for your centerpiece meat, as most people have their favorite preparation. I’m not going to mess with that tradition. Since animal protein is pro-inflammatory, and I’m not suggesting you toss your Christmas goose, I have focused on the other dishes that will adorn your holiday table so you can create a properly balanced anti-inflammatory meal.

Holiday Meal Planning Principles

Holiday meals are laden with tradition, as well as acidity. I’m not going to suggest you throw out your traditional turkey, ham or Christmas goose. In fact, I’m not even going to touch the main course. If you wish, stay with your traditional meat or even better, try a meal that isn’t centered on meat but on yummy prepared vegetables.



What I am going to suggest is you substitute some of your long-time favorites for the healthier versions in this guide. You can also add some yummy new dishes to your holiday table that will get rave reviews and leave you feeling joyful.

When planning your meal and when loading up your plate, follow these principles:

If you’re trying to lose more than 20 pounds or you are living with a chronic illness:

- ✓ 80% of your meal should come from alkaline-producing foods, i.e. those foods that provide your body with substantial nutrients
- ✓ 20% of your meal can come from nutrient dense acid-producing foods, which will primarily be your protein

If you are trying to lose a few pounds, not gain weight or simply want to increase your energy:

- ✓ 60% of your meal should come from alkaline-producing foods, i.e. those foods that provide your body with substantial nutrients
- ✓ 40% of your meal can come from nutrient dense acid-producing foods, which will primarily be your protein

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Alkaline vs. Acid Producing Foods

So what are these alkaline and acid-producing foods? There are numerous charts you can find on the internet and books about alkaline versus acid producing foods. They can seem overwhelming, confusing and contradictory. I'm going to make it simple and focus only on the ingredients in this guide or that is likely to show up on your holiday table.

Alkaline (60-80%)	Acid (20-40%)
Collard greens	Dried cranberries
Broccoli	Walnuts
Kale	Turkey
Mushrooms	Chicken
Onions	Lamb
Garlic	Ham
Sea salt	Potato
Black (Japonica) rice	Cranberry
Wild rice	Carrot
Celery	Nutmeg
Parsley	Bouillon
Lemon	Coconut
Cashews	Corn
Coconut oil	Tomato
Pear	Eggs
Chia seed	Maple syrup
Arugula	
Cinnamon	
Sweet potato	
Almond raw	
Cashew, raw	
Rosemary	
Tamari	
Cucumber	
Sesame seed and oil	
Orange	
Cauliflower	
Extra Virgin Olive Oil	
Pumpkin	
Squash	
Agave	
Almond milk	
Grapefruit	
Pumpkin Seeds	

Designation of alkaline versus acid is based on The Joy of Food, the Alkaline Way

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Note that foods that are raw or living (i.e. sprouted) are more alkaline than cooked foods. In the recipe section, I have indicated dishes that are raw with an asterik*. You can also increase the alkalinity of nuts, seeds and grains by soaking them overnight.

Meal combination ideas

There are several ways to put the dishes in this guide together for a delicious anti-inflammatory meal. You can have meat or you can go meatless. I have included sample menus to give you an idea. Italicized dishes are not included in this guide.

Combination 1

Mushroom soup
Roast turkey or goose (your favorite recipe)
Massaged kale salad
Sweet Potato Roast or Roasted Vegetables
Corn Bread Stuffing
Chia seed pudding with cashew cream

Combination 2

Arugula, grapefruit salad
Collards and Portabello Mushroom
Sautee or Sauteed Broccoli
Black/Wild Rice Pilaf with Baked Acorn Squash
Smashed Cauliflower
Pumpkin pie with cashew cream



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Recipes

Mushroom Soup

Prep Time: 40 minutes

Cooking Time: 1 hour 5 minutes

Yield: 6 servings

Ingredients:

- 1 ounce dried porcini mushrooms
- 2 cups boiling water
- 4 ounces crimini mushrooms
- 1 quart vegetable broth
- 2 large garlic cloves
- 1 (14 ounce) can of tomatoes
- 1 lemon
- salt and pepper



Directions

1. Place dried porcini in a glass bowl and cover with 2 cups of boiling water. Let steep for 30 minutes.
2. Clean the mushrooms, cut off bottom of stem, remove stem and set stem and cap aside.
3. Drain the porcinis through a strainer that has been lined with cheesecloth and set over a bowl. Squeeze as much liquid as possible and set broth aside.
4. Rinse porcinis in several changes of water to remove any grit.
5. Measure the porcini liquid and add enough water to measure 2 cups.
6. In a soup pot, combine mushroom liquid, stock, soaked porcinis, fresh mushroom stems, garlic, tomato and 1 tsp salt. Bring to a simmer, cover and simmer over very low heat for 1 hour. Strain the soup and return to pot.
7. Slice the fresh mushroom caps very thinly. Toss with a few drops of lemon juice and add to soup pot. Heat for 5 minutes. Serve.

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Arugula, Grapefruit and Avocado Salad*

Ingredients:

- 2 grapefruits
- 2 tbl fresh grapefruit juice
- 1 tbl lemon juice
- 4 tbl extra virgin olive oil
- 1 tbl agave
- 1/4 tsp sea salt
- 1/4 tsp fresh ground black pepper
- 5 cups arugula
- 1 avocado

Instructions:

1. Peel the grapefruits. Separate the segments and remove the membrane. This is a juicy process, so do it over a bowl to collect your grapefruit juice.
2. Whisk together grapefruit juice, lemon juice, olive oil, agave, salt and pepper. Place grapefruit segments in dressing. Let stand for 5 minutes.
3. Slice open the avocado, remove pit and skin. Dice the avocado.
4. Place arugula in a large salad bowl, add avocado chunks and ladle on grapefruit dressing. Mix thoroughly.

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Massaged Kale Salad*

Prep Time: 35 minutes

Cooking Time: 0 minutes

Yield: 6 servings

This is a hearty and tasty salad perfect as a meal.

Salad Ingredients

- 1 cup shitake mushroom
- ¼ cup lemon juice
- ¼ cup tamari or Bragg's Liquid Amino
- 1 bunch kale (I prefer lacinato)
- 1 cup shredded carrots
- 1 cup diced cucumber
- ½ cup dried cranberry
- ½ cup sesame seeds

Dressing Ingredients

- ½ cup extra virgin olive oil
- 1/3 cup orange juice
- 2-1/2 tsp tamari
- ½ tbl sesame oil
- ½ jalapeno or other spicy pepper
- ¼ tsp sea salt

Directions

1. Start preparation by cleaning and slicing the mushrooms. Place mushrooms in a non-reactive boil. Mix lemon juice and tamari/braggs. Pour over mushrooms. Set aside.
2. Shred kale. Combine kale, carrots, cucumber and cranberries in large serving bowl. Set aside.
3. Blend all the dressing ingredients until well mixed. Drizzle dressing over salad until well coated.
4. Remove mushrooms from marinade and add to salad. Mix well. Garnish with sesame.

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Collard Greens and Portabello Mushroom Sautee

This is one of my all time favorite dishes. It's perfect on a winter evening when you need something hearty.

Prep Time: 15 minutes

Cooking Time: 15 minutes

Yield: 4 servings

Ingredients:

1 bunch collard greens
4 cloves garlic
2 cup red onion
2 teaspoon coconut
1 cup water
2 large portabello mushrooms
Pinch of sea salt

Directions:

1. Wash collard greens, remove stems, roll up the leaves and cut 1/4 inch ribbons.
2. Bring water to a boil in a large saute pan. Once boiling, add collard greens. Cook for 8 minutes or until bright green.
3. While greens are cooking, mince garlic, dice onion and cut mushrooms into 1/2" cubes.
4. Strain collard greens and set aside.
5. Warm oil in the same pan and add garlic; sauté for a few minutes.
6. Add mushrooms and sea salt, then sauté for about 3 minutes.
7. Return to greens to pan and sauté until mushrooms have browned.

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Cornbread Stuffing

Ingredients:

1 8x8 pan of gluten-free corn bread (I prefer Bob's Red Mill)
4 links of chicken sausage (optional)
4 tbl coconut oil
1 large onion
3 stalks of celery
4 cloves garlic
1 apple
3 ½ cups of chicken or vegetable broth
1 tsp summer savory
salt and pepper to taste

Directions:

1. Preheat oven to 325 degrees Fahrenheit. Lightly oil a 2 quart casserole dish or a 9 x 13 inch pan.
2. Cut corn bread into cubes, and spread out on cook sheet in a single layer. Toast in oven for 10 minutes or until edges are dry.
3. Cube or crumble sausage if using.
4. Heat large pan. Add coconut oil. Add onion and celery and sauté for 5 minute or until vegetables are soft.
5. Add sausage and sauté until it begins to brown.
6. Add garlic and apple and sauté until apple is soft.
7. Add cornbread cubes and toss gently with mixture.
8. Pour broth over mixture and add seasoning as desired.
9. Pack mixture loosely into the prepared pan.
10. Bake at 350 degrees Fahrenheit for 30 to 40 minutes.

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Black/Wild Rice Stuffing or Pilaf

Prep Time: 30 minutes (plus, overnight for soaking the rice)

Cooking Time: 45 minutes

Yield: 4 servings

This dish is beautiful and well balanced. While the sausage, walnuts and cranberries are acid producing, they are balanced against the alkaline black and/or wild rice, onion, celery and parsley. Serve with baked acorn squash or as a holiday side-dish.

Ingredients

- 1 cup black and/or wild rice, soaked and rinsed
- 2 cups water or stock (vegetable or chicken)
- 1 small onion, diced
- 2 celery stalks, diced
- 2 links of chicken sausage, diced (optional)
- 1 tsp coconut oil
- ¼ cup chopped parsley
- ¼ cup chopped walnuts
- ¼ cup dried cranberries

Directions

1. Bring 2 cups of water or stock to boil. Add rice. Cover, turn on low to simmer.
2. Heat large skillet.
3. Add coconut oil
4. Once oil shimmers, add onion and celery. Saute until onion is translucent
5. Add chicken to skillet and continue to sauté until sausage begins to brown.
6. Add parsley to skillet and stir.
7. Add cooked rice to skillet and stir to incorporate ingredients. Turn off heat.
8. Add walnuts and cranberries. Stir to incorporate

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Savory Smashed Cauliflower

Prep Time: 15 minutes

Cooking Time: 45 minutes

Yield: 6 servings

Ingredients:

- 1 large head of cauliflower
- 5 large or 7 medium cloves of garlic
- 2 tablespoons coconut oil
- ¼ tsp ground nutmeg, fresh preferred
- sea salt and fresh ground pepper to taste

Directions

1. Into a large stock pot, pour enough water to measure about one inch. Insert a steamer basket into the pot, cover and turn to high.
2. Wash and roughly cut the cauliflower.
3. Rough chop the garlic cloves.
4. When water is boiling, place half the cauliflower and all the garlic in the steamer basket. Add salt. Add remaining cauliflower.
5. Steam the cauliflower and garlic until it is soft enough it can be easily pierced.
6. Remove cauliflower and garlic from basket, drain of excess water and the place in food processor. Season with sea salt, pepper and nutmeg.
7. Process until smooth. Season to taste.



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Sautéed Broccoli

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Ingredients:

1 bunch broccoli
1/4 cup toasted sesame seeds
2 cloves of garlic
1 tbl coconut oil
1 tbl sesame seeds
1/4 cup dried cranberry
sea salt and freshly ground black pepper

Directions:

1. Wash broccoli, and cut into bite-size pieces.
2. Peel and mince garlic.
3. Warm oil in a pan, add stalk pieces and sauté for a few minutes. Add minced garlic.
4. Add broccoli florets, then sauté for about 5 minutes or until bright green and tender.
5. Add toasted sesame seeds, cranberries, sea salt and black pepper. Serve.

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Sweet Potato Roast

Prep Time: 20 minutes

Cooking Time: 25-30 minutes

Yield: 6 servings

Ingredients

- 2 – 3 medium sweet potatoes
- 2 sprigs of rosemary
- 3 cloves of garlic
- 1 tbl coconut oil
- ¼ tsp salt

Directions:

1. Wash and cut sweet potatoes into cubes. Place in bowl.
2. Strip rosemary leaves from stem and place in bowl with sweet potatoes.
3. Peel and smash garlic, place in bowl.
4. Drizzle coconut oil and salt into bowl, mix well.
5. Place coated sweet potatoes into a baking dish big enough so they rest in one layer.
6. Place baking dish in oven at 400 degrees. Bake until potatoes are done, about 20 to 30 minutes depending on size of cubes.

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Roast Vegetables

Prep Time: 30 minutes

Cooking Time: 45 minutes

Yield: 6 servings

Ingredients

2 – 3 medium sweet potatoes
2 carrots
6-8 leaves of kale
1 onion
2 sprigs of rosemary
3 cloves of garlic
1 tbl coconut oil
¼ tsp salt

Directions:

1. Wash and cut sweet potatoes into cubes.
2. Cut carrots into ½ inch pieces.
3. Quarter onions.
4. Strip rosemary leaves from stem and place in bowl with sweet potatoes.
5. Peel and smash garlic, place in bowl.
6. Assemble ingredients into a large bowl. Drizzle coconut oil and salt into bowl, mix well.
7. Place vegetables into a baking dish big enough so they rest in one layer.
8. Place baking dish in oven at 400 degrees. Bake until potatoes are done, about 45 minutes.

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Holiday Red and Green Smoothie*

This is a perfect snack for the holidays. It's loaded with vitamin C and will give you a jumpstart in the morning.

Prep Time: 3 minutes

Cooking Time: 0 minutes

Yields: 1 servings

Ingredients:

½ cored pear

¼ c fresh cranberries

1-2 leaves of kale, de-stemmed or handful of spinach

1 tsp chia seeds

1 tbl almond, sunflower or cashew butter

dash of cinnamon

1/3 to ½ cup of coconut or filtered water

Directions:

Place all ingredients in a blend and blend until smooth.

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Pumpkin Chia Seed Pudding

Prep Time: 8 minutes

Cooking Time: 0 minutes

Yields: 4 servings

Ingredients:

2 cups pumpkin puree
¾ cup chia seeds
2 cups almond milk
4 tbl of agave or to taste
1 tsp cinnamon
Dash nutmeg
pumpkin seeds

Directions:

1. Mix all ingredients together, except pumpkin seeds.
2. Wait for it to thicken, stirring every few moments.
3. Serve with cashew cream (recipe below), topped with pumpkin seeds



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Cashew Cream*

Prep Time: 10 minutes if not using coconut, 20 minutes if using coconut (plus, overnight cooking)

Cooking Time: 0 minutes

Yields: 8 servings

Ingredients:

- 1 cup cashews
- 1 young coconut (optional)
- 1 date
- 1 tbl agave or to taste
- 1 tsp vanilla extract
- 1 tsp coconut oil (optional)

Directions:

1. Rinse, then soak cashews over night
2. Soak date for 2 hours
3. Break open the coconut and remove the meat
4. Place coconut in high-powered blender, and blend until smooth.
5. If using, add coconut meat
6. Add date, agave and vanilla. Blend.
7. If you want a stiffer cream, add coconut oil, blend and refrigerate.
8. Use in place of whip cream.

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About Laurie



When I received a diagnosis of multiple sclerosis, I didn't sit still. I took immediate action to change my diet and my life. As founder and Chief Wellness Hero at Chronic Wellness Coaching I coach, teach and inspire others to put themselves first so they can heal their bodies and their lives.

I believe you can overcome chronic stress, fatigue and illness and create a fabulous life free of fatigue, depression and burn out. I believe you can do this without the confusion, deprivation and emotional pain I went through when I began my own healing journey.

I help people create the same by empowering them with consistent support and awesome accountability, and tricks, tools and shortcuts.

I'm Laurie Erdman, the Get Up and Go Gal. I'm a certified holistic health coach working with the chronically stressed, ill and fatigued.

I designed this book to help you create a fabulous life free of fatigue, stress and illness during the toughest time of year – the holidays. I also wanted you to discover the yumminess of anti-inflammatory cooking. I know you'll enjoy each dish and the energy you have from eating this way.

I wish you a happy, healthy holiday season

A handwritten signature in pink ink that reads "Laurie 20".

P.S. For inspiration, healthy news, recipes and wellness hero training, visit chronicwellnesscoaching.com. To connect online, follow me on [twitter](#) or head to [Facebook Fan Page](#).