



# Anti-Inflammatory Diet

# **Nourishing Wellness**

Inflammation plays a pivotal role in various health conditions, and adopting an antiinflammatory approach can be a powerful tool in supporting your body's healing process. This dietary shift focuses on incorporating nutrient-rich foods that not only soothe inflammation but also promote overall health.

# **Anti-inflammatory Juice Recipes**

#### **Green Goddess Juice**

#### **Ingredients**

- Spinach
- Cucumber
- Celery
- Green Apple
- Ginger

#### **Directions:**

Blend all ingredients until smooth. Strain and enjoy!

## **Berry Bliss Elixir**

#### **Ingredients**

- Blueberries
- Strawberries
- Kale
- Lemon
- Turmeric

#### **Directions:**

Blend ingredients until well combined. Strain and savor the antioxidant-rich elixir.

## Citrus Revitalizer

## **Ingredients**

- Orange
- Grapefruit
- Pineapple
- Mint

#### **Directions:**

Juice the citrus fruits, blend with pineapple and mint. Refresh and rejuvenate.

# **Anti-inflammatory Smoothie Recipes**

### **Mango Turmeric Delight**

#### **Ingredients**

- Mango
- Banana
- Turmeric
- Coconut milk
- Chia seeds

#### **Directions:**

Blend all ingredients until creamy. Garnish with chia seeds.

## **Avocado Berry Boost**

#### **Ingredients**

- Avocado
- Mixed berries
- Spinach
- Almond milk

#### **Directions:**

Blend until smooth. Packed with nutrient for a powerful boost.

### Pineapple Ginger Soother

#### **Ingredients**

- Pineapple
- Ginger
- Banana
- Milk

#### **Directions:**

Blend all ingredients until smooth. Enjoy!

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# **Anti-inflammatory Meal Recipes**

## Salmon Quinoa Power Bowl

#### **Ingredients**

- Steamed salmon
- Quinoa
- Kale
- Cherry tomatoes
- Lemon

#### **Directions:**

Combine ingredients in a bowl. Drizzle with lemon for a flavorful dish rich in omega-3 fatty acids.

## Turmeric Chickpea Stew

#### **Ingredients**

- Chickpeas
- Tomatoes
- Spinach
- Turmeric
- Garlic

#### **Directions:**

Cook ingredients in a stew for a warming meal.

# Vegetable Stir-fry with Ginger

#### Ingredients

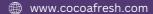
- Mixed vegetables
- Tofu
- Ginger
- Coconut aminos

#### **Directions:**

Stir-fry ingredients with ginger and coconut aminos. A tasty way to incorporate anti-inflammatory foods.

# **Holistic Approach**

Remember to complement your diet with mindful practices such as meditation, gentle exercise, and sufficient sleep to enhance your holistic healing journey. Always consult with your healthcare provider for personalized advice.



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