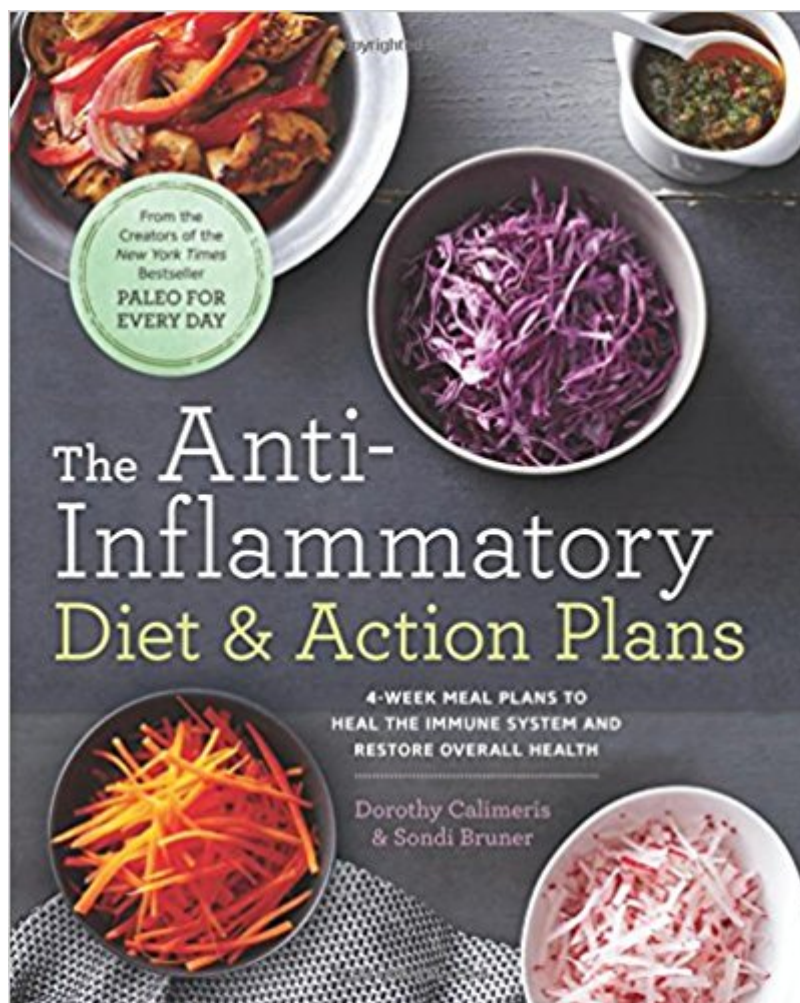




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# The Anti-Inflammatory Diet & Action Plans: 4-Week Meal Plans To Heal The Immune System And Restore Overall Health



## Synopsis

“Following an anti inflammatory diet has been a game-changer for me •and the elimination of gluten and dairy has been especially transformative. I’m able to manage and control my symptoms by what I choose to eat and I’m eternally grateful for that choice.” •Sondi Bruner, holistic nutritionist and co-author, *The Anti Inflammatory Diet & Action Plans* So much in life is beyond our control. Managing chronic inflammation and pain doesn’t have to be. From the publishers who brought you the New York Times bestseller *Paleo for Every Day*, comes the most complete meal plan and cookbook for fighting inflammation through the power of food and nutrition. With *The Anti Inflammatory Diet and Action Plans* you will reduce inflammation naturally, and heal the conditions that frequently occur as a result, such as arthritis, autoimmune conditions, food allergies, gastrointestinal distress, and more. *The Anti Inflammatory Diet and Action Plans* makes inflammation a thing of the past by offering: Over 130 delicious, easy-prep recipes that feature affordable ingredients, minimal prep time, and hundreds of useful tips 4 flexible anti inflammatory diet plans to fit your needs and tastes, including choices for Vegan, Paleo, Mediterranean, and Time-Saving diets Knowledgeable guidance from food writer and healthy eating expert, Dorothy Calimeris, as well as holistic nutritionist and food blogger, Sondi Bruner Helpful food lists and nutritional information will help you make smart food choices and stick to your anti inflammatory diet Prepare to cook your way toward better health with *The Anti Inflammatory Diet and Action Plans*. Your personalized anti inflammatory diet is waiting.

## Book Information

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## Customer Reviews

View larger White Fish with Spice Rub Spice rubs are good to have around; they take just

moments to put together and you can keep them in an airtight container at room temperature for several months. The spice combination used here is also good for chicken, salmon, and lamb. This particular recipe is great served with Kale Pesto (page 261). Paleo, Mediterranean, Timesaving

Serves 4. Prep time: 3 minutes / Cook time: 12 minutes. Calories: 364; Total Fat: 20g; Total Carbohydrates: 3g; Sugar: 1g, Fiber: 1g; Protein: 42g; Sodium: 1277 mg. **Ingredients** 2 tablespoons ghee, melted, divided 4 (about 6-ounces each) white fish fillet 1 tablespoon paprika 2 teaspoons cumin 2 teaspoons onion powder 2 teaspoons salt 1 teaspoon turmeric ½ teaspoon ground pepper 1 tablespoon coconut sugar (optional)

**Instructions** 1. Preheat the oven to 400°F. 2. Brush a shallow baking dish with 1 tablespoon of ghee. 3. Place the fish fillets in the dish and brush them with the remaining 1 tablespoon of ghee. 4. In a small bowl, combine the paprika, cumin, onion powder, salt, turmeric, pepper, and coconut sugar (if using). 5. Divide 1 tablespoon of spice rub between the fillets, making sure the surface of the fish is covered by the rub. Store the remaining spice rub for future use. 6. Bake the fish for 12 to 15 minutes, or until it is firm and cooked through. **Recipe Note:** Coconut sugar is a low glycemic, minimally processed sugar that has a flavor similar to brown sugar. It can be omitted from the rub if you choose.

DOROTHY CALIMERIS is a food writer and blogger, a frequent contributor to Diablo Magazine, and a recipe developer and culinary instructor who lives in Oakland, California, with her husband and daughter. SONDI BRUNER is a holistic nutritionist, freelance writer, and food blogger who helps people with digestive issues, allergies, and food intolerances learn how to eat simply, deliciously, and safely. She lives in Vancouver, British Columbia, with her husband and dog.

Wish I had spent more time evaluating the reviews before purchasing. Apparently, I am one of the few people who actually paid for this book on . At least 23 of the reviewers received a free copy of the book in exchange for a "fair and honest" review. I found almost no reviews that mentioned actually trying the meal plans. The book contains some useful information and many, many recipes. If that is what you are looking for, this may be a good purchase for you. The meal plans, however, are highly unrealistic. The estimated prep/cook times are a joke and the number of ingredients within a week is through the roof. If you have no job but a whole bunch of money, then these plans might work. Also, other than the breakfast smoothies, the plans don't offer any beverage guidance. The book mentions several beverages to avoid (e.g. milk, alcohol, caffeinated

beverages), but does not offer much information on what is beneficial to drink. Should I restrict my intake to water? I love water, but, even for me, only drinking water would feel too much like a diet and not enough like an achievable meal plan. In short, if you are looking for a realistic meal plan to address your inflammation issues, skip this book. If you are looking for a variety of recipes with foods that some experts have identified as helping reduce inflammation, buy this book. Especially if you like coconut.

I was frankly overwhelmed by the plans. Maybe that's my fault and not the fault of the book...but I'm a healthy eater already (no junk food), and with the "Time Saver Plan", I wrote down a shopping list of 49 different ingredients, many of them considered somewhat "exotic".....and that was just Monday - Wednesday of Week 1. Enough said. Unless you're both wealthy & retired, who has time or this?

As someone who struggles with joint inflammation, headaches and constant bloating, I have constantly been told that medication is the answer to all my problems...and then they get worse...and then I over-medicate. I am a meat and potatoes type of girl and not very good at following 'diets' because I have a hard time being told what to eat, but I love that there are charts to suggest food to avoid (high inflammatory foods) and food you can eat as much as you want of (low inflammatory foods). Whether you are looking for a strict eating plan, or a timer-saver, this book provides you with all of the information you need to get started, with lots of options to cater to your taste preferences, boost your immune system and reduce inflammation throughout your body.

First, let me state, I purchased this book. I am not a paid reviewer nor have I received anything for doing a review. Some of the recipes are time consuming. Some of the recipes have ingredients that I had to look for - they weren't in my regular grocery store. I was able to find everything at a high end grocer. The food is good, or at least I like most of it. It is hard work only if you allow it to be. I haven't made every recipe in the book. I make what I like.

If you suffer from any inflammatory diseases I highly recommend this book, it explains the inflammatory reasons and how many of the foods we eat worsen the condition. The recipes are very good and I especially love the action plan in the book. I highly recommend this book if you or someone you know is suffering from inflammatory diseases. Great price also, well worth it.

I will keep it as a handy , not-too-long reference and thanksomuch for this ! It lacked razzle-dazzle Or something. For people like me who are already into it, we look for nice fresh insights and a few words that renew and refresh the good focus.....and maybe I missed it and will read it again, but ...

This is the best Anti-Inflammatory cookbook. It provides variations to recipes based on the approach you want to take. The recipes taste good. It's the best tool I have for making the lifestyle change I want to make.

I haven't quite figured out what "action plan" is, exactly. Nevertheless, it is an interesting book and somewhat helpful.

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