



North lakes Homeopathy

Anti-inflammatory Diet

North Lakes Homeopathy
<https://www.northlakeshomeopathy.com.au>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blueberry Energy Smoothie	 Avocado Toast with Hard Boiled Eggs & Strawberries	 Blueberry Energy Smoothie	 Apple Cinnamon Overnight Oats	 Blueberry Energy Smoothie	 Avocado Toast with Hard Boiled Eggs & Strawberries	 Apple Cinnamon Overnight Oats
Snack 1	 Apple with Almond Butter	 Papaya with Yogurt & Walnuts	 Apple with Almond Butter	 Papaya with Yogurt & Walnuts	 Apple with Almond Butter	 Papaya with Yogurt & Walnuts	 Banana
Lunch	 Chicken Salad Wrap	 Avocado Tuna Salad	 Chicken Salad Wrap	 Avocado Tuna Salad	 Chicken Salad Wrap	 Greek Cauliflower Salad	 Greek Cauliflower Salad
Snack 2	 Grapes & Almonds	 Hummus Dippers	 Grapes & Almonds	 Hummus Dippers	 Grapes & Almonds	 Hummus Dippers	 Coconut Yogurt with Strawberries
Dinner	 Five Spice Salmon Cakes	 Five Spice Salmon Cakes	 Beef Chow Mein	 Turkey Stir Fry	 Turkey Stir Fry	 Steamed White Fish with Tomato & Olive Sauce	 Shrimp & Avocado Salad

Fruits

- ☐ 10 Apple
- ☐ 4 Avocado
- ☐ 2 Banana
- ☐ 3 cups Grapes
- ☐ 1 1/4 Lemon
- ☐ 2/3 cup Lemon Juice
- ☐ 1 tbsp Lime Juice
- ☐ 6 cups Papaya
- ☐ 2 1/4 cups Strawberries

Breakfast

- ☐ 3/4 cup Almond Butter
- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 3/4 cup Almonds
- ☐ 1/4 tsp Black Pepper
- ☐ 3/4 cup Cashews
- ☐ 1/4 cup Chia Seeds
- ☐ 1 tsp Chinese Five Spice
- ☐ 1 tbsp Cinnamon
- ☐ 1/3 cup Hemp Seeds
- ☐ 1/2 tsp Nutmeg
- ☐ 1 tsp Oregano
- ☐ 2 1/2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3 1/2 cups Walnuts

Frozen

- ☐ 3 Brown Rice Tortilla
- ☐ 2 1/4 cups Frozen Blueberries

Vegetables

- ☐ 4 3/4 cups Arugula
- ☐ 3 cups Baby Spinach
- ☐ 1/4 cup Basil Leaves
- ☐ 4 cups Broccoli
- ☐ 5 cups Broccoli Slaw
- ☐ 8 Carrot
- ☐ 1/2 head Cauliflower
- ☐ 17 stalks Celery
- ☐ 1 cup Cherry Tomatoes
- ☐ 1/2 cup Cilantro
- ☐ 8 cups Coleslaw Mix
- ☐ 9 Garlic
- ☐ 1 1/3 tbsps Ginger
- ☐ 1 Green Bell Pepper
- ☐ 5 stalks Green Onion
- ☐ 1/3 cup Parsley
- ☐ 1/4 cup Radishes
- ☐ 1 Red Bell Pepper
- ☐ 1 1/3 cups Red Onion
- ☐ 1 Sweet Onion
- ☐ 2 Tomato
- ☐ 3 Yellow Bell Pepper
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 2/3 cup Bread Crumbs
- ☐ 283 grams Canned Wild Salmon
- ☐ 2 cans Tuna

Baking

- ☐ 1 1/16 tbsps Honey
- ☐ 3 cups Oats
- ☐ 2 tbsps Spelt Flour
- ☐ 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 340 grams Chicken Breast, Cooked
- ☐ 680 grams Extra Lean Ground Turkey
- ☐ 2 Haddock Fillet
- ☐ 254 grams Shrimp
- ☐ 454 grams Stewing Beef
- ☐ 2 slices Whole Grain Bread

Condiments & Oils

- ☐ 2 1/3 tbsps Avocado Oil
- ☐ 2 grams Avocado Oil Spray
- ☐ 1/4 cup Black Olives
- ☐ 1/2 cup Coconut Aminos
- ☐ 2 1/2 tbsps Extra Virgin Olive Oil
- ☐ 1/2 cup Pitted Kalamata Olives

Cold

- ☐ 4 Egg
- ☐ 3 cups Hummus
- ☐ 1/2 cup Plain Greek Yogurt
- ☐ 3 cups Unsweetened Almond Milk
- ☐ 3 1/2 cups Unsweetened Coconut Yogurt

Other

- ☐ 4 1/4 cups Water



Blueberry Energy Smoothie

1 serving

10 minutes

Ingredients

1/4 cup Cashews
2 tbsps Hemp Seeds
1 cup Water
1 cup Baby Spinach
3/4 cup Frozen Blueberries

Directions

1

Combine cashews, hemp seeds and water in a blender. Blend until very smooth.

2

Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!



Avocado Toast with Hard Boiled Eggs & Strawberries

1 serving

15 minutes

Ingredients

- 1 Egg
- 1 slice Whole Grain Bread (toasted)
- 1/2 Avocado (sliced or mashed)
- 1 cup Strawberries

Directions

1

Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Turn off the heat and let sit for 10 to 12 minutes covered. Peel and slice when cool enough to handle.

2

Top the whole grain toast with the avocado and eggs. Serve alongside the strawberries and enjoy!



Apple Cinnamon Overnight Oats

4 servings

8 hours

Ingredients

- 1 1/2 cups Oats (quick oats work best)
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/2 tsp Vanilla Extract
- 1/2 cup Water
- 1 Apple (cored and diced)
- 1 cup Walnuts (chopped)

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
- 3 Enjoy!



Apple with Almond Butter

2 servings

5 minutes

Ingredients

2 Apple
1/4 cup Almond Butter

Directions

- 1 Slice the apple and cut away the core. Dip it into almond butter and enjoy!



Papaya with Yogurt & Walnuts

2 servings

5 minutes

Ingredients

2 cups Papaya (peeled, seeds removed, chopped)
1/4 tsp Cinnamon (to taste)
1 cup Unsweetened Coconut Yogurt
1/2 cup Walnuts

Directions

- 1 Divide the papaya into cups and top with cinnamon, yogurt and walnuts. Enjoy!



Banana

2 servings

1 minute

Ingredients

2 Banana

Directions

- 1 Peel and enjoy!



Chicken Salad Wrap

1 serving

10 minutes

Ingredients

113 grams Chicken Breast, Cooked (shredded)
1 stalk Celery (finely chopped)
1/4 cup Red Onion (finely chopped)
2 tbsps Parsley (finely chopped)
3 tbsps Plain Greek Yogurt
1/4 Lemon (juiced, zested)
Sea Salt & Black Pepper (to taste)
1/4 cup Arugula
1 Brown Rice Tortilla

Directions

- 1 In a medium-sized bowl, add the chicken, celery, onion, parsley, Greek yogurt, lemon juice, zest, salt, and pepper. Mix well to incorporate.
- 2 Add the arugula and chicken salad mixture to the tortilla. Roll up the wrap tightly and enjoy!



Avocado Tuna Salad

2 servings

10 minutes

Ingredients

1 can Tuna (drained)
1 Avocado (medium)
1 stalk Celery (chopped)
1 Apple (small, chopped)
1/2 tsp Sea Salt
1 tbsp Lemon Juice

Directions

- 1 In a medium-sized bowl, add the tuna. Add the avocado and mash well with a fork to combine.
- 2 Add the celery and apple to the tuna and season with salt. Add the lemon juice and stir to combine. Serve and enjoy!



Greek Cauliflower Salad

2 servings

10 minutes

Ingredients

1/4 cup Lemon Juice
1/2 tsp Oregano
1 Garlic (small clove, minced)
Sea Salt & Black Pepper (to taste)
1 Tomato (medium, diced)
1/2 Red Bell Pepper (medium, diced)
1/2 Green Bell Pepper (medium, diced)
1/4 cup Red Onion
1/4 cup Pitted Kalamata Olives
1/4 head Cauliflower (small)

Directions

- 1 Combine the lemon juice, oregano, and garlic in a small bowl. Season with salt and pepper to taste.
- 2 Add the tomato, red pepper, green pepper, onion, and olives to a mixing bowl.
- 3 Place the cauliflower in a food processor and pulse until very finely chopped and a rice-like consistency is reached. Transfer to the mixing bowl with the vegetables.
- 4 Add the dressing to the bowl with the vegetables and mix well to combine. Season the salad with additional salt and pepper if needed. Enjoy!



Grapes & Almonds

1 serving

5 minutes

Ingredients

1 cup Grapes

1/4 cup Almonds

Directions

- 1 Combine grapes and almonds together in a bowl.
- 2 Happy snacking!



Hummus Dippers

4 servings

15 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up one small mason jar per serving (we like to use size 250 ml). Fill the bottom of each with 1/4 cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat. Enjoy!



Coconut Yogurt with Strawberries

1 serving

10 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt

1/4 tsp Cinnamon

1/4 cup Strawberries (chopped)

Directions

1

Place the coconut yogurt in a bowl. Top with cinnamon and strawberries. Enjoy!



Five Spice Salmon Cakes

2 servings

30 minutes

Ingredients

142 grams Canned Wild Salmon
(boneless, skinless)
1 Egg (large, whisked)
1/3 cup Bread Crumbs
1/2 tsp Chinese Five Spice
1/8 tsp Sea Salt
1 1/2 tps Coconut Aminos
1 tbsp Spelt Flour
1 tbsp Red Onion (minced)
885 milligrams Avocado Oil Spray
1/4 Lemon (cut into wedges)

Directions

- 1 Preheat the oven to 350°F (190°C). Line a baking sheet with parchment paper.
- 2 Add all of the ingredients except for the lemon and oil in a large bowl. Stir well to combine.
- 3 Using a 1/2 cup measuring cup, scoop and measure out the salmon cakes. Form the salmon into cakes with your hands and place them on the baking sheet. Spray them with the oil spray. Bake in the oven for 20 minutes, flipping halfway, or until they are golden on both sides.
- 4 Serve with the lemon wedges. Enjoy!



Carrots & Broccoli

2 servings

15 minutes

Ingredients

- 1/4 tsp Sea Salt (optional)
- 2 Carrot (peeled, chopped)
- 2 cups Broccoli (cut into florets)

Directions

- 1 Bring a pot of water to a boil and add the salt, if using.
- 2 Add the carrots and cook for 5 minutes then add the broccoli to the pot and continue cooking for about 5 minutes more or until the vegetables are tender.
- 3 Drain and serve. Enjoy!



Beef Chow Mein

4 servings

20 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Sweet Onion (large, diced)
- 3 Garlic (cloves, minced)
- 454 grams Stewing Beef (sliced or cubed)
- 1 tsp Ginger (peeled, grated)
- 1/2 tsp Sea Salt (to taste)
- 3 tbsps Coconut Aminos (to taste)
- 5 cups Broccoli Slaw

Directions

- 1 Heat the oil in a large pan over medium-high heat. Cook the onions and garlic for two to three minutes. Add the beef, ginger, and salt. Cook for six to eight minutes, or until cooked through.
- 2 Stir in the coconut aminos and broccoli slaw. Cook for two minutes, or until warmed through. Divide onto plates and enjoy!



Turkey Stir Fry

2 servings

30 minutes

Ingredients

2 tbsps Coconut Aminos
1 1/2 tsps Honey
2 Garlic (cloves, minced)
1 1/2 tsps Ginger (fresh, grated)
1 tbsp Avocado Oil
1/2 Yellow Onion (large, sliced)
340 grams Extra Lean Ground Turkey
4 cups Coleslaw Mix
2 stalks Green Onion (chopped thinly)
1/4 cup Cilantro (chopped, plus more for garnish)

Directions

- 1 Make the sauce by mixing the coconut aminos, honey, garlic, and ginger together in a small bowl or jar. Set aside.
- 2 Heat the oil in a large skillet over medium-high heat. Add the onions and sauté for two to three minutes until softened. Add the turkey, breaking it up as it cooks. Cook for five minutes.
- 3 Add the coleslaw mix and cook for two minutes or until softened. Add the prepared sauce and cook another two minutes to five minutes, until well combined and the sauce thickens slightly.
- 4 Remove from the heat and stir in the green onions and the cilantro. Divide evenly between bowls and enjoy!



Steamed White Fish with Tomato & Olive Sauce

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (divided)
- 1/4 tsp Black Pepper (divided)
- 1 cup Cherry Tomatoes (cut in half)
- 1/4 cup Black Olives (pits removed)
- 1 stalk Green Onion (chopped)
- 1/4 cup Basil Leaves (chopped)
- 1/4 cup Water
- 2 Haddock Fillet

Directions

- 1 Heat the oil in a medium-sized pan with a lid over medium heat. Season the fish with half of the salt and half of the pepper and set aside.
- 2 Add the cherry tomatoes to the pan and cook for about five minutes or until the tomatoes have softened and released their juices. Season the tomatoes with the remaining salt and pepper. Add the olives, green onions, basil and water. Stir to combine, bringing the mixture to a simmer.
- 3 Place the fish fillets on top of the tomato mixture and cover with a lid. Let the fish steam for 4 to 8 minutes or until the fish is cooked through and flakes easily.
- 4 Divide between bowls and enjoy!



Shrimp & Avocado Salad

2 servings

20 minutes

Ingredients

1 tsp Avocado Oil
254 grams Shrimp (large, peeled, deveined)
1 tbsp Extra Virgin Olive Oil
1 tbsp Lime Juice
1/4 tsp Honey
1/2 tsp Coconut Aminos
4 cups Arugula
1 Carrot (shredded)
1/4 cup Radishes (thinly sliced)
1 Avocado (sliced)

Directions

- 1 In a skillet over medium heat, add the avocado oil and shrimp. Cook for 3 minutes each side, or until cooked through. Set aside.
- 2 While the shrimp cook, add the extra virgin olive oil, lime juice, honey, and coconut aminos to a small jar and shake to combine.
- 3 Add the arugula, carrot and radishes to a bowl. Top with the cooked shrimp, the dressing and avocado. Divide between plates and enjoy!