



PREP DIETS

Anti-Inflammatory Breakfast Recipes

Start your day with healthy, delicious, easy to prepare recipes to fight inflammation & chronic diseases!

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100% Evidence-Based



7 Bonus Breakfast Recipes to Kickstart Your Day

We know how important it is to start your day on the right foot. That's why we've decided to include a special bonus chapter with seven delicious anti-inflammatory breakfast recipes that'll kickstart your day and set you up for success. Each recipe is packed with inflammation-fighting ingredients and designed to keep you energized and satisfied all morning long.

But that's not all! We've also included a handy meal plan to help you seamlessly incorporate these tasty breakfast dishes into your morning routine. With this bonus chapter, you'll have a well-rounded meal plan that covers every meal of the day, making it even easier to embrace an anti-inflammatory diet and reap its incredible benefits.

Get ready to discover scrumptious breakfast options that will fuel your body, delight your taste buds, and help you win the battle against inflammation from the moment you wake up. So, let's dive into these amazing bonus recipes and make breakfast the most exciting meal of the day!

These are the anti-inflammatory breakfast recipes:

1. Protein-Packed Breakfast Quinoa Bowl
2. Greek Yogurt and Berry Parfait
3. Avocado and Egg Breakfast Toast
4. Chia Seed Pudding with Fruit
5. Veggie and Egg Scramble
6. Overnight Oats with Almond Butter and Berries
7. Cottage Cheese and Pineapple Breakfast Bowl

Check the next page to see the full recipes!

#1

Protein-Packed Breakfast Quinoa Bowl

🍴 **Serving Size:** 4

🕒 **Estimated Macros Per Serving:**

- **Calories:** 350
- **Protein:** 18g
- **Carbs:** 45g
- **Fats:** 12g
- **Fiber:** 6g

🕒 **Cook Time:** 15-20 Minutes



Ingredients:

- 1 cup quinoa (uncooked, gluten-free)
- 2 cups water
- 1/2 cup almond milk
- 1/4 cup chopped walnuts
- 1/4 cup chopped almonds
- 1/4 cup dried cranberries
- 2 tbsp honey
- 1 tsp cinnamon

Directions:

1. Rinse quinoa and cook according to package instructions with 2 cups of water.
2. Once cooked, stir in almond milk, walnuts, almonds, dried cranberries, honey, and cinnamon.
3. Heat over low heat for 5 minutes, stirring occasionally.
4. Divide into 4 servings and enjoy warm.

Benefits:

Quinoa is a complete protein and rich in fiber, while nuts provide healthy fats, and cinnamon and cranberries offer antioxidants, all of which help reduce inflammation.

#2

Greek Yogurt and Berry Parfait

🍴 **Serving Size:** 4

🕒 **Estimated Macros Per Serving:**

- **Calories:** 280
- **Protein:** 18g
- **Carbs:** 35g
- **Fats:** 7g
- **Fiber:** 4g

🕒 **Cook Time:** 5 Minutes



Ingredients:

- 2 cups plain Greek yogurt
- 1 cup mixed berries (such as blueberries, raspberries, and strawberries)
- 1/2 cup gluten-free granola
- 2 tbsp honey

Directions:

1. In 4 serving bowls or jars, layer Greek yogurt, mixed berries, and gluten-free granola.
2. Drizzle each parfait with honey.
3. Serve immediately or cover and refrigerate until ready to eat.

Benefits:

Greek yogurt is high in protein and probiotics, berries are rich in antioxidants, and gluten-free granola adds fiber, all helping to reduce inflammation.

#3

Avocado and Egg Breakfast Toast

✂ **Serving Size:** 4

🕒 **Estimated Macros Per Serving:**

- **Calories:** 300
- **Protein:** 12g
- **Carbs:** 25g
- **Fats:** 18g
- **Fiber:** 6g

🕒 **Cook Time:** 10 Minutes



Ingredients:

- 4 slices gluten-free bread
- 1 large avocado
- 4 large eggs
- Salt and pepper, to taste
- Optional toppings: hot sauce, cherry tomatoes, or fresh herbs

Directions:

1. Toast gluten-free bread slices to desired crispiness.
2. In a bowl, mash avocado and spread evenly on each slice of toast.
3. In a non-stick skillet, cook eggs to your preference (e.g., fried, over-easy, or scrambled). Place one egg on top of each avocado toast.
4. Season with salt and pepper, and add optional toppings if desired.

Benefits:

Avocado is a source of healthy fats and fiber, while eggs provide high-quality protein, all contributing to reduced inflammation.

#4

Chia Seed Pudding with Fruit

✂ **Serving Size:** 4

✓ **Estimated Macros Per Serving:**

- **Calories:** 310
- **Protein:** 11g
- **Carbs:** 40g
- **Fats:** 14g
- **Fiber:** 10g

🕒 **Cook Time:** N/A



Ingredients:

- 1/2 cup chia seeds
- 2 cups unsweetened almond milk
- 1/4 cup honey
- 1 tsp vanilla extract
- 2 cups mixed fruit (such as berries, kiwi, or peaches)

Directions:

1. In a bowl, combine chia seeds, almond milk, honey, and vanilla extract. Mix well.
2. Cover the bowl and refrigerate for at least 4 hours or overnight to thicken.
3. Once the chia pudding has thickened, give it a good stir.
4. Divide the pudding into 4 servings and top each with mixed fruit.

Benefits:

Chia seeds are rich in omega-3 fatty acids and fiber, while fruit provides antioxidants and vitamins, all of which help to reduce inflammation.

#5

Veggie and Egg Scramble

🍴 **Serving Size:** 4

🕒 **Estimated Macros Per Serving:**

- **Calories:** 250
- **Protein:** 16g
- **Carbs:** 12g
- **Fats:** 15g
- **Fiber:** 3g

🕒 **Cook Time:** 10 Minutes



Ingredients:

- 1 tbsp olive oil
- 1 small onion, diced
- 1 small bell pepper, diced
- 1 cup chopped spinach
- 1 cup sliced mushrooms
- 6 large eggs
- Salt and pepper, to taste

Directions:

1. In a large non-stick skillet, heat olive oil over medium heat. Add onion and bell pepper, and cook for 3-4 minutes, until softened.
2. Add spinach and mushrooms, cooking for an additional 3-4 minutes.
3. In a bowl, whisk eggs and pour them into the skillet with the vegetables. Cook, stirring occasionally, until eggs are fully cooked.
4. Season with salt and pepper and serve immediately.

Benefits:

This scramble contains eggs as a source of high-quality protein, as well as a variety of vegetables providing fiber, vitamins, and minerals to help reduce inflammation.

#6

Overnight Oats with Almond Butter and Berries

✂ **Serving Size:** 4

✓ **Estimated Macros Per Serving:**

- **Calories:** 350
- **Protein:** 15g
- **Carbs:** 45g
- **Fats:** 14g
- **Fiber:** 8g

🕒 **Cook Time:** 10 Minutes



Ingredients:

- 2 cups gluten-free rolled oats
- 2 cups unsweetened almond milk
- 1/2 cup almond butter
- 1/4 cup honey
- 1 tsp vanilla extract
- 1 cup mixed berries

Directions:

1. In a large bowl, combine oats, almond milk, almond butter, honey, and vanilla extract. Mix well.
2. Cover and refrigerate overnight or at least 6 hours to allow oats to soften and flavors to meld.
3. Once ready, give the oats a good stir, divide into 4 servings, and top with mixed berries.

i Benefits:

Overnight oats with almond butter provide protein, healthy fats, and fiber, while mixed berries add antioxidants, all contributing to reduced inflammation.

#7

Cottage Cheese and Pineapple Breakfast Bowl

✂ **Serving Size:** 4

✓ **Estimated Macros Per Serving:**

- **Calories:** 230
- **Protein:** 20g
- **Carbs:** 25g
- **Fats:** 5g
- **Fiber:** 1g

🕒 **Cook Time:** 5 Minutes



Ingredients:

- 2 cups low-fat cottage cheese
- 1 cup pineapple chunks
- 1/4 cup chopped walnuts
- 1/4 cup honey

Directions:

1. In 4 serving bowls, divide the cottage cheese evenly.
2. Top each serving with pineapple chunks and chopped walnuts.
3. Drizzle each bowl with honey and serve.

📘 Benefits:

Cottage cheese is a good source of protein and calcium, pineapple contains the enzyme bromelain which aids in reducing inflammation, and walnuts provide healthy fats, all working together to combat inflammation.

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