



ANTI-INFLAMMATORY VEGAN MEAL PLAN & recipes



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Free Masterclass:

<https://elenamaganto.com/masterclass-registration>



LUNCH

DINNER

SNACKS & TREATS

MON

Kale and Carrot soup
Sauerkraut

Creamy Spaghetti
with mushrooms

TUES

Creamy Spaghetti with
mushrooms
Sauerkraut

Middle Eastern
Soup

**AVOID BREAKFAST FOR
INTERMITTENT FASTING. If
want to eat something:
Golden milk + coconut flat
bread with nut or coconut
butter**

WED

Middle Eastern Soup
sauerkraut

Porrusalda

berries
carrots
nori
coconut chips/coconut
coconut flat bread with
coconut butter
Golden milk

THU

Porrusalda
Sauerkraut

Sautee greens

**NOTE: ALWAYS PROTEIN
WITH MEALS!!!!
ADD ANY OF THESE
PROTEINS TO YOUR MEALS:
NUTRITIONAL
YEAST/SPIRULINA/NUT/HEMP
SEEDS/SUNFLOWER
SEEDS/SPROUTS as source
of vegan protein**

FRI

Sautee greens
Sauerkraut

Thai Soup

SAT

Thai Soup
sauerkraut

Italian scrambled
spaguetti with
basil pesto

SUN

Italian scrambled
spaguetti with basil pesto
sauerkraut

Porrusalda



Golden Milk

[Serves 2]

INGREDIENTS

1 cup full fat unsweetened coconut or nut milk
1 cup water
1/2 teaspoon cinnamon
1/4 teaspoon cardamom
1 teaspoon turmeric powder
1/4 teaspoon ginger powder
pinch of black pepper
1-2 drops vanilla stevia
1 teaspoon MACA powder (optional)

Blend everything until smooth and warm up in a pot (no boil)



Coconut Flour Flatbread

[Serves 2]

INGREDIENTS

1 1/2 Tablespoons coconut flour
1 Tablespoon coconut oil
1 Egg
1/8 Teaspoon sea salt
1/4 Teaspoon Baking Powder – grain free

Preheat oven to 350 degrees.

Mix coconut flour, sea salt, and baking powder together until combined.

Add egg and melted coconut oil and mix well.

Let batter sit for a few minutes to allow the flour to absorb the liquid.

Scoop half the batter on baking pan and use a spatula to spread batter into a circle the size of a bun.

Repeat using the rest of the batter. Bake for 10 minutes or until golden brown.



Vegetable broth

[5 liters]

INGREDIENTS

2 tablespoon ghee oil
3 carrots, coarsely chopped
1 daikon, coarsely chopped
1 ½ stalks celery, coarsely chopped
1 bunch green Swiss chard
Several sprigs fresh thyme
Several sprigs fresh flat-leaf parsley
2 dried bay leaf
5 liters (20 cups) water

In a big stockpot over medium-high heat oil. Add carrots, daikon, and celery; cook until tender, about 15 minutes. Wash and drain chard thoroughly. Chop into 1-inch pieces. Add to the vegetable mixture. Then add cold water, thyme, parsley, and bay leaf. Bring to a boil, reduce heat, and let simmer about 1 hour; liquid should be highly flavored.

Remove from heat, and strain stock through a fine sieve, pressing on vegetables to extract juices. Discard vegetables. Keep in refrigerator until used.

■ ■ ■ Sautéed Greens

[Serves 2]

INGREDIENTS

1 tablespoons coconut oil

Leeks

juice of ¼- ½ lemon

1-2 teaspoon fresh grated ginger

1-2 teaspoon fresh grated turmeric

Pinch black pepper

1 bunch dark, leafy greens such as kale or Swiss chard

1/2 cup vegetable broth

handful of chopped parsley

salt and pepper

Heat the ghee, put leek in a sauté pan for about 2 minutes. Add the greens and sizzle for a couple more minutes until the greens are ultra bright green. Add the broth and cover. Let steam for 3 – 5 more minutes. Season with salt, pepper and a squeeze of lemon. Toss in parsley just before serving.

■ ■ ■ Creamy “spaghetti” with mushrooms

[Serves 4]

INGREDIENTS

1 package of Kelp noodles
1 ½ cup diced Shitake mushrooms
4 tablespoons avocado oil
1 cup full fat coconut milk
½ teaspoon ginger powder
1-2 teaspoon fresh grated or powder turmeric
1 teaspoon pink Himalayan sea salt
½-1 teaspoon freshly ground black pepper
Shredded dairy free and nut free cheese or nutritional yeast (optional)

Rinse and soak Kelp noodles in water for at least 30 minutes at room temperature to make them softer and separate better (they will still be a little crispy when eating).

During those 30 minutes prepared the mushrooms. Add oil, ginger, turmeric, salt and pepper in a sauce pan at medium heat. When you get the aroma of the spices, then add the mushrooms and sauté for 2 minutes. Then add the milk and and noodles and cook for extra 3-5 minutes.

Serve immediately and shred dairy free and nut free cheese (see recipe) or nutritional cheese for cheesy flavor.

Italian scrambled spaghetti with basil pesto

[Serves 2-3]

INGREDIENTS

2-3 organic big zucchini or 5 small to avoid seeds

4 tablespoons avocado oil or coconut oil

1 tsp oregano or rosemary

½ teaspoon ginger powder

1 teaspoon fresh grated or powder turmeric

1 teaspoon pink Himalayan sea salt

½ teaspoon freshly ground black pepper.

Shredded vegan cheese (optional, see page)

GADGET

Spiral slicer

Spiralized the zucchini, put it in a strainer and add ½-1 tsp of salt. Let it drain for 5 minutes to release water. After, gently press to release more water. Add oil, ginger, turmeric, salt and pepper in a sauce pan. When you get the aroma of the spices, then add the ground salmon and sauté for about 2 minutes until is almost done. Then add the zucchini spaghetti and oregano or rosemary and sauté for other 2 minutes until zucchini is done but not mushy. Immediately, serve with ¼ avocado and shred some vegan cheese or nutritional yeast for cheesy flavor.

Basil Pesto

[Serves 1 tablespoon per serving]

INGREDIENTS

2-3 tablespoons full fat coconut milk

½ cup of packed fresh basil

1 tablespoon lemon or lime juice

1-2 tablespoons olive oil

Salt and black pepper to taste

Place all the ingredients in a food processor and blend well. Keep it in a glass container in the refrigerator for 4-5 days.

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■ ■ ■ Middle Eastern Veggie Soup

[Serves 4-5]

INGREDIENTS

- 2 tablespoons avocado or coconut oil
- 1 medium onion, chopped (use ½ leek if avoiding FODMAPS)
- 1 quart veggie
- 1 cup full fat unsweetened coconut milk
- 1 teaspoon coriander
- 1 teaspoon cumin
- 1 teaspoon turmeric powder
- 1 teaspoon ginger powder
- 1 teaspoon black pepper
- 1 teaspoon sea salt
- 2 handfuls spring mix veggies or spinach
- ¼ cabbage or 1-2 baby bock choy
- ½ cup chopped cilantro
- juice of 1 lime

Heat the oil in a large pan and once hot add the onion or leek. Once the mixture starts to brown a little (about 3-5 minutes) add the broth, the milk and the spices. Put the lid on and in medium heat take it to boiling and then reduce the heat to medium low. Add the vegetables and cook for 5 minutes.

Turn off the heat and add the cilantro and lime juice. Ready to eat!

Carrots and Kale Soup

INGREDIENTES

1 medium sized leek, chopped fine
1" of ginger, chopped fine
1 tablespoon coconut oil or ghee
Pinch of rock salt
A couple of grinds of black pepper
1 teaspoon turmeric
½ teaspoon coriander
3 large carrots, peeled and roughly sliced
4 cups water or veggie broth
2 big handfuls of red or green kale
Fresh parsley for garnish

Light fry leek, turmeric and coriander and black pepper in oil until just browned.

Add carrots and water.

Allow soup to calm boil (this is halfway between a manic bubbling pot and a light simmer), until the carrots are cooked.

Add the kale and allow to simmer for 5 minutes.

Remove from heat and mix in a food processor or keep it pulpy



Porrusalda

[Serves 6]

INGREDIENTS

4 tablespoons avocado oil
6 leeks (small/medium size) or 3 big leeks
1 daikon or 10 radishes – peeled and diced
2 quarts veggie broth
1 small onion- chopped (optional if you can't eat FODMAPS)
1/2 teaspoon black pepper
1 teaspoon ginger
Salt to taste

Heat up the oil in a pot at medium heat. Sautee onion until soft.

While cooking the onion, peel radish and dice in medium size squares and add to the onion.

Then cut the edges of the leeks and discharge. Make a longitudinal cut in the middle to wash them. Slice them and add to the pot and sautee.

Add the bone or veggie broth, black pepper, ginger and salt and take it to boiling. Then reduce to simmering and cook for 20-25 minutes in low until radish is soft.



Thai Veggie Soup

[Serves 6]

INGREDIENTS

2 tablespoons coconut oil
1 onion, finely chopped
2 cups sliced shiitake mushrooms, trim off bottom of stems
1 quart Vegetable Broth
1 cup coconut milk
4 handfuls spinach or other bunch of green leafy
1 tablespoon fresh ginger root, minced
2 tablespoons lime juice, freshly squeezed
¼ teaspoon salt
½ cup cilantro, minced

Warm oil in a large saucepan over medium heat
Add onion, stirring frequently until softened, about 10 minutes
Add mushrooms and saute for 5 minutes
Stir in broth and coconut milk, bring to a simmer
Reduce heat to medium, add broccoli and ginger and cook until broccoli is bright green, 3-5 minutes
Stir in lime juice and salt
Ladle soup into bowls and garnish with cilantro
Serve

Sauerkraut

INGREDIENTS

1 medium head green cabbage

1 1/2 tablespoons Celtic sea salt or Himalayan Pink Salt

Discard the outer leaves of the cabbage. Cut the cabbage into quarters and trim out the core. Slice each wedge crosswise into very thin ribbons. Transfer the cabbage to a big mixing bowl, add the salt and massage and squeeze the cabbage with your hands for 10 minutes.

Pack the cabbage into a jar, tamp it down with your fist, pour the liquid released while massage into the jar (it is rich in beneficial bacteria) and place on the larger outer leaves of the cabbage over the surface of the sliced cabbage to push it down and keep it submerged in its liquid.

Cover the mouth of the jar with a cloth and secure it with a rubber band. Ferment the cabbage away from light and at room temperature (65F – 75F) for 3-10 days. Then screw on the cap and keep it in the refrigerator.