

## OUR GO TO ANTI-INFLAMMATORY MEAL PREP RECIPES



ALL RECIPE LINKS plus MORE found in this meal plan -  
<https://www.cottercrunch.com/anti-inflammatory-diet-meal-prep-recipes-challenge/>

## Superfood overnight oatmeal {healthy meal prep breakfast}

See blog post for WHOLE 30 grain free option.

- *Yield:* 2

### DESCRIPTION

Superfood overnight oatmeal is perfect for a healthy meal prep breakfast! Blueberries, flax seeds, chia seeds, and gluten free oats will help fuel your body for the day.

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### INGREDIENTS

- 1/2 cup blueberries, frozen or fresh, divided
- 1/2 cup gluten free rolled oats, divided
- 2 tbsp chia seeds, divided
- 4 tsp ground flaxseed, divided
- 1 tsp ground cinnamon, divided
- 1 cup almond milk or coconut milk
- maple syrup for drizzling on top, if desired

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### INSTRUCTIONS

1. Place 1/4 cup frozen blueberries at the bottom of the cups.
2. Add 1/4 cup gluten-free rolled oats to each.
3. Next, add 1 tbsp chia seeds into each cup followed by 2 tsp ground flaxseed and 1/2 tsp ground cinnamon.
4. Fill each cup with 1/2 cup almond milk or coconut milk.
5. Drizzle with a touch of maple syrup on top (if desired).
6. Stir gently, then place in the fridge for 2 hours or up to 24 hours
7. Remove from fridge, add more blueberries on top. **It's breakfast to go!**

## Dukkah roasted vegetables chopped salad

Omit tomatoes and use zucchini for nightshade free.

See blog **anti-inflammatory meal prep post for vegan and paleo/low carb option.**

- *Yield:* 4 servings  
*Find online* <https://www.cottercrunch.com/dukkah-roasted-vegetables-chopped-salad/>

Dukkah Roasted Vegetables Chopped Salad is a simple vegan friendly, Middle Eastern salad recipe. It's easy to make, delicious, and healthy. Serve it as a vegetarian main course or filling side dish. Paleo option.

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### INGREDIENTS

- 5 cups chopped cauliflower
- 2 cups sliced or chopped white button mushrooms
- 1 cup sliced peeled pearl onions or 1 shallot
- 1 cup grape tomatoes (sliced in half)
- 1/4 c olive or avocado Oil (extra if needed)
- 1 tbsp or more dukkah (see notes for homemade mix)
- 1 tsp minced garlic minced or 1/2 tsp garlic powder
- 1 cup chopped mixed greens (spinach, kale, or shredded brussel sprouts)
- 1/4 c raw pumpkin seeds (pepitas)
- pinch of black pepper
- pinch of sea salt
- 2 tsp lemon juice
- 2 mint leaves (chopped, to garnish) – optional
- 1 sprig of oregano leaves, to garnish
- sliced lemon to garnish
- Micro-greens or sprouts to garnish
- Optional crumbled feta or parmesan to serve (omit for paleo/vegan)
- Optional dried fruit to garnish.
- optional creamy dressing of choice

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### INSTRUCTIONS

1. Preheat oven to 425F. Line a large sheet pan with parchment paper or grease. Set aside.
2. In large bowl, place all your diced/chopped cauliflower, mushroom, tomatoes, and onions.
3. Toss in 1/4 cup oil and then add in your dukkah spice mix, garlic, salt, pepper, and toss again.

4. Mix in your chopped greens and toss again. Feel free to add in any more vegetables if you'd like more bulk to the salad.
5. Lay the chopped vegetables on the baking sheet and sprinkle the pumpkin seeds on top.  
Season with salt, pepper, and fresh lemon juice.
6. Roast in oven for 15-20 minutes, checking at 15 minutes for doneness.  
Once cauliflower is golden brown, remove from oven and toss in pan.
7. Garnish with just a touch fresh mint leaf (optional), lemon slices, and a few leaf of fresh oregano.  
Serve onto plates with extra green or sprouts. You can also just place in large serving bowl.
8. Drizzle with extra olive oil if needed. Or use your favorite creamy dressing. I love using my [warm onion dressing](#).  
If you want to make this salad more filling, add in a few tablespoons of chopped dried fruit and crumbled feta.

#### NOTES

If you don't have dukkah spice, you can making your own, easy! Replace 1 tbsp of dukkah seasoning with the following:

- 1 tsp cumin
- 1 tsp sesame seeds
- 1/2 tsp coriander seeds
- 1/4 tsp sea salt/pepper each
- 1 tsp finely crushed toasted nuts or hazelnuts
- A pinch of sugar, red pepper flakes, and optional fennel seeds.

This roasted salad is great by itself or free to add in a cooked grain, dried fruit, feta, lentils, chicken, or beef.

## Smoked Salmon and Zucchini Noodle Pasta Salad!

*Yield 1-2*

Find online <https://www.cottercrunch.com/smoked-salmon-strawberry-zucchini-noodle-pasta-salad/>

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### INGREDIENTS

For the Zucchini Noodle Pasta:

- 2 zucchinis
- 2-3 tbsp Goat Cheese crumbles (omit for dairy free option or use cashew cream sauce)
- 1 tsp olive oil or salted butter
- 1 tbsp lemon juice
- 1/4 tsp pepper
- 1/3 to 1/2 medium ripe avocado

#### IN the SALAD:

- 3 large spinach leaves (1 cup chopped)
- 3 tbsp candied walnuts or pecans
- 2 oz smoked salmon (wild caught)
- 1 cup chopped strawberries or berries
- balsamic glaze or vinegar (optional)
- salt and pepper to taste
- optional avocado slices

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### INSTRUCTIONS

1. First clean and wash your veggies/fruit.
2. Spiralize or shave your zucchini into noodles. Set aside.
3. In a small pot, place your avocado, oil, lemon, and cheese together. heat on medium until a cream is formed. A few minutes. Then mix in your zucchini noodles.
4. Toss a few times to coat noodles and keep on medium to medium low for about 5 minutes or until zucchini is coated and creamy. They will be a little softer but not too soft.
5. Remove from heat and add pepper if desired.
6. Next chop your spinach. Keep it raw or place in microwave bowl and steam for 30 seconds to lightly steam.
7. Place your zucchini noodles in a large bowl and arrange the rest of you ingredients around it.
8. Garnish with candied nuts and add balsamic glaze if desired.
9. Salt and pepper to taste.
10. Toss and serve or eat as plated. Great for two or a potluck!

### NOTES

20% Iron and 150% vitamin C!

## **Rosemary citrus one pan baked salmon {paleo}**

- *Total Time:* 20 minutes
- *Yield:* 3 servings

Find online <https://www.cottercrunch.com/rosemary-citrus-one-pan-baked-salmon/>

### **DESCRIPTION**

*This Rosemary Citrus Baked salmon is a healthy one pan meal ready in 20 minutes. Grain free, gluten free, low carb, Whole 30 and paleo friendly.*

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### **INGREDIENTS**

- 1/3 c olive oil
- Pinch of ground pepper
- 2 tbsp fresh orange juice
- 2 tbsp fresh rosemary, plus 1-2 extra sprigs to garnish ( See notes for dried rosemary option)
- 1 tbsp Lemon juice
- 1/2 tsp garlic minced
- 1/4 tsp of grated dried orange peel (divided)
- Kosher salt or fine sea salt to taste
- 1 bunch thin asparagus (trimmed) (Or other vegetable of choice)
- Olive oil or melted butter to drizzle
- 10-12 ounces sockeye salmon (whole fillet or around 3 fillets)
- Thinly sliced Orange (5-6)
- Optional 1/4 tsp lemon pepper
- Additional Salt/pepper to taste – after baking

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### **INSTRUCTIONS**

1. Preheat oven to 400F.
2. Whisk together orange juice, lemon, 2 tbsp rosemary, 1/4 to 1/3 cup olive oil, pinch of salt, pepper, 1/4 tsp orange peel and garlic. Set aside.
3. Next Layer your dish.
4. First add your trimmed asparagus (or other vegetable of choice) and drizzle with olive oil or butter. Add a pinch (1/4 tsp or so) of lemon pepper seasoning.
5. Place your salmon (skin side down) on between the asparagus spears.
6. Drizzle the orange rosemary marinade on top of the salmon.
7. Add thin orange slices on top of the salmon and on top of the asparagus.
8. Place 2 to 2 fresh sprigs of rosemary evenly on top of the salmon and around the pan.

9. Sprinkle a bit more orange peel, pepper, and kosher salt on top of the salmon veggie bake.

10. Bake at 400F for 12-15 minutes or until salmon is not longer opaque in the middle.

**NOTES**

- Feel free to use green beans or broccoli instead of asparagus.
- This recipe calls for 1 salmon fillet weighing 12 ounces, or you may use three 4 ounce fillets

### 3 Protein Smoothie Packs

Freezer ready!

Find it online: <https://www.cottercrunch.com/collagen-protein-smoothie-packs/>

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#### INGREDIENTS

##### **DETOX PROTEIN SMOOTHIE PACKS (Serves 2)**

- 1 cup blueberries
- 1 cup spinach or other leafy greens
- 1 tsp grated ginger or 1/4 tsp ground ginger
- 1/2 c grapefruit (peeled)
- 1/2 c to 2/3 c pineapple chunks
- 1 tbsp chia seed
- 3 frozen coconut milk ice cubes (coconut milk frozen)
- 1 scoop Collage Protein or Peptides
- Optional – 1/2 c to 1 cup water to blend

##### **ENERGIZING PROTEIN SMOOTHIE PACKS: (Serves 2)**

- 1 tbsp unsweetened cocoa powder
- 1/2 cup almond milk
- 1 -2 servings protein (collagen)
- 2 tbsp peanut butter or almond butter (frozen)
- 1 banana
- 1/4 c gluten free oats
- 1-2 tbsp flaxseed
- Optional – 1/2 c to 1 cup water or almond milk to blend

##### **BEAUTIFY PROTEIN SMOOTHIE PACKS (serves 2)**

- 1 kiwi
- 1 c raspberries
- 1/2 small avocado (peeled)
- 1 tbsp honey (optional)
- 2-3 frozen coconut milk cubes (from ice tray)
- Lavender Lemon [Collagen](#) Protein (mixed into coconut milk cubes or to add separate)
- Optional – 1/2 c to 1 cup water or almond milk to blend

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#### INSTRUCTIONS

##### ***BUILD YOUR OWN SMOOTHIE PACKS***

##### **DETOX PROTEIN SMOOTHIE PACKS (Serves 2)**

- Pour 1/4 c coconut drinking milk or almond milk in ice trays or a Freezable container..
- Once frozen, add the remaining ingredients to 2 ziplock bags or 1 large glass jar. Place in freezer until ready to blend.



- Freeze your 1/4 c coconut drinking milk in ice trays or Freezable container.. Add the ingredients to 2 ziplock bags or 1 large glass jar. Place in freezer.
- When ready to make, just blend together with optional – 1/2 c to 1 cup water to make more.

**For the ENERGIZING PROTEIN PACKS:**

- Mix your cocoa powder with your milk and collagen protein peptides. Pour into ice tray then freeze. Also place 2 tbsp nut butter of choice in freezer to harden.
- Add the ingredients to 2 ziplock bags or 1 large glass jar. Place in freezer.
- When ready to make, just blend together with optional – 1/2 c to 1 cup water or almond milk to make more.

**For the BEAUTIFY PROTEIN PACKS:**

- Place your 1/4 c coconut drinking milk or almond milk by placing in ice trays or a Freezable container.
- Once frozen, add the remaining ingredients to 2 ziplock bags or 1 large glass jar. Place in freezer until ready to blend.
- When ready to make, just blend all together with the addition of collage protein powder.
- Optional – 1/2 c to 1 cup water or almond milk to make more.

## Oven baked cod cakes with garlic and herbs (paleo, low carb)

- Total Time: 25 minutes

Yield: 6 cod cakes **Find it online:** <https://www.cottercrunch.com/oven-baked-cod-cakes-paleo/>

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### INGREDIENTS

- 7-8 ounces of Wild Caught Cod
- 2 eggs
- 2/3 to 3/4 cup almond flour (use more if you have less fish)
- 2 tbsp coconut flour (make sure it's not clumpy)
- 1/2 tsp minced garlic (about 2 small garlic cloves)
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1/4 tsp cumin
- 5 basil leaves (chopped and stems removed)
- 2 thyme sprigs (stems removed) or 1/4 tsp dried

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### INSTRUCTIONS

1. Preheat oven to 350F. Line a baking tray with foil or grease it well.
2. Next make sure your cod is washed, skinned removed, and then cut or pulled into small pieces. Similar to that of canned fish.
3. In a small bowl, lightly beat or whisk your eggs.
4. Next place your cod, flours, spices, and garlic a bowl. Add in your eggs and mix again.
5. Fold in your herbs.
6. After mixing, grab a handful (about 1/4 to 1/3 cup) of the batter and roll into a ball.
7. Place on baking tray.
8. Repeat until you have 6 cakes.
9. Press cakes flat with hand or spoon. Cakes should be about 3 inches wide or so.
10. Place in oven for 15-20 minutes or until golden brown and you can see fish is no longer opaque.
11. Remove and let cool.
12. Season with extra garlic, salt, pepper, if desired.

### NOTES

1. Feel free to double the batch. I would only use 3 eggs and not 4 if you do..
2. Don't have cod? Try halibut, tilapia, or another light white fish.
3. **NUTRITION** as shown below is per cod cake, without sauce.
  - Serving Size: 1 cod cake (without sauce)
  - Calories: 136 Sugar: 0.7g Sodium: 205.9mg Fat: 8.4g Saturated Fat: 0.6g Carbohydrates: 4.3g Fiber: 2.4g Protein: 11.3g

## Indian spiced baked potato and egg foil packets

- *Yield:* 4
- See notes on how to cook in **oven safe glass meal prep containers**
- Find recipe <https://www.cottercrunch.com/indian-spiced-baked-potatoes-and-egg-foil-packets-gluten-free>

### DESCRIPTION

Indian Spiced Baked Potato and Egg Foil Packets {Whole30 and paleo Friendly}

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### INGREDIENTS

- 4 cups of sliced golden yellow potatoes (or diced sweet potato can be substituted)
- 3-4 tbsp olive oil or avocado oil
- 1/2 tsp smoked paprika (omit for night shade free option) Replace with black or white pepper
- 1/2 tsp minced garlic (dried or fresh)
- 1/2 tsp curry powder seasoning with turmeric
- 1/4 tsp sea salt
- 4 eggs
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### INSTRUCTIONS

1. preheat oven to 400F.
2. Slice your potatoes and toss them with olive oil and your seasonings.
3. Place about 1 cup of potatoes in a 8×8 or 9×9 piece of foil (packet or cupped).
4. Repeat until you get 4 packets. Place packets on baking tray or straight on oven rack for about 25 -30 minutes until potatoes are tender but not fully cooked.
5. Remove tray and place and crack an egg on top of each foil pack.
6. Place back in oven for about 10 minutes or until yolks look firm but not overcooked.
7. Remove and garnish with any extra spices.
8. Place on plate or bowls and enjoy! Great with avocado or ranch added.
9. Feel free to pack in more veggies when you cook your potatoes. Super easy and fun!

### NOTES

- These can easily be made in **oven safe glass meal prep containers as well**. Cook the potatoes first, then add the meal

prep container. Crack eggs on the side slot. Place in oven for an additional 10 minutes or until eggs are set. Alternatively, you can use scrambled eggs for easy MEAL PREP! . *Nutrition per pack* – 285 calories, 26 g carbs, 3 grams fiber, 9.5 grams protein. 1.5 grams sugar, 12% IRON and 35% vitamin C