

ANTI-INFLAMMATORY NUTRITION FOR PELVIC PAIN



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WITH RECIPES FROM MALLORY LEONE

A NOTE FROM JESSICA



Our most important resource is our energy, and yet, we rarely pay much attention to deliberately building our energy, collecting it (not scattering it), and using our energy in pursuit of the life that we wish to create for ourselves.

Your challenge for this cleanse week is to think...

“Am I deliberately managing my energy in this moment ?”



Dr. Jessica Drummond, DCN, CNS, PT, NBC-HWC Founder of the Integrative Women's Health Institute, is passionate about empowering women who struggle with chronic pelvic pain conditions and hormonal imbalances, and female athletes, and supporting women's health and wellness professionals globally. She has two decades of experience working with women using physical therapy and functional nutrition, and teaching her colleagues, from an integrative, evidence-based, and conservative perspective.

HOW YOU MAY FEEL DURING THE CLEANSE

- Tired or achy
- Light and energetic
- Relaxed
- Grouchy
- Irritated with your friends or family
- Irritated with me!
- Withdrawal headaches, especially if you drink a lot of caffeine
- You might find it challenging to stick with this program when some of your “comfort foods” are not available

HEALING

EXERCISES

1

RELEASING TENSIONS

Listen to the [Relaxing Tensions](#) audio recording. Listen each morning and as needed throughout the day to relax any tension in the body and release anxieties that may arise during the healing period.

2

YOUR NEGATIVE EMOTION GPS

This exercise is the silver lining to allowing your messy, negative emotions the space to come out to play.

Negative emotions (as well as positive ones) are key guides to answering the question, “Am I on the right track in my healing (life) journey.”

To put this simply, the language of your soul is in your body’s sensations. If you’re on the right track, your body feels open, comfortable, relaxed, excited, tingly, and such.

A choice that will likely take you on a detour (no judgment, maybe that’s exactly what you need to do for now, just be aware) will feel closed, painful, uncomfortable, tight, gripping, and so on in your body.

At least once a day this week, take your emotional GPS for a test drive.

Think to yourself, “What would I like to do right now/ have for dinner/ wear/ etc.?”

Mentally lay your choices out in front of you, and notice how your body feels as you consider each option.

Make note of the sensations, choose, and then see what happens. Fascinating!

HEALING

EXERCISES



3

MORNING PAGES

Start this healing journey with a new journal.

Each morning write three pages of longhand, stream of consciousness writing. Morning Pages can be an ideal tool to clear your mind and create space for any suppressed emotions to flow.

[Click here for more information about Morning Pages.](#)



4

THE LUXURY OF FRESH FLOWERS

This exercise is simple. Buy yourself some flowers, or flirt a bit to encourage someone else in your life to buy them for you.

Place them in your home and enjoy them.

Another option: buy a flowering plant and plant it in your garden.

Enjoying the simple beauties of life is essential to health.

Flowers are natural art. Delight in the beauty of our world.

HEALING

EXERCISES



BETTER BREATHING AND MORE MINDFUL BODY MOVEMENT

Exercise is one of the simplest ways to deepen your breath and stimulate your digestion. Exercise is simply movement and should feel like play.

Pace your exercise this week depending on how you feel.

What kind of movement does your body crave?

For many people it's a mindset shift to enjoy exercise. And yet, most people love to move. Our bodies are built for movement.

What is one new way you can play with movement this week?

If you're in a lot of pain, you may begin with simple breathing exercises, spending some time resting or walking slowly in nature, or immersing yourself in water - in a pool, lake, ocean, or bath.

WHAT TO AVOID WHILE HEALING

- Stress
- Processed meats (except for low nitrate lunch meats as a short cut)
- Canned beans (except for Eden Foods brand)
- Animal protein that is not organic
- Fish that are heavy in toxins
- Sugar or other natural or artificial sweeteners
- Wheat or any other gluten containing grains
- Caffeine
- Trans fats or partially hydrogenated oils
- Flours
- Processed foods
- Fast foods
- Dairy
- Soy (except for fermented soy products in small amounts)
- Eggs (unless you are aware that you are not sensitive to them)
- Peanuts
- Corn
- Alcohol

TIPS FOR EATING OUT WHILE HEALING

- Do your research: Choose a “farm to table,” or “Paleo” restaurant and research the menu online before you go. These restaurants tend to be more sensitive to special diet requests. Call beforehand and tell them what your dietary needs are and see what they say. Most restaurants are happy to oblige.
- Talk to the chef: If you’re not able to do your research, tell the chef that you’re sensitive to dairy, gluten, and many spices. Ask that they cook your meat plainly in olive oil and salt and then order a salad or sautéed or roasted veggies as a side. If plain rice or quinoa is available, that will work, too.
- Pack your bags with flavor: Bring a small bag of fresh basil, parsley, or dried spices to add flavor. With a small, secure bottle, you can carry around a homemade salad dressing (see recipes inside this book!)

FOODS TO ENJOY WHILE HEALING

This is a list of foods that I would love for you to enjoy. Rather than focusing on what you can't have, work with the foods outlined below that will nourish your body with essential vitamins, minerals, and phytonutrients. These foods will work in tandem to reduce inflammation and support vital systems in your body.

Sometimes, using specific foods to support specific conditions can have immediate effects that we can feel – fewer painful symptoms, mental clarity, and improved mood. Sometimes, results are subtler and you won't feel better right away. And that's OK.

Remember, every body is different and your journey is unique. Be patient with yourself and your healing and know that every nutrient-dense meal you eat is supporting chronic, systemic inflammation, healing your digestive tract, and supporting immunity during this time of growth and restoration.

FOODS TO ENJOY WHILE HEALING

VEGETABLES

- Asparagus
- Avocado
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chives
- Cucumber
- Green beans
- Leafy greens: Collard greens, kale, mustard, Swiss chard, spinach, bok choy lettuce, and most salad greens
- Olives (black)
- Parsley
- Mushrooms
- Pumpkin
- Yams and sweet potatoes
- Radishes
- Rhubarb
- Rutabaga
- Squash: Summer, winter, zucchini, turnips

PROTEINS

- Poultry: Chicken or turkey (preferably organic and pasture raised with no added sugars or other fillers)
- Fish (preferably wild caught)
- Beef, veal, or liver (preferably grass fed and organic)
- Protein Powder: Rice, hemp, collagen (from grass fed beef), or hydrolyzed beef

FRUITS

- Apples: Gala, Fuji, Pink Lady
- Applesauce: Homemade with Gala, Fuji or Pink Lady apples
- Blueberries
- Coconut (No additives/preservatives)
- Dates (No additives/preservatives)
- Pears
- Watermelon

FOODS TO ENJOY WHILE HEALING

FLAVOR

- Allspice
- Almond extract
- Anise
- Basil
- Caraway seed
- Coriander
- Dill
- Fennel
- Garlic
- Mace
- Marjoram
- Oregano
- Poppy seed
- Rosemary
- Vanilla extract
- Sage
- Sea salt
- Thyme
- Tarragon

FATS, NUTS, AND SEEDS

- Nuts and nut butters: Almonds and cashews
- Oils: Coconut, olive, and avocado

GRAINS

- Rice and rice pasta
- Quinoa

RECIPES...

PLANNING

YOUR MEALS

As you're planning your meals, make sure to get protein, fat, and carbohydrates at every meal. That means meat or fish for protein, nuts, olives, and approved oils for fat, vegetables for carbohydrates, phytonutrients, vitamins and minerals, and limited grains.

For anti-inflammatory purposes, cover your plate with 50-75% vegetables. Starches can be a starchy vegetable like squash or potatoes, or ½-1 cup of rice, rice pasta or quinoa.

Try not to rely on any one food too much during this period. More variety is better. See how creative you can be using the guidelines. Prepare food in advance and time meals every 3-4 hours so you won't be caught starving before a meal is done cooking.

TIME SAVING TIPS

ON WEDNESDAY & SUNDAY:

- Shop for groceries
- Make big batches of one or all of the following to have cleansing dishes right at your fingertips:
 - Quinoa Salad
 - Roasted Sweet Potatoes
 - Grilled Chicken
 - Cashew Milk
 - Peel and freeze bananas in plastic baggie for smoothies

BREAKFAST

Transitioning to more savory breakfasts tends to be challenging for many people, especially Americans! Besides the classic bacon and eggs, many people tend toward sweet cereals, fruity yogurt, pancakes and waffles. But in order to reduce inflammation and heal, it's important to make a shift in thinking and begin to form new habits at breakfast time.

I've added some sweeter options here (which can also be used as desserts, btw!), but in addition to these, I encourage you to start eating for breakfast what you would eat for lunch or dinner.

That means, leftover chicken, steak, burger, turkey, lamb or fish, plus any leftover or fresh veggies. Sautéed greens, fresh greens, or a pre-prepared sweet potato or roasted vegetables are all good choices.

*A note on smoothies: If you're having a smoothie for breakfast, add a small amount (about a palm-size) of animal protein on the side. Grilled chicken, plain rotisserie chicken, burger, baked fish, etc.

CREAMY CASHEW MILK



INGREDIENTS

- 1 cup raw cashews, soaked for 4+ hours in water
- 4 cups water (use less water for creamier milk)
- 3 medjool dates, pitted
- 2 teaspoons vanilla extract
- Dash sea salt
- Pinch cinnamon (optional)

DIRECTIONS

1. Soak cashews in filtered water for 4 hours or overnight. Drain soaking water and rinse.
2. Add the cashews, water, dates, vanilla, sea salt and cinnamon to a high-speed blender.
3. Blend slowly at first, then on high until cashews are completely liquefied. Could take up to two minutes.
4. Cashews tend to blend completely, but feel free to strain the liquid through a fine mesh strainer or cheesecloth.
5. Store the milk in a sealed container. It should keep for up to one week.

Makes: About 5 cups

PEAR SPICE SMOOTHIE

INGREDIENTS

2 tbsp. collagen or vanilla protein powder (see resources)

1 pear, cored and diced

½ tsp. ground cinnamon (optional)

¼ tsp. allspice

1 tsp. vanilla

½ cup cashews

¾ cup water

1 cup ice

1 tbsp. coconut oil

DIRECTIONS

Combine all ingredients and blend until smooth.

Makes: 1 Serving



BERRY BREAKFAST SMOOTHIE

INGREDIENTS

2 tbsp. grassfed collagen or approved protein powder (see resources section)

1 cup organic blueberries

1 cup spinach or kale, packed

½ avocado

¾ cup almond or cashew milk or 1 cup water and a small handful of almonds or cashews

1 tbsp. coconut oil

DIRECTIONS

Combine all ingredients and blend until smooth.

Makes: 1 Serving



PUMPKIN SPICE SMOOTHIE

INGREDIENTS

8 oz unsweetened almond milk
1/2 cup organic pumpkin puree
1 small frozen banana (or 1/2 large)
2 tbsp ground flaxseeds
1 tsp vanilla extract
1/2 tsp ground cinnamon
1/2 tsp ground ginger
pinch of nutmeg

TOOLS

Blender

DIRECTIONS

Place all ingredients in blender and blend until smooth and enjoy.

OTHER WAYS YOU CAN SPICE IT UP:

- add a scoop of protein powder
- frozen blueberries instead of the banana.



WATERMELON COCONUT CREAM SMOOTHIE



INGREDIENTS

2 tbsp. collagen or vanilla protein powder (see resources)

2 cups seedless watermelon, cut into chunks

½ apple

½ cup full fat coconut milk

½ cup almond milk

2 cups ice (optional)

DIRECTIONS

Place all ingredients in blender and blend until smooth and enjoy. Makes: 1 Serving

Makes: 1 Serving

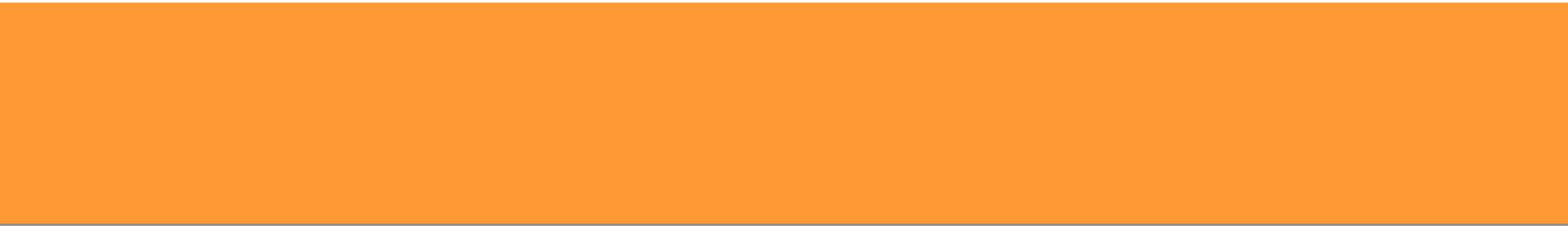
VANILLA NUT GRANOLA

INGREDIENTS

1/2 cup shredded coconut
2 cup almond slivers
1 cup cashew pieces
1 cup cooked quinoa
1 1/2 tsp. cinnamon (optional)
1/4 tsp. allspice
Dash of sea salt
3 tbsp. coconut oil
1/4 cup maple syrup
2 tsp. vanilla

DIRECTIONS

1. Preheat oven to 325 F
2. Mix all ingredients together in a large bowl.
3. Spread evenly onto a large baking sheet.
4. Bake for 20 minutes on 325 F, stirring occasionally. Make sure it doesn't burn!
5. Raise temperature to 350 F, stirring occasionally. Make sure it doesn't burn!
6. Stir granola and bake for another 10 minutes at 350 F.
7. Eat with coconut yogurt and homemade berry compote (recipe in Desserts section)
8. Enjoy with unsweetened coconut yogurt, almond milk, hemp milk, or cashew milk.



MAIN DISHES



BEEF AND BROCCOLI WITH SWEET POTATO NOODLES

INGREDIENTS

Marinade:

12-16 oz. lean stir-fry beef slices
2 tbsp. coconut aminos
2 cloves garlic, crushed and minced
2 tsp. fresh ginger, grated
1 tsp. dried turmeric
½ tsp. sea salt
½ tsp. pepper

Noodles:

1 large sweet potato, spiralized
1 tbsp. coconut oil or olive oil
Salt and pepper to taste

Sauce:

¼ cup coconut aminos
2 tbsp. cashew or almond butter or
1/2 cup raw nuts
½ green apple, cored
1 tsp. fresh ginger
1 clove garlic, minced

Add:

1 small head broccoli, chopped
More cooking oil of choice

DIRECTIONS

1. Preheat oven to 375°F
2. Place meat and marinade ingredients in a large glass bowl and cover for 30-60 minutes.
3. Meanwhile, make the sweet potato noodles and toss with olive oil, salt and pepper to coat evenly. Bake “zoodles” for 15-20 minutes or until tender. Set aside.
4. In a large skillet over medium heat, add the broccoli and about ½ cup water. Cover and steam for 2-3 minutes, then drain the water and set the broccoli aside.
5. Whisk together the sauce ingredients in a small bowl or blend in a high-speed blender until smooth.
6. Heat another large skillet or wok and heat 1-2 tbsp. coconut oil. Add meat and brown for 5-10 minutes.
7. Add more cooking oil if needed. Add the broccoli and the sauce and cook an additional 1-minute.
8. Remove from the heat and toss with potato noodles and serve.



GRILLED CHICKEN

INGREDIENTS

1 full pastured chicken, cut into pieces OR 2 thighs, 2 breasts, and two legs

1 tsp. salt

¼ tsp. pepper, if you can handle it

1 tsp. dried basil

1 tsp. dried oregano

1 tsp. dried rosemary

DIRECTIONS

1. Preheat your grill to medium-high. If you are using a charcoal grill, coals are ready when you can hold your hand 5 inches above grill for just 3 to 4 seconds.
2. Combine salt, pepper, and all the herbs and rub the chicken with the mixture (you may not use the entire mixture).
3. Let the chicken stand at room temperature for 30-minutes.
4. Place chicken on the grill, skin-side down.
5. Close the cover, grill 8 minutes and flip. Grill until chicken is cooked through, about 15-minutes more.
6. Transfer to a plate and let the meat rest for about 10-15 minutes, then enjoy.

HERBED STEAK

INGREDIENTS

- 1 cup packed basil leaves
- 2 tbsp. packed fresh oregano leaves
- 1 tbsp. packed fresh rosemary leaves
- 1 tbsp. packed fresh thyme leaves
- 1 tbsp. packed fresh tarragon leaves
- 2 cloves garlic, minced
- $\frac{3}{4}$ cup extra virgin olive oil
- Sea salt to taste
- 1 2-3-inch thick grassfed rib eye, strip, or porterhouse steak

DIRECTIONS

1. Preheat oven to 500°F.
2. Finely chop all herbs together and transfer to a small bowl.
3. Mix herbs and olive oil together and add salt and pepper to taste. Set aside for flavors to meld.
4. Rub steak with about 2 tbsp. of olive oil and season steak liberally with salt and pepper if you can handle it.
5. Sear the steak in a hot dry pan for 30 seconds on each side.
6. Then place the steak in the oven preheated at 500°F for two minutes. Flip and cook for another two minutes. If you prefer a medium-cooked steak, leave in for 1 minute longer on each side.
7. Remove from the oven and let sit for 5 minutes.
8. Slice steak against the grain and drizzle herbed sauce over the top and serve.

SIMPLE SALMON CAKES



INGREDIENTS

1 can wild-caught salmon
½ cup cooked, mashed sweet potato
Dash of salt
Dash of pepper
1 tsp. garlic powder or 1 garlic clove smashed and minced
½ cup almond flour or almond meal
2-3 tbs. coconut or olive oil for cooking

DIRECTIONS

1. Mix salmon with cooked sweet potato and spices in a small bowl.
2. Add almond meal to a separate bowl or plate.
3. Take small handfuls of the salmon mixture and form into a loose ball.
4. Roll salmon into the almond meal until fully covered and place into the heated oil.
5. Cook for 3-4 minutes on each side or until golden brown heated through.
6. Place on a paper towel to rest.
7. Add to salads as your protein or eat with roasted or steamed veggies

Makes 4

UNSTUFFED ZUCCHINI

INGREDIENTS

2 tbsp. extra virgin olive oil
2 minced garlic cloves
1 tsp. dried basil
1 tsp. dried oregano
1 tsp. dried thyme
½ tsp. sea salt
4-5 portabella mushrooms - sliced
1 large zucchini, sliced in ½-inch slices
1 pound ground beef or turkey- less than 10% fat
2 cups cooked rice pasta or quinoa

DIRECTIONS

1. In large pan, heat oil on medium heat and add the garlic. Cook garlic until just browned.
2. Add the meat and cook through.
3. Add spices, mushrooms and zucchini slices.
4. Sauté until zucchini slices are fork tender.
5. Serve over the rice noodles or quinoa.

Makes 2-4

FISH EN PAPILOTE

INGREDIENTS

- 1 zucchini, sliced thin
- 1 shallot, sliced
- 2 cloves of garlic, smashed and minced
- 1/2 lb. piece of salmon
- 1-2 tbsp. fresh dill
- Salt and pepper (optional) to taste
- Extra virgin olive oil

DIRECTIONS

1. Heat oven to 350 degrees.
2. Fold a 24-inch sheet of parchment paper in half, and cut out a heart shape about 3 inches larger than fish fillet.
3. Place fillet near the fold, and place zucchini, garlic, shallot, dill, salt and pepper onto the parchment paper. Drizzle with 1-2 tsp. olive oil.
4. Brush edges of parchment paper with olive oil, fold paper to enclose fish, and make small overlapping folds to seal the edges, starting at curve of heart. Be sure each fold overlaps the one before it so that there are no gaps. Brush the outside of the package with olive oil. Put packages on a baking sheet, and bake until paper is puffed and brown, about 10 to 15 minutes.
5. Bake for 15-25 minutes, depending on the thickness and size of your salmon. If you have a thinner salmon, bake for less time, and if you have a thicker salmon, aim for the 25 minutes. Tear open the parchment paper at the table, enjoy the aromas, and dig in! Enjoy.

Serves 2



EASY ROAST BEEF WITH SWEET POTATOES



INGREDIENTS

- 1 2-3-lb. grassfed beef pot roast
- 1-2 cloves minced garlic
- 1 tsp. oregano
- Filtered water
- 4 medium sweet potatoes, cut into chunks
- 4 large carrots, sliced
- 3 stalks celery, cut in chunks

DIRECTIONS

1. Place your pot roast into a heated crockpot with minced garlic and oregano.
2. Add enough water to cover the meat and cook for 4 hours on high.
3. Add the sweet potatoes, carrots, and celery.
4. Continue cooking until veggies are tender and meat falls apart, about 2 hours more.
5. Serve over 1 cup of rice or cauliflower rice with plenty of juice from the roast!

Makes: Up to 4 servings



SALADS

IC-APPROVED SALAD DRESSINGS: 3 WAYS



BLUEBERRY BASIL DRESSING

INGREDIENTS

¼ cup fresh or frozen blueberries
½ cup olive oil or avocado oil
¼ cup packed fresh basil

DIRECTIONS

Combine all ingredients and blend until smooth.

SESAME GINGER DRESSING

INGREDIENTS

¼ cup sesame or olive oil
3 tbsp. sesame seeds, lightly toasted
1/3 cup almond butter
½ tsp. sea salt or to taste
1/3 cup coconut aminos
1 tsp. powdered ginger or 1 tbsp. fresh
1-2 cloves garlic
1/3 cup water

DIRECTIONS

1. Lightly toast sesame seeds. Set aside.
2. Combine all ingredients into a high-speed blender
3. Use the water to dilute the mixture (it will be pretty thick) to a desired consistency.

HONEY PEAR DRESSING

INGREDIENTS

1/3 cup olive oil
1 pear, seeded
1 tsp. vanilla

DIRECTIONS

Combine all ingredients and blend until smooth.

QUINOA SALAD

INGREDIENTS

2 cups quinoa, uncooked
1 medium pears, cut into bite-sized chunks
1 cup shredded carrot
1 cup chopped celery
1/2 cup shredded coconut
3/4 cup slivered almonds
2 tbsp. olive oil
Sea salt (optional) to taste

DIRECTIONS

1. In a medium saucepan, cook quinoa according to package instructions.
2. In a large bowl, combine quinoa with the remaining ingredients and serve immediately.
3. Store in the refrigerator in an airtight container for up to 5 days. Can be served warmed or cold.



BEET CUCUMBER SALAD



INGREDIENTS

4 roasted beets, sliced
¼ cup almonds slices
1 cup arugula
2 cups spinach leaves
½ cups cucumber slices
3 tbsp. extra virgin olive oil

DIRECTIONS

1. Wash lettuces and dry off. Place into large salad bowl
2. Slice beets and cucumbers, place on top of salad
3. Add almond slices
4. Drizzle oil onto salad or serve by the bowl

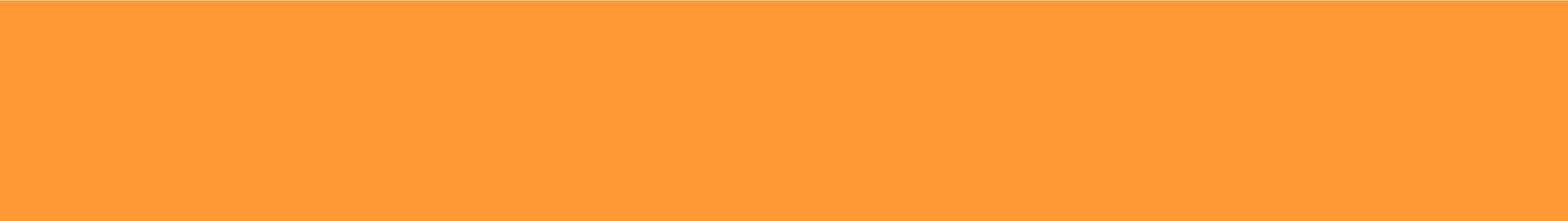
NORI SALAD WRAPS

INGREDIENTS

- 1 (5-ounce) can low-mercury tuna or salmon
- 1 tablespoon extra virgin olive oil
- 1 tablespoon canned coconut milk
- ½ teaspoon coriander
- ¼ teaspoon salt
- 4-6 nori seaweed sheets
- 2 carrots, thinly sliced
- 1 cucumber, thinly sliced
- 1 avocado, sliced

DIRECTIONS

1. In a medium bowl stir together tuna, olive oil, coconut milk, coriander, and salt.
2. Prep veggies and lay out nori wraps.
3. Spoon mixture over nori wraps, top with veggies and roll into cone-shaped wraps.



SIDES



ROASTED SWEET POTATOES



INGREDIENTS

- 2 large sweet potatoes, cut evenly into wedges
- 2 1/2 tablespoons olive oil or coconut oil
- 1 1/2 teaspoons salt
- 1 tsp. garlic powder
- ¼ tsp. dried oregano or 1 tsp. fresh
- 1/2 teaspoon black pepper (optional)

DIRECTIONS

1. Preheat oven to 450°F. Line a large baking sheet with tinfoil and place a baking rack on top. Set aside.
2. Cut off the pointy ends of the potatoes. Slice the sweet potatoes in half lengthwise, then cut each piece into 1 ½-inch wedges.
3. In a large bowl, mix wedges with oil, garlic, oregano, salt and pepper. Coat potatoes thoroughly.
4. Arrange the potatoes in a single layer on the baking rack and bake for 30-minutes.
5. After 30 minutes, turn on the broiler and cook for another 3-5 minutes or until brown and crispy.
6. Cool wedges and serve.

Makes 2-4 Servings

PERFECTLY COOKED BROCCOLI RABE



INGREDIENTS

Sea salt

1 bunch broccoli rabe, tough, non-leafy stems removed

Garlic-infused olive oil

Cracked pepper

DIRECTIONS

1. Bring a large pot of well-salted water to a boil.
2. Set up a bowl of well-salted ice water.
3. Drop the broccoli rabe into the boiling water and cook for 1 minute.
4. Remove from the boiling water and plunge immediately into the ice water.
5. Once cool remove from the ice water and let dry. It can be used right away or held for future use. (Use in salads, sautéed as a side, or as a snack)
6. Coat a large sauté pan with olive oil and bring to medium heat.
7. Add the broccoli rabe and toss around in the oil to heat up and season. Remember the broccoli is already cooked. Add more oil, if needed and season with salt if needed (it probably will).

CAULIFLOWER RICE



INGREDIENTS

- 1 head of cauliflower, cut into florets
- 1 tbsp. coconut oil, olive oil, or bacon grease
- Fresh herbs of your choice
- Salt and pepper to taste

DIRECTIONS

1. Add the cauliflower florets to a food processor and process until fine chopped into “rice” sized pieces.
2. You can store like this in the fridge or freezer or cook immediately.
3. To cook, heat your oil in a large skillet and add the riced cauliflower. Stir constantly, sort of like a stir-fry for 5-10 minutes or until tender, but it still has a bit of crunch.
4. Add salt and pepper to taste and serve!

*You can now buy cauliflower rice pre-“riced” at many natural or whole foods stores. Look in the frozen section as well!

CHOPPED BROCCOLI SLAW

INGREDIENTS

2 heads broccoli chopped into small florets

(I use the stock as well)

6 pieces bacon, cooked and chopped into small pieces (optional)

½ cup almond slivers, toasted

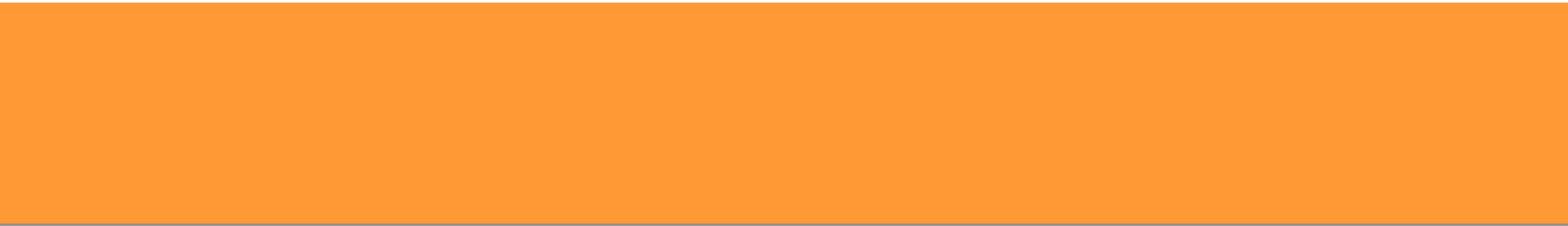
1 cup celery, chopped

1 cup crispy apple (like Fuji) chopped small

½ cup Honey Pear Dressing (see above recipe)

DIRECTIONS

1. Prepare Honey Pear Dressing
2. Prepare bacon by cooking in the oven at 350°F for 20 minutes or until crispy. Let cool, chop and set aside.
3. Lightly steam whole broccoli (take it out and cool while it's still crispy!); let cool and chop into small florets. (You can also just leave raw.)
4. Toast almonds in a dry pan on the stovetop until fragrant and brown or place almonds on a baking sheet and bake at 350°F for 3-5 minutes, stirring every 30-seconds or so.
5. Combine broccoli, bacon, almonds, celery, and apples in a large bowl. Drizzle dressing onto the salad. Use more or less dressing according to your tastes.



DESSERTS



COCONUT YOGURT PARFAIT

INGREDIENTS

2 cups coconut yogurt (see recipe)
1 cup granola (see recipe)
Blueberry compote (see below)

Blueberry Compote:

1 tbsp. grassfed butter
2 cups blueberries
2 tsp. vanilla
1 tbsp. maple syrup

DIRECTIONS

Instructions for compote:

1. Melt butter into a small saucepan
2. Add berries, vanilla, and maple syrup
3. Warm on medium heat, stirring constantly for about 10 minutes.

Instructions for parfait:

1. Layer the yogurt, granola and compote in a small glass 2-3 times and enjoy!

SNACK IDEAS

- Apple and almond butter
- Pear and cashew butter
- Celery and chopped carrots dipped in blended avocado
- Sliced roast turkey with apple Paleo granola (see recipe in breakfast)
olives and sliced roast beef
- [Coconut ice cream](#): skip the chocolate, but you can top with sliced almonds, or blueberries.
- Coconut yogurt parfait (see recipe in Desserts)
- Nori Salad Wraps (see recipe in Salads)

RECIPES FROM
MALLORY



Mallory Leone is a holistic Nutrition Consultant working as a nutrition counselor out of Portland, Oregon.

She can be found at <http://www.malloryleone.com/> which is a wonderful resource for the latest in whole foods nutrition, healthy lifestyle tips and stories, and toxin-free beauty.

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