

COOK WITH ME

Nutrition Cookbook Vol. 1

Free Anti-Inflammatory Grocery Guide1

Join Me in the Kitchen





ALL AROUND

The primary goal of this comprehensive guide on food, nutrition, and fitness is to meet the needs of educators who work with individuals with developmental disabilities or special health care needs of any age. The overall aims are to assist consumers in developing good eating habits and maintaining a healthy weight, identifying inappropriate weight control behaviors, and developing physical activities for enjoyment and health.

"Injuries don't just need rest and rehab – they need the right nutrition.

This guide gives you a simple list of anti-inflammatory foods to help your body recover faster, reduce pain, and support long-term joint and muscle health."

☒ *Designed for combat athletes, active professionals, and anyone recovering from injury.*



Core Grocery List: Protein & Fats

“Nutrition for Rehab: Anti-Inflammatory Foods Checklist”

1. Section: PROTEIN

- Chicken breast (pileće belo meso)
- Beef (junetina)
- Fish (riba)
- Eggs (jaja)
- Greek yogurt i kefir (grčki jogurt and kefir)
- Bone broth (bujon od kostiju)
- Fermentated food (turšija)
- Collagen powder (kolagen u prahu)
- Bioactive peptides (bioaktivni peptidi)

2. Section: HEALTHY FATS

- Avocados (avokado)
- Extra virgin olive oil (maslinovo ulje)
- Coconut oil (kokosovo ulje)
- Walnuts (orah)
- Chia seeds (chia semenke)

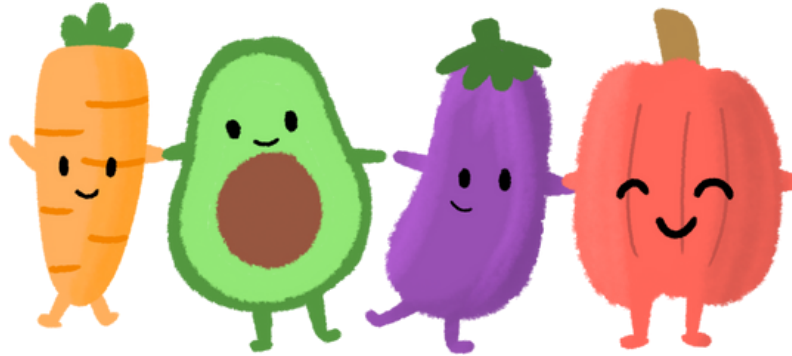
- ✓ Tip: “Include protein in every meal to repair tissue.”
- ✓ Savet: “Uključite protein u svaki obrok radi obnove mišićnog tkiva.”



Vegetables & Fruits

3. Anti-Inflammatory Vegetables (Povrće):

- Spinach (spanać)
- Kale (kelj)
- Broccoli (brokoli)
- Red cabbage (crveni kupus)
- Beetroot (cvekla)
- Carrots (šargarepa)
- Sweet potato (batat)



4. Fruits (Voće):

- Blueberries (borovnice)
- Cherries (višnje)
- Blackberries (kupine)
- Pineapple (ananas)
- Lemon (limun)
- Pomegranate (nar)
- Papaya (papaja)

🎯 Tip: "Colorful fruits = more antioxidants."
🎯 Savet: "Što više boja – više antioksidanasa."



Herbs, Spices & Hydration

5. Healing Spices (Začini):

- Turmeric (kurkuma)
- Ginger (đumbir)
- Garlic (beli luk)
- Cinnamon (cimet)
- Black pepper (crni biber)
- Cayenne pepper (kajen paprika)

6. Hydration Support:

- Water (voda)
- Green tea (zeleni čaj)
- Chamomile tea (čaj od kamilice)
- Mint tea (čaj od nane)
- Maka tea (maka čaj)
- Variety of the herbal teas (raznovrsni biljni čajevi)

💧 Stay hydrated = better nutrient absorption + reduced inflammation



Meal Tips & Pairing Ideas

Quick ideas using listed foods:

Breakfast:

- Scrambled eggs + spinach + turmeric tea
- Bone broth with collagen and hard boiled eggs

Lunch:

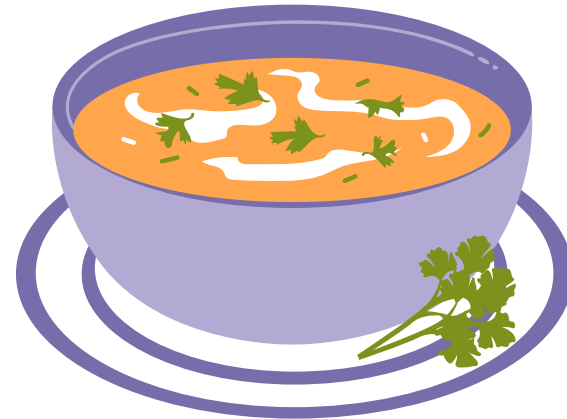
- Salmon + sweet potato + beetroot salad
- Roasted beef with rocket salad and mint tea

Snack:

- Greek yogurt + blueberries + chia
- Roasted pineapple with cinemon and honey

Dinner:

- Chicken + broccoli + olive oil drizzle
- Warm chicken soup with spring onion and scrambled egg inside



Meal
prep

Common Mistakes to Avoid

- ✗ Too little protein
- ✗ Too much sugar or processed food
- ✗ Skipping meals
- ✗ Not hydrating
- ✗ Ignoring the inflammation signals (pain, swelling, fatigue)
- ✓ Pro tip: "Inflammation is natural, but we must manage it through food."



Bone Broth

Preparation Time:

2h

Difficulty:

Easy

Ingredients:

- 1kg of beef bones or chicken bones
- 1pc of garlic
- Whole black pepper
- Pinch of salt
- 5 to 6 slices of fresh ginger
- Water

Macros

- 90kcal
- Protein:9g
- Fat: 5g
- Carbs: 2g
- Fibers: 0.3g



Instructions:

Prep the Bones: Wash the bones thoroughly. Season lightly with salt and black pepper.

Roast for Flavor: Place bones in a preheated oven on high heat and roast until golden brown. This adds rich depth to your broth.

Simmer Slowly: In a large pot, combine roasted bones, enough water to cover, halved garlic cloves, and sliced ginger.

Cook Low & Slow: Bring to a gentle boil, then lower the heat and simmer for 2 hours.

Strain & Blend: Strain the broth. Smash the softened garlic, ginger, and any meat left on the bones, then stir it back into the liquid.

Enjoy this warm, comforting, and immune-boosting elixir!

Mediterranean Tuna and Kale Salad

Preparation Time:

15 min

Difficulty:

Expert

Ingredients:

(150g) of tuna in olive oil, drained

100g of boiled potato, diced

50g of kale, finely chopped

100g of cherry tomatoes, halved

50g of cucumber, diced

30g of black olives, pitted and sliced

1 tablespoon of extra virgin olive oil

1 tablespoon of balsamic vinegar

Salt and pepper to taste

Kitchen Tools Needed:

mixing bowl

knife

cutting board

can opener

serving dish

Macros:

Total Calories: 380kcal

Carbs: 30g

Proteins: 25g

Fats: 20g



Instructions:

Seard the tuna, season with salt and pepper.

In a mixing bowl, combine diced boiled potato, finely chopped kale, halved cherry tomatoes, diced cucumber, and sliced black olives.

In a small bowl, whisk together the extra virgin olive oil, balsamic vinegar, salt, and pepper to create a dressing.

Pour the dressing over the salad mixture and gently toss to ensure all ingredients are coated well.

Transfer the salad to a serving dish and garnish with additional black olives or cherry tomatoes if desired.

Serve immediately and enjoy your fresh Mediterranean salad.

EXPERTLY SEARED SALMON WITH QUINOA AND CITRUS SAUCE

Difficulty:

Expert

Ingredients:

1 salmon fillet (200g)

100g quinoa

1 tablespoon olive oil

1/2 lemon (juiced)

1 tablespoon honey

1 tablespoon soy sauce

1 clove garlic (minced)

Salt to taste

Pepper to taste

Chopped parsley for garnish (optional)

Instructions:

Rinse quinoa under cold water and cook it in a pot with double the amount of water (200ml). Bring to a boil, then reduce heat and simmer until water is absorbed (about 15 minutes). Fluff with a fork once done.

While the quinoa cooks, heat olive oil in a frying pan over medium-high heat. Season the salmon fillet with salt and pepper. Place the salmon skin-side down in the pan and sear for about 4-5 minutes. Flip and cook for another 3-4 minutes until it reaches your desired doneness.

In a small bowl, whisk together lemon juice, honey, soy sauce, and minced garlic to make the sauce.

Once the quinoa is ready, place it on a plate and top with the seared salmon. Drizzle the citrus sauce over the salmon and garnish with chopped parsley if desired.

Kitchen Tools Needed:

frying pan

pot

whisk

cutting board

knife

Macros:

Total Calories: 525kcal

Carbs: 45g

Proteins: 35g

Fats: 20g



HIGH PROTEIN - BREAKFAST BOWL

Preparation Time:

10 min.

Difficulty:

Easy

Ingredients:

100g of Greek yogurt

50g of rolled oats

30g of almonds

50g of blueberries

10g of honey

Kitchen Tools Needed:

Bowl

Pan

Spoon

Instructions:

In a bowl, combine Greek yogurt and rolled oats until well mixed.

Chop the almonds and sprinkle them on top of the yogurt and oats mixture.

Add fresh blueberries for natural sweetness and flavor.

Drizzle honey over the top for extra sweetness if desired.

Serve immediately and enjoy your nutritious breakfast bowl.

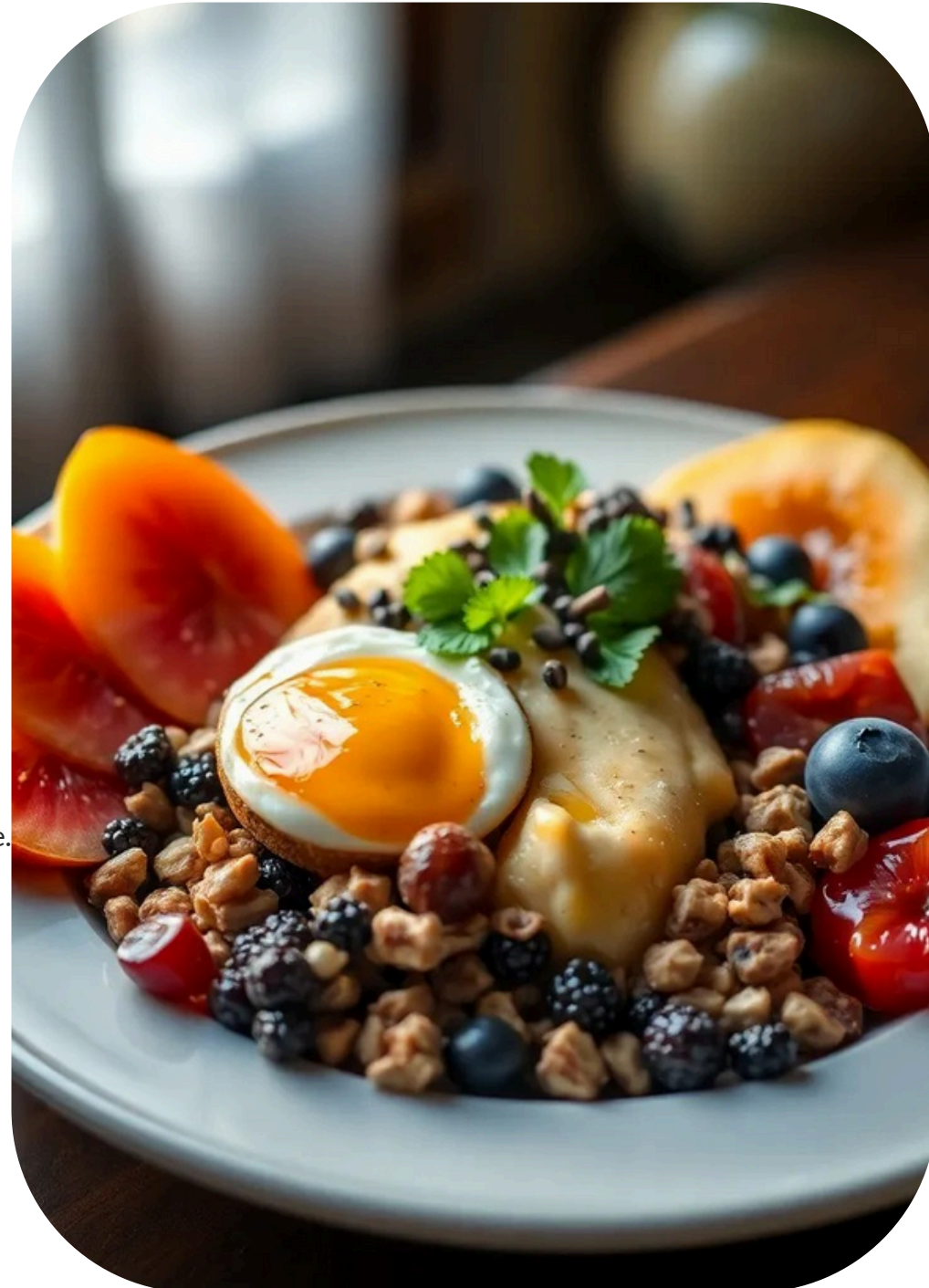
Macros:

Total Calories: 210kcal

Carbs: 10g

Proteins: 20g

Fats: 10g



Pan-Seared Fresh Sardines with Mixed Green Salad

Preparation Time:

5 min

Difficulty:

Expert

Ingredients:

10 fresh sardines, cleaned and gutted

1 tablespoon olive oil

1 cup mixed greens (arugula, spinach, and lettuce)

1/4 cup cherry tomatoes, halved

1/4 cucumber, thinly sliced

1 tablespoon lemon juice

Salt and pepper to taste

Kitchen Tools Needed:

Non-stick skillet

Mixing bowl

Serving plate

Spatula

Macros:

Total Calories: 500kcal

Carbs: 12g

Proteins: 30g

Fats: 25g



Instructions:

Heat the olive oil in a non-stick skillet over medium-high heat.

Season the sardines with salt and pepper.

Once the oil is hot, carefully place the sardines in the skillet and cook for about 2-3 minutes on each side until golden brown and crispy.

While the sardines are cooking, combine the mixed greens, cherry tomatoes, and cucumber in a mixing bowl.

Drizzle the lemon juice over the salad and toss gently to combine.

Once the sardines are done, remove them from the skillet and let them rest for a moment.

Plate the mixed green salad and top it with the pan-seared sardines.

Get More Help

Want a meal plan tailored for your injury and training needs?

I design nutrition strategies for athletes, combat professionals, and active people who want to heal faster and perform better.

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GET STARTED →