



# **THE ENDOMETRIOSIS COOKBOOK**

**A FREE RESOURCE BY  
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# INTRODUCTION

First of all, thank you for downloading this free cookbook and meal planning guide. This project is a labor of love created from a lot of trial and error in my own life to find ways of relieving my endometriosis pain and accompanying symptoms.

The recommendations and recipes in this book are based on my own experiences and align with my own research into anti-inflammatory foods and diet. Nutrition is a complex and evolving discipline, so I plan to keep this updated from time to time as my knowledge deepens in this area.

The recipes in this book are followed by additional reference material. The recipes are divided into “small bites” and “big bites.” Appetite and energy levels can fluctuate dramatically during a flare-up, so I wanted a mix of breakfast/snacky type meals and more substantial meals.

Some recipes are quite simple and some involve a little more preparatory work. I have tried to include both ways to make it easy and ways to make it more from scratch if you're interested in that.

You can mix and match the size of your meals however you want. The meal plans are merely suggestions based on how I prefer to eat during the week. The most important thing is to listen to your body and nourish it well. <sub>1</sub>

The reference material includes information about anti-inflammatory foods, foods to avoid, and other recommendations that have helped me personally. I plan to update this list continuously, and welcome additions to it based on community recommendations. If you'd like to contribute some advice from your experience to this guide, get in touch.

I do plan to add pictures of each dish to this book over time, but I wanted to make the resource available without it. I will post an update when I've added images to this guide.

It is my sincere hope that I can help somebody else struggling with endometriosis, as well as anyone with an interest in cooking who may love someone with the condition. Chronic pain is no joke, and my heart goes out to anyone who can relate.

I also want to caution everyone with endometriosis to not overuse hot water bottles, heating pads or electric blankets. Heat is thermal/infrared radiation, and high levels of exposure to it can cause erythema ab igne, which if untreated can lead to cancer.

I accidentally gave myself this condition because I was using my heating pad on high for hours at a time multiple days in a row, and I had no idea I was doing anything dangerous. Thankfully, when I discontinued using my heating pad, it went away. make it a point to warn others about this condition now, because I had never heard of it and it can be quite serious.

If you start to develop any kind of lasting redness or discoloration on your skin where you've been using a heating pad, electric blanket, or even a rice bag you warmed up in the microwave, discontinue use immediately.

If you're struggling with endometriosis, I want you to know that you're not alone. There may not be a cure, but through trial and error, building community, and sharing our experiences, we can find relief.

If you found this guide useful, and you'd like to leave a tip, I appreciate you so much. Be well.

With love and understanding,  
Amelia

# **RECIPES**

## **SMALL BITES**

# BERRY SMOOTHIE

🕒: 5 minutes

## Ingredients:

- One whole banana
- 1-2 cups coconut water or unsweetened oat, almond, or soy milk
- 1-1 ½ cups of fresh berries\*
- 1-2 tsp honey
- 1 tsp spirulina powder (optional)
- 1 cup ice

In a blender, add your banana, peeled and broken into chunks. Add berries, honey, and ice. Pour in about a cup of your liquid, and start your blender. If the blender sounds like it isn't spinning, add more liquid. You want to run the blender for at least a minute to break up the ice. When the smoothie is moving like a vortex in the blender for at least 10 seconds and you don't see any chunks, it's ready.

This recipe makes a little bit more than one glass. I like to freeze any leftovers and eat it later like a sorbet. If you want to save it for later and drink it as a smoothie, I recommend mixing in a little squeeze of lemon to keep the fruit from oxidizing and storing it in the fridge.

\*Note: Berries are good for reducing inflammation across the board. I personally like doing a mix of strawberries, blueberries, and blackberries. You can use frozen fruit with this recipe if you prefer. If you do, skip the ice.

# OVERNIGHT CHIA PUDDING

🕒: 10 minutes prep, sets overnight in the fridge

## Ingredients:

- ¼ cup chia seeds
- 1 cup unsweetened oat, almond or soy milk
- 1 tablespoon peanut or almond butter
- 1 tsp honey
- ½ cup fresh fruit\*, chopped small
- 1 tsp cocoa powder
- ¼ cup nuts (optional)

In a mixing bowl, add all ingredients and stir until well-mixed. This recipe makes 2-4 servings depending on the portion size. Pour the mixture into the container(s) of your choice and refrigerate overnight.

You can also make this recipe without the fruit or nuts for a smoother chia pudding. Sometimes I like making it this way and then putting fresh fruit and nuts on top after it sits overnight.

\*Note: Fruits I enjoy with this recipe are bananas, strawberries, raspberries, blueberries, and blackberries.

# OVERNIGHT OATS

🕒: 10 minutes prep\*, sets overnight in the fridge

## Ingredients:

- ½ cup rolled oats
- ½ cup unsweetened oat, almond or soy milk
- ¼ cup yogurt
- toppings/fillings of your choice

In a mixing bowl, add oats, milk, and yogurt. Stir until well-combined. You can add fillings now, or put them on top of your oats the next day. Refrigerate overnight.

Overnight oats are great both savoury and sweet. Here are some suggestions:

- Roasted tomatoes, wilted spinach and feta
- Hard-boiled egg, roasted red peppers, and arugula
- Bananas, honey and walnuts
- Avocado, grilled chicken and roasted tomato
- Black beans, cilantro and hardboiled egg
- Sweet potato, spinach and roasted red pepper
- Broccoli, mushrooms and pumpkin seeds
- Strawberries, kiwi, honey and cashews
- Peanut butter, dark chocolate nibs, honey and banana
- Blueberries, honey, apples and pecans

\*Note: prep time doesn't include the toppings. Roast your veggies and/or cook your meat/eggs in advance



# LENTIL CAKE & POACHED EGG

🕒: 45 minutes

## Ingredients:

- 2 cups lentils, cooked according to package instructions
- 1 yellow onion, diced
- 1 clove garlic, minced
- 2 eggs (1 for the lentil cake, 1 for poaching)
- 1 tsp lemon zest
- 1 tablespoon yogurt
- cumin, onion powder, garlic powder, turmeric, cayenne pepper, paprika, salt, & black pepper
- olive oil or avocado oil

Cook lentils according to package instructions, then set aside in a large mixing bowl. Over medium heat, sauté onion in a drizzle of oil until translucent and slightly golden. Add garlic and continue sautéing for about 30 seconds. Remove from heat.

To your cooked lentils, add yogurt, spices (measure with your heart but apx. ¼-½ teaspoon each), the cooked onion and garlic, one egg (beaten) and lemon zest. Mix well. With clean hands, form balls and press to make a disc. Sauté discs for 2-3 minutes on each side or until crispy.

This recipe makes about 6 servings. I recommend making the lentil cakes ahead of time, and making your eggs to order. I prefer this dish with a poached egg, but a soft-boiled egg or an over-easy egg also work.

To poach an egg, bring salted water to a simmer and stir the water to make a vortex. Crack your egg into a ladle and gently lower it into the water. Cook for 3 minutes and remove with a slotted spoon. Place on top of your lentil cake and serve immediately. Garnish with parsley or sesame seeds (optional).

To soft-boil an egg, bring water to a boil and gently lower in a room-temperature egg. Cook for 6 minutes and then remove from hot water with a slotted spoon. Immediately place the egg into an ice water bath to stop the cooking process. Let cool in the bath for 2-3 minutes before peeling and serving.

If you're meal prepping and want to have a grab and go breakfast, I recommend soft-boiling all your eggs in advance.

# YOGURT BOWLS

🕒: 5 minutes\*

## Ingredients:

- ½ cup yogurt
- fillings/toppings of your choice

Yogurt bowls are great both savoury and sweet. Here are some suggestions:

- Roasted tomatoes, wilted spinach and pumpkin seeds
- Hard-boiled egg, roasted red peppers, arugula, and sunflower seeds
- Bananas, strawberries, honey and walnuts
- Avocado, grilled chicken and roasted tomato
- Black beans, cilantro, hardboiled egg and shredded chicken
- Roasted sweet potato and red pepper with wilted spinach, pumpkin seeds and feta
- Broccoli, mushrooms, cashews and sriracha
- Apples, peanuts and honey
- Blueberries, blackberries, honey and cashews
- Peanuts, dark chocolate nibs, honey and banana
- Blueberries, dark chocolate nibs, banana and pecans

\*Note: prep time doesn't include the toppings. Roast your veggies and/or cook your meat/eggs in advance

# EGG CUPS

🕒: 5 minutes\* prep, 20-25 minutes cook time at 175°C/350°F

## Ingredients:

- 10 large eggs
- ¼ finely chopped yellow onion
- 1 clove minced garlic
- Salt & pepper
- Fillings of your choice
- Butter (to grease muffin tin)

In a mixing bowl, combine eggs (beaten), onion, garlic, salt, pepper and fillings (make sure you're not adding hot fillings; it could lead to overcooked eggs).

Stir to combine. Pour into a greased muffin tin and bake 20-25 minutes at 175°C/350°F. Makes 12 egg cups.

Refrigerate up to 4 days and freeze for up to 3 months. To reheat from the fridge, microwave 20-30 seconds. To reheat from frozen, microwave for 45-60 seconds.

Mix and match fillings by roasting veggies. Here are some suggestions to get you started:

- Roasted tomato, wilted spinach and feta
- Sautéed zucchini, mushrooms and goat cheese
- Grated Swiss cheese, tomato and shredded chicken
- Kimchi and grated Swiss cheese
- Roasted eggplant and feta
- Roasted red pepper, mushroom and goat cheese

- Wilted spinach, shredded Swiss cheese and artichoke hearts
- Sundried tomatoes, feta and roasted eggplant
- Roasted carrots, parsnips and feta
- Shredded chicken, sundried tomatoes and feta

\*Note: prep time doesn't include the toppings. Roast your veggies and/or cook your meat/eggs in advance

# PAIN RELIEF SHOT

🕒: 5 minutes\*

## Ingredients:

- Fresh pineapple
- 1 tablespoon turmeric
- 1 tsp cayenne pepper
- 1 shot's worth of black pepper tea\*
- 1 tablespoon grated ginger
- honey to taste

To make black pepper tea, pour boiling water into a shot glass with 5-6 whole black peppercorns. Let steep for 5 minutes, and spoon out the peppercorns. Use the liquid you have leftover as your black pepper tea.

In a blender, add about a cup of fresh chopped pineapple, spices, ginger, honey, and the black pepper tea. Blend for about 30 seconds, or until well combined. Have 1 shot for pain up to 4x per day. Store the rest in the fridge for up to 3 days.

# SEED CRACKERS

🕒: 5 minutes prep, 75 minutes cook time 140°C/275°F

## Ingredients:

- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- ½ cup flax seeds
- ¼ cup white sesame seeds
- ¼ cup black sesame seeds
- ¼ cup cornstarch
- 2 tablespoons chia seeds
- salt, garlic powder, onion powder, turmeric
- ¾ cup boiling water

Combine seeds and spices in a bowl and mix together. Pour in hot water, mix and then let sit for 5 minutes. Line a baking sheet with parchment paper. With a soft spatula, spread your mixture out into an even, thin layer on the parchment paper.

Bake for 75 minutes or until crispy and golden. Let cool completely before breaking apart. Store in an airtight container at room temperature for up to 10 days.

## Topping Ideas:

- white bean purée, avocado slices & hard boiled egg
- goat cheese & roasted vegetables
- dairy-free cream cheese, cucumber & smoked salmon
- hummus, roasted eggplant and red pepper
- tuna egg salad with avocado oil mayonnaise

# DARK CHOCOLATE PEANUT BUTTER SMOOTHIE

🕒: 5 minutes

## Ingredients:

- 1 heaping tablespoon cocoa powder
- 1 banana
- 1 tablespoon peanut butter
- 1 teaspoon honey
- ½-1 cup coconut water or unsweetened oat, almond, or soy milk
- 1 teaspoon spirulina (optional)
- ½ cup cup ice (optional\*)

In a blender, add your banana, peeled and broken into chunks. Add cocoa powder, peanut butter, and honey. If you are adding ice or spirulina, add that now too.

Pour in about half of your liquid, and start your blender. If the blender sounds like it isn't spinning, add more liquid. You want to run the blender for at least a minute to break up the ice. When the smoothie is moving like a vortex in the blender for at least 10 seconds and you don't see any chunks, it's ready.

\*Note: I've had this recipe with and without ice, and it's good both ways. The ice is more for temperature. If you prefer a cold smoothie, add ice.



# HUMMUS

🕒: 10 minutes

## Ingredients:

- 1 can drained chickpeas
- 2-4 tablespoons olive oil
- 1 tablespoon tahini
- 1-2 lemons, juiced
- 1-2 cloves garlic
- 1 teaspoon paprika, garlic powder, and cumin
- 1/2 teaspoon cayenne pepper
- 1 1/2 teaspoons salt
- 1 shot hot water or aquafava (reserved chickpea liquid from can)

I prefer to sauté my chickpeas in a little olive oil and season them, but it's not a requirement. In a blender, add chickpeas, tahini, spices, hot water/aquafava and about half of your lemon juice.

Start your blender and let the chickpeas break up a bit before adding olive oil. Letting the blender run, slowly drizzle in olive oil. Blend until your hummus is smooth and creamy. Taste and adjust for lemon, spices, and olive oil.

Serve with your favorite dippers, such as carrot sticks, fresh broccoli, celery, or crackers.

Note: I always use 2 cloves garlic and at least 1 and 1/2 lemon's worth of juice, but I really like lemon and garlic. It might be overkill if you have a more sensitive palette.

# KIMCHI SCRAMBLED EGGS

🕒: 10 minutes

## Ingredients:

- ¼ cup kimchi
- 2 eggs, beaten
- ¼ block feta cheese
- salt and black pepper
- butter, ghee or avocado oil for cooking

In a small bowl, combine all ingredients and mix together. Over medium heat, add a small amount of butter, ghee, or avocado oil and pour in your egg mixture. Let cook for about 30 seconds before stirring. Stir and scramble until egg white sets, about 2 minutes.

I like to eat this as-is, but if mush isn't your favorite texture, spread this over a seed cracker or some GF toast.

Kimchi is fairly simple and inexpensive to make at home, but it is time-consuming and it's a lot easier if you have a fermentation jar. If you want to try making it yourself, [here is a great recipe](#) to get you started.

# SEASONED KALE CHIPS

🕒: 10 minutes

## Ingredients:

- 1 bunch green kale, washed and patted dry
- Spice mix (apx 1 tsp each): cumin, turmeric, paprika, curry powder, cayenne powder, onion powder, garlic powder, salt
- Drizzle avocado or coconut oil

In a large bowl, tear kale in to large pieces, discarding the stems\*. Drizzle oil over the kale and pour in your spice mix. Toss to distribute the spice mix evenly.

Bake on 1-2 lined baking sheets for 20-30 minutes at 110°C/225°F, but take the kale out and stir about halfway through. Take it out when it's crispy and just starting to brown. Serve after cooling for 5 minutes. Store in an airtight container at room temperature for up to 3 days.

\*Note: I like to keep a "broth bag" in the freezer of vegetable scraps. Just make sure they are washed thoroughly before freezing. When your broth bag is full, pour it out into a large pot and cover with water. Bring to a boil, cover and reduce heat to medium low and let simmer for 2-3 hours, adding water as needed. Strain and discard the vegetables out of your broth and use in soups, sauces, or stews.

# TUNA DEVILLED EGGS

🕒: 15 minutes prep, chill for 30 minutes in the fridge

## Ingredients:

- 6 eggs
- 2-3 tablespoons mayonnaise made with olive or avocado oil
- 1 teaspoon dijon mustard
- 1 can tuna, drained
- ¼ cup chopped dill pickles
- 2 tablespoons lemon juice
- Salt, pepper, paprika, garlic powder, onion powder

Bring a medium pot of water to a boil. Gently lower room temperature eggs into the water. Let eggs boil for 8 minutes. Remove from water with a slotted spoon and place in an ice water bath to stop the cooking process. Let sit in the ice water about 5 minutes.

Peel your eggs and slice them in half. Using a spoon, scoop out the egg yolk and set aside in a small mixing bowl. Set the empty egg white halves on a plate.

Take a fork and break apart your egg yolks. Add mayonnaise, mustard, lemon juice, tuna, pickles and spices. Mix well. Spoon mixture into your egg whites and top with paprika. Chill in the fridge for 30 minutes before eating.

# **RECIPES**

## **BIG BITES**

# MARINATED CHICKEN THIGHS WITH BASMATI RICE AND KIMCHI

🕒: 5 minutes prep, 30 minutes cook time

## Ingredients:

- 1 package chicken thighs
- 3 tablespoons gochujang (korean chili paste)
- 2 tablespoons tamari (like soy sauce but gluten-free)
- 2 tablespoons rice wine vinegar
- 2 teaspoons ground ginger
- 2 teaspoons minced garlic
- 1 tablespoon honey
- 1 tablespoon olive oil
- 1 package basmati rice
- kimchi

For the marinade, mix together gochujang, tamari, honey, rice wine vinegar, olive oil, minced garlic and ground ginger together until well combined. Transfer your chicken thighs from the package to a bowl, pour your marinade, and stir to cover every piece. Refrigerate and let marinate (I prefer to marinate overnight, but give it at least 2 hours).

Preheat your oven to 190°C/375°F. Pour your chicken and marinade into a baking dish and bake for 30 minutes. While your chicken is cooking, cook your rice per package instructions. Serve your chicken over rice with a generous portion of kimchi.

# ROASTED SWEET POTATO AND KALE

🕒: 45 minutes

## Ingredients:

- 2 sweet potatoes
- 1 package kale
- 2 cloves garlic
- 4 eggs
- 1 package feta
- olive oil
- salt and pepper

Preheat your oven to 200°C/400°F. Peel and cut your sweet potato into large chunks and add to a baking dish. Add 2-3 cloves peeled garlic. Drizzle with olive oil and season with salt and pepper. Roast in the oven for 20-30 minutes until fork tender.

In a pan, sautee chopped kale in olive oil and season with salt, pepper and lemon juice for about 5 minutes. In a separate pan, cook an egg in butter or (pro tip) chili oil. I usually like my egg over easy, but make it how ever you prefer.

When you take out the sweet potatoes, fish out the roasted garlic with a fork and smash it up, then add it back to your sweet potatoes, mixing it around to evenly distribute the garlic.

Serve the roasted sweet potatoes over kale and top with feta, egg, and (if you like) add pumpkin and sunflower seeds. I also think a dollop of yogurt is quite nice.

# ROASTED CARROTS WITH QUINOA, KALE, FETA AND TOMATO

: 50 minutes

## Ingredients:

- 6 large carrots
- 1 package quinoa
- 1 package kale
- 1 package feta
- 1 package cherry or grape tomatoes
- lemon juice
- olive oil
- curry powder, garlic powder, turmeric, cumin, salt and pepper

Preheat your oven to 200°C/400°F. Peel and cut your carrots and put them in a baking dish with your tomatoes (cut in half). Drizzle with olive oil, season with curry powder, cumin, turmeric, garlic powder, salt and pepper, and roast for about 30 minutes or until carrots are fork tender and browning.

While the veggies are roasting, cook your quinoa according to package instructions. In a separate pot, sauté your kale (cut into bite size pieces) for about 5 minutes in olive oil, salt, pepper and lemon juice.

Transfer everything to a large bowl and crumble your feta over the top. Mix well and serve.



# GROUND TURKEY STUFFED CABBAGE LEAVES

: 60 minutes prep, 2 hours cook time

## Ingredients:

- 1 whole cabbage
- 1 package ground turkey
- 1 package brown rice
- 2 large yellow onions
- 4 cloves of garlic
- 2 cans crushed tomato
- 2 tablespoons honey
- 1 tablespoon red wine vinegar
- ¼ cup fresh parsley
- 1 cup sauerkraut
- 1 egg
- olive oil

Cook your rice per package instructions and set aside. For the sauce, sauté one finely diced yellow onion until soft, add 2 cloves minced garlic, and then add in your crushed tomatoes, honey, and red wine vinegar. Simmer to reduce for about 15 minutes.

For the filling, in a bowl, add ground turkey, one finely diced yellow onion, 2 cloves minced garlic, parsley, cooked rice, egg, ½ cup of your tomato sauce, and salt and pepper. Mix well.

Boil your cabbage whole for 3-5 minutes or until the leaves soften. Peel the leaves off and set aside. You should have 10-12 large leaves to work with. Trim a small v-shape to remove the thickest part of the stem

Take about ½ cup of filling and shape it into a log in the middle of your cabbage leaf. Fold one side of the leaf inward, roll the meat up into the cabbage and then tuck in the remaining side.

Repeat this process until you have no more filling left. If you have any cabbage leftover after the filling is gone, you can chop it up and set it aside.

In a large pot, add 2-3 tablespoons olive oil to the bottom of the pot. Pour in about a cup of sauce,  $\frac{1}{3}$  of your sauerkraut, and the chopped reserved cabbage from earlier. Layer in your rolls, standing up right. Pour over the remaining sauce and sauerkraut.

You can either bake this in the oven for 2 hours at 175°C/350°F, or you can cover with a lid and simmer on low heat for about 2 hours.

# GLUTEN-FREE BREAKFAST TACOS

🕒: 45 minutes

## Ingredients:

- corn tortillas\*
- 2 cans black beans
- 1 red onion
- 2 cloves garlic
- 2 eggs
- 1 large potato, grated
- 1 avocado
- 2-3 tablespoons hot sauce
- 1 cup chicken broth
- paprika, cumin, cayenne pepper, onion powder, garlic powder, salt, pepper
- 1 lime
- avocado oil

Dice your onion and sauté in avocado oil until soft and golden. Add in 2 cloves minced garlic and stir constantly for 30 seconds. Add in 2 cans drained black beans and then season with spices listed above. Pour in chicken broth, hot sauce, and juice of ½ lime. Let simmer 10-20 minutes.

Grate potato and sauté in avocado oil and season with seasonings above (I like to add tain also). Sauté until golden brown and set aside. Crack your eggs into a bowl, season with salt and pepper and scramble. Heat your tortillas and serve with sliced avocado and hot sauce.

\*If you have a tortilla press, you can make your own corn tortillas using 1 cup masa flour to just under a cup of hot water and several shakes of salt. Form your dough, roll it into little balls and then press with your tortilla press. Cook on medium-high heat.

# TUNA CASSEROLE WITH, MUSHROOMS, PEAS, BROCCOLI AND GF EGG NOODLES

: 50 minutes

## Ingredients:

- 2 cans tuna, drained
- 2 heads of broccoli
- 1 large yellow onion
- 1 package brown mushrooms
- 1 can cream of mushroom soup
- 1 cup frozen peas
- 1 package gluten-free egg noodles
- salt, pepper, thyme, sage, garlic pepper, parsley
- olive oil

In a pan, sauté diced yellow onion and sliced mushrooms. Cook down until the onions are lightly golden and the mushrooms have reduced in size. Add chopped broccoli and season with seasonings listed above. Sauté 3-5 minutes or until broccoli is fork tender. Turn off heat and stir in frozen peas.

At the same time, cook egg noodles per package instructions until al dente. Add tuna, cream of mushroom soup, and your noodles to your sautéed vegetables. Season again and transfer into a baking dish.

Bake for 20-25 minutes at 200°C/400°F.

# BAKED COD AND CARAMELIZED ONIONS OVER BROWN RICE

: 60 minutes

## Ingredients:

- 3 large yellow onions
- 4 cod filets
- Large bag spinach
- 1 package gruyere cheese
- juice of ½ lemon
- 1/4 cup vegetable broth
- 1 tablespoon white wine vinegar/apple cider vinegar
- thyme, oregano, nutmeg, garlic powder, salt and pepper
- butter
- 1 package brown rice

Cut onions into thin strips and caramelize for 20-30 minutes on medium heat, deglazing with a little bit of broth and lemon juice. Set aside.

Pat dry cod filets, season on both sides, and set in a baking dish. Add in fresh spinach, vinegar, any remaining broth and lemon juice, and pour over onions. Add ½ package of grated gruyere cheese and stir to evenly distribute cheese, onions and spinach.

Bake 20 minutes at 200°C/400°F. While it's baking, make 2-4 servings of brown rice per package instructions. Serve fish over rice.

# VEGETABLE STIR FRY WITH BROWN RICE

: 45 minutes

## Ingredients:

- Avocado oil
- 1 package brown rice
- 1 red bell pepper
- 1 large yellow onion
- 2 carrots
- 1 package shiitake mushrooms
- 1 head of broccoli
- 2 cloves garlic
- 1 teaspoon minced ginger
- 3 tablespoons tamari
- 1 tablespoon apple cider vinegar
- 1 tablespoon vegetable broth
- 1 teaspoon honey
- 1/2 teaspoon sesame oil
- 1 teaspoon cornstarch

Start cooking your rice per package instructions. In a bowl, mix together minced garlic, ginger, tamari, apple cider vinegar, vegetable broth, honey, and sesame oil. This will be our stir fry sauce. Set aside.

In a large skillet or wok on medium-high heat, sauté diced onion in oil. Add in chopped broccoli and peeled and sliced carrot. After 2-4 minutes, add in sliced mushrooms and bell pepper. When everything is close to fork tender, add in your sauce and stir until thickened. Serve over brown rice.

# KIMCHI, LENTIL & CAULIFLOWER STEW

: 60 minutes

## Ingredients:

- 1 ½ cups kimchi
- 1 large yellow onion
- 3 garlic cloves
- 1 head cauliflower
- 1 T gochujang
- 1 T gochugaru
- 2 tsp honey
- 1 cup red lentils
- 4 cups chicken broth
- 1 tsp salt
- avocado oil

In a baking dish, add chopped cauliflower and drizzle with olive oil and season with salt and pepper. Roast for 20 minutes at 200°C/400°F.

In a large pot, sauté sliced yellow onion until soft and lightly golden, and then add 3 thinly sliced garlic cloves. When soft, add gochujang and simmer 2-3 minutes.

Add kimchi, honey, and gochugaru and stir to combine. Add uncooked red lentils, chicken broth, cauliflower and salt. Stir, bring to a boil, and then cover and reduce heat to low. Let simmer covered for 20-25 minutes.

# SALMON SALAD

🕒: 35 minutes

## Ingredients:

- 4 filets frozen salmon, thawed
- 1-2 green onions
- 1 package kale
- feta
- pumpkin seeds
- sunflower seeds
- 1 tablespoon tahini
- 1 1/2 tablespoons olive oil
- 2 tablespoons yogurt
- juice of 1 lemon
- salt, pepper, garlic powder, onion powder, paprika

Preheat your oven to 200°C/400°F. Pat dry your salmon filets and drizzle with olive oil and juice from 1/2 lemon. and season on both sides. Go heavier on the paprika than you think you should. Bake for 12 minutes.

Sauté kale and green onions over medium heat until softened. Set aside and add in feta and seeds. In a small bowl, combine tahini, 1 tablespoon olive oil, yogurt, remaining lemon juice, salt, pepper, garlic powder and onion powder. Whisk with a fork and add a little water if the sauce is too thick or tastes too intense.

I like to chop up the salmon and toss it with the kale, but you can serve it whole on top if you prefer.



# TOMATO & WHITE BEAN SHAKSHUKA WITH BUCKWHEAT PANCAKES

🕒: 5 minutes prep, 30 minutes cook time

## Ingredients:

- 1 can peeled tomatoes
- 5 eggs
- 1 can white beans
- 1 yellow onion
- 1 red bell pepper
- 2 cloves garlic
- cumin, turmeric, paprika, cayenne pepper, cilantro, salt, and pepper
- 2 cups buckwheat flour
- 3 cups water
- butter or ghee
- olive oil

Preheat your oven to 190°C/375°F.

For the pancakes, beat 1 egg in a bowl and add in flour, water, and 1 teaspoon coarse salt. Mix until well combined - the dough will be quite liquid. Cover with a tea towel and let rest 1 hour at room temp. Ladle batter into a hot, buttered pan and cook for 1 minute on each side. Should make 6-8 pancakes/galettes.

For the shakshuka, use a large oven-safe skillet. In olive oil, sauté diced onion and red pepper until soft. Add minced garlic and drained white beans and stir for about 30 seconds. Add in tomatoes with the juice and chop them up a little in the pan with your stirring utensil. Season with above seasonings and let simmer 5 minutes. Crack in 4 eggs into the shakshuka. Transfer the skillet to the oven and bake at 190°C/375°F for 8 minutes, or until the eggs are set. I like to scoop the shakshuka up with the pancakes.

# MUSHROOM & ROASTED TOMATO POLENTA

: 60 minutes

## Ingredients:

- 2 cups polenta
- 1 cup vegetable broth
- 1 cup unsweet nut milk
- 1 package mushrooms
- 1 yellow onion
- 3-5 tomatoes
- 2 cloves of garlic
- ½ cup shredded parmesan cheese
- garlic powder, onion powder, oregano, sage, salt and pepper
- olive oil

Preheat your oven to 200°C/400°F. Wash your tomatoes, peel your garlic cloves, and place them in a baking dish. Drizzle them with olive oil and sprinkle with salt and pepper. Roast in the oven for about 30 minutes or until tomatoes are blistered. Remove from the oven and cover with foil for 10 minutes. This will make the skins easier to peel off. Peel the skins and smush up the garlic and mix it in. If you have an immersion blender, blend the tomato and garlic together.

In a large skillet, sauté diced onion and sliced mushrooms for about 5 minutes. Pour in your tomato and garlic mixture, season with above seasonings and let simmer 10 minutes, stirring occasionally.

In a pot, bring nut milk (I use unsweetened almond milk) and vegetable broth to a low boil. Pour in polenta and stir continuously. You may need to add more liquid depending on your desired consistency. Season with salt and pepper and stir in parmesan cheese. Serve the tomatoes and mushrooms over the grits.

# SALMON BOWL

: 30 minutes

## Ingredients:

- 1 package basmati rice
- 1-4 cup seaweed\*
- sesame seeds
- green onion
- cucumber
- tahini citrus dressing
- salmon
- juice of ½ lemon
- paprika, garlic powder, onion powder, salt & pepper
- olive oil

Cook your basmati rice per package instructions. Prepare your seaweed per package instructions. Preheat your oven to 200°C/400°F. Prepare your salmon by adding olive oil, lemon juice, paprika, garlic powder, onion powder, salt and pepper. Go heavier on the paprika than you think you should. Just trust me. Bake for 12 minutes.

In a bowl, put a base layer of basmati rice, then add seaweed, diced cucumber, sliced green onions, and your salmon. Add your dressing (whisk together tahini, lemon juice, olive oil, garlic powder, salt and pepper) and top with sesame seeds.

\*Some dried seaweed needs to be boiled or blanched before consumption because it has high levels of iodine. Read and follow your package instructions carefully.

# BASMATI RICE WITH TOMATO & SPINACH GRAVY

: 45 minutes

## Ingredients:

- 1 package basmati rice
- 6-8 tomatoes
- 1 large bag fresh spinach
- 1 large yellow onion
- 2 cloves garlic
- turmeric, cumin, paprika, cinnamon, ginger, salt and cayenne pepper
- 1 teaspoon red curry paste
- 1 teaspoon tomato paste
- coconut milk
- olive oil

Roast tomatoes whole with a little bit of olive oil at 200°C/400°F for about 30 minutes. Take them out and cover with aluminum foil for 10-15 minutes. This will sweat the skins and make them easier to peel. While these are roasting, cook your rice per package instructions.

In a large skillet, sauté diced yellow onion in a little bit of olive oil, curry paste and tomato paste until the onions are soft and translucent. Add in your minced garlic, stirring continuously for 30 seconds. Add in your roasted tomatoes, spinach, and seasonings and let simmer for a few minutes.

Slowly stir in your coconut milk and let simmer until you have the desired consistency. Serve over rice.

# ROASTED CABBAGE WITH TAHINI DRESSING

: 35 minutes

## Ingredients:

- 1 whole cabbage, cut into 4 wedges
- 1 package feta cheese
- 1 tablespoon tahini
- 3 tablespoons yogurt
- juice of ½ lemon
- garlic powder, salt and pepper
- pumpkin seeds
- sunflower seeds
- flax seeds

Preheat your oven to 200°C/400°F. Place your cabbage flat side down on a baking sheet, drizzle with olive oil, season with salt and pepper and roast in the oven for 20-30 minutes. You want them to be lightly golden brown and fork tender.

For the dressing, whisk together tahini, yogurt, garlic powder, salt, pepper, and lemon juice. You may want to add a little splash of water to mellow it out and make it a little thinner consistency.

Drizzle your cabbage with the dressing, crumble feta cheese over it, and then sprinkle seeds over the top. This part isn't anti-inflammatory, but this recipe is also really good if you add a little bit of crumbled sausage or bacon.

# REFERENCE

# ANTI-INFLAMMATORY FOODS

- tomatoes
- mushrooms
- peppers
- kale
- spinach
- arugula
- salad greens
- broccoli
- sweet potato
- carrots
- cabbage
- cauliflower
- bok choy
- sprouts
- avocado
- ginger
- onions
- garlic
- chickpeas
- lentils
- black beans
- kidney beans
- peas
- strawberries
- raspberries
- blackberries
- cherries
- cloudberries
- grapes
- apples
- lemons
- limes
- clementines
- pineapple
- papaya
- kiwi
- watermelon
- oranges
- mangos
- bananas
- avocado
- acai berries
- goju berries
- cranberries
- elderberries
- lingonberries

# ANTI-INFLAMMATORY FOODS

- walnuts
- almonds
- pistachios
- cashews
- pecans
- hazlenuts
- flaxseed
- chia seeds
- hemp seeds
- sunflower seeds
- pumpkin seeds
- sesame seeds
- organic eggs
- salmon
- tuna
- sardines
- dark chocolate
- gluten-free  
noodles/pasta
- buckwheat
- quinoa
- oats
- whole grains
- kimchi
- sauerkraut
- tempeh
- miso
- kombucha
- yogurt
- cottage cheese
- coconut water
- coffee
- green tea
- peppermint tea
- chamomile tea
- apple cider vinegar
- olive oil
- butter
- ghee
- avocado oil
- brown rice
- basmati rice
- wild rice
- nut butters
- turmeric



## FOODS TO AVOID

There's evidence to show that these foods can worsen inflammation and other endometriosis symptoms. Some of these foods are fine in moderation, but avoid them completely during a flare-up.

- alcohol
- gluten
- refined carbohydrates, such as white flour bread or pasta
- fried foods
- soda, juice, energy drinks, or other sugary beverages
- sugary foods like candy, jelly, syrup, baked goods, or cereal
- red meat like beef, pork, lamb, deer or bison
- processed meats like sausage, bacon, ham, salami, chicken nuggets, lunch meats, corned beef and jerky
- processed snack foods like chips
- most cheese and dairy (yogurt, cottage cheese, feta, goat cheese, and Swiss cheese are ok)
- foods with artificial additives or flavoring, such as sweetener

## VITAMINS & SUPPLEMENTS

**Magnesium** - pain relief, anti-inflammatory, eases muscle tension and cramping, and helps regulate nerve function, reducing pain signals

**Lion's Mane** - pain relief, anti-inflammatory, stimulates production of nerve growth factor (NGF), which supports nerve health

**Turmeric** - pain relief, contains curcumin, which gives it both anti-inflammatory and antioxidant properties

**Gotu Kola** - anti-inflammatory, collagen support for healthy connective tissue, and adaptogenic properties, which help the body adapt to stress

**Ashwaganda** - anti-inflammatory, aids in hormonal regulation, adaptogenic properties, which help the body adapt to stress

**Dietary Fiber** - anti-inflammatory, supports digestive health and relieves gastrointestinal symptoms, aids in modulating estrogen levels

**Vitamin B Complex** - aids in cellular function and repair, reduces homocysteine levels (elevated levels of this have been associated with inflammation), supports mood and mental health, boosts energy levels

## VITAMINS & SUPPLEMENTS

**Iron** - prevents anemia, boosts energy levels, supports immune function, replaces iron lost through menstrual blood and prevents deficiency

**Probiotic** - balances gut biome, supports immune health, increases digestive comfort, some research to suggest it aids in regulating inflammation

**Omega-3 Fatty Acids** - pain relief, anti-inflammatory, supports immune system function

## DRINKS

To drink, peppermint tea, green tea, chamomile tea, and coffee have anti-inflammatory properties, just don't add any sugar.

I've also found relief from herbal tea blends I make myself. For inflammation and gastrointestinal relief, I recommend cat's claw, burdock root, vervain, nettles and dandelion root.

To these blends I often add lavender, peppermint, or eucalyptus. I have a teapot with a mesh insert, but you can use an infuser or a French press - whatever you have on hand. I ordered dried ingredients in 100g bags from a health store.

## **OTHER RELIEF**

- A hot bath with magnesium salts
- Magnesium lotion rubbed directly on the lower abdomen
- Weighted blanket over the abdomen
- Gentle stretching or yoga
- Migraine strength pain reliever
- Extra sleep