




THE ANTI- INFLAMMATORY RECIPE BOOK

SIMPLE, DELICIOUS ANTI-INFLAMMATORY
RECIPES TO ACHIEVE RADIANT HEALTH.



Perricone MD



At Perricone MD, we believe in beauty from the inside-out and outside-in. What we feed our bodies and what we put on our skin directly impact one another. We take a holistic approach to promote healthy-looking skin and body through our Three-Tier Philosophy. It consists of a healthy diet, nutritional supplements and potent topical skincare.

Nutrition has always been at the heart of our anti-aging philosophy. The best nutrition plan to minimize the visible signs of aging is to eat lean sources of protein, make good choices about carbohydrates and choose fruits and vegetables rather than refined, processed foods. This booklet provides you with delicious easy to follow, anti-inflammatory recipes.



SMOOTHIES

Pomegranate Berry Smoothie

SERVES 1

INGREDIENTS

- 1 cup plain yogurt
- 1/4 cup fresh fruit
- 2 scoops whey protein isolate
- 1 cup ice cubes

PREPARATION

Mix in the blender at high speed until smooth.



Chocolate Almond Smoothie

SERVES 2

INGREDIENTS

- 6 oz plain yogurt
- 3/4 cup milk or almond milk
- 2 tbsps almond butter
- 1 tbsp cocoa powder
- 1 tbsp finely ground flax seed or chia seed
- 2 scoops whey protein isolate
- 1/2 cup ice cubes

PREPARATION

Mix in the blender on high speed until smooth.





**BREAKFAST
&
BRUNCH**

Almond Flour Pancakes with Berry Compote

SERVES 6

INGREDIENTS

Almond Flour Pancakes

2/3 cup whole curd cottage cheese
3 large eggs
1/2 cup ground almond flour
1/8 tsp vanilla extract
1/8 tsp ground cinnamon
2 tbsps oat bran

PREPARATION

In a large mixing bowl combine all ingredients with the exception of the oat bran and beat until smooth. Heat a nonstick pan. For each pancake, pour about 3 tablespoons of batter onto the pan. Sprinkle each pancake with oat bran. Cook pancakes for 1-2 minutes, flip and cook the other side until golden.

INGREDIENTS

Berry Compote

1/4 cup diced strawberries
1/4 cup raspberries
1/4 cup blackberries
1/4 cup blueberries
pinch cayenne pepper
pinch ground cinnamon

PREPARATION

Place all ingredients in a small saucepan and bring to medium heat. Once bubbling, reduce heat slightly and use a wooden spoon to lightly mash and muddle the fruit. Continue cooking on low heat for 10 minutes, stirring occasionally. Let the compote cool while making your pancakes. When pancakes are done, add your berry compote over top.



Wild Mushroom and Goat Cheese Omelet

SERVES 2

INGREDIENTS

4 tbsps unsalted butter
4 oz shiitake mushrooms
1 medium shallot, chopped
pinch salt and freshly ground pepper
6 large eggs
2 oz fresh goat cheese, crumbled

PREPARATION

Melt 3 tablespoons of butter in a large skillet over medium-high heat. Add the shiitakes and cook until golden, about 7 minutes. Add the shallots and cook until tender, about 3 minutes. Whisk the eggs with salt and pepper. Melt 1 tablespoon of butter to skillet, and add eggs. Cook until golden. Spoon the mushroom mixture and crumbled goat cheese in the center of the omelet, and fold the edges over.



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Power Oats

SERVES 1

INGREDIENTS

1 cup cooked steel cut oats
1 tbsp whey protein isolate
1/4 cup berries
1/2 cup milk
1 tbsp honey

PREPARATION

Stir the whey protein isolate and milk into the cooked oats until desired consistency. Mix in the berries and top with honey.



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LUNCH

Watercress and Baby Arugula Salad with Chicken, Goat Cheese and Pecans

SERVES 8

INGREDIENTS

1 cup pecans
1/2 cup +
2 tbsps olive oil
1/4 cup +
2 tbsps sherry vinegar
4 tps Dijon mustard
1/2 tsp dried thyme
1/2 tsp dried oregano
pinch freshly ground black pepper
pinch salt
1 cooked rotisserie chicken, warm
9 cups loosely packed watercress
6 cups fresh baby arugula
1/2 red onion
1 cup brined olives, such as kalamata
8 oz fresh goat cheese (or feta cheese)

PREPARATION

Preheat oven to 350 degrees. In a small bowl, combine the pecans with 2 tablespoons of olive oil and a pinch of salt. Spread them in a single layer on a baking sheet and toast for 10-14 minutes. Set aside and let cool slightly. Prepare the dressing: Whisk together 1/2 cup olive oil, sherry vinegar, mustard, thyme, oregano, salt and pepper. Chop the chicken breast into cubes or slices and set aside. Combine the greens, red onion and olives. Toss with salad dressing, and top with chicken, roasted pecans and crumbled goat cheese.



Lemon Mint Chicken and Watercress

SERVES 3-4

INGREDIENTS

- 1 1/4 lbs** thinly sliced, skinless,
boneless free-range chicken breast
- 2 tbsps** grated lemon zest
- 3 tbsps** fresh lemon juice
- 2 tbsps** olive oil
- 2 tbsps** fresh mint, chopped
- pinch** salt & pepper
- 4 oz** watercress

PREPARATION

In a large bowl, whisk the lemon zest and juice, mint, 1/2 teaspoon of salt and 1/2 teaspoon of pepper. Reserve 1/4 cup of dressing and set aside. Toss the chicken with the remaining dressing, and place them on a preheated skillet or grill and cook for about 4-5 minutes, turning only once. Toss the watercress with the remaining 1/4 cup of dressing, divide amongst plates, and add the chicken over top.



Mediterranean Tuna Salad with Avocado

SERVES 6

INGREDIENTS

Salad

5-10 oz	Albacore or Yellowfin tuna, drained
1	cucumber, chopped
1/2	red onion, diced
1 cup	roasted red peppers, chopped
1/3 cup	parsley flakes
3 tbsps	sundried tomatoes, chopped
2 tbsps	capers
1/2	avocado, diced
pinch	salt & pepper
1/4 cup	feta cheese
3 tbsps	olives
14.5 oz	chickpeas, drained

INGREDIENTS

Red Wine Vinaigrette

2 tbsps	olive oil
2 tbsps	red wine vinegar
1 tsp	fresh lemon juice
1 tsp	dried parsley
1 tsp	dried oregano
pinch	salt & pepper

PREPARATION

Combine all the salad ingredients in a bowl and toss. Combine all the dressing ingredients in a separate bowl and mix. Toss with the salad mixture and serve.





DINNER

Salmon and Watercress with a Crème Fraiche Sauce

SERVES 4

INGREDIENTS

(4) 6 oz	salmon filets
2 tbsps	lemon zest
2	large sprigs of fresh dill
1 1/2 tsps	mixed peppercorns
2 bunches	fresh watercress
1 cup	crème fraiche
1/4 cup	snipped fresh chives
pinch	salt & pepper

PREPARATION

Place the salmon fillets in a single layer in a large sauté pan, and add the lemon zest, juice and mixed peppercorns. Barely cover the salmon with water and bring to a boil. Remove the pan from the heat and allow the salmon to cool completely in the liquid. Combine the watercress, crème fraiche and chives and blend until pureed. Season to taste with sea salt and pepper. Place a salmon fillet on a dish and top with the puree.



Halibut with Lemon-Garlic Oil and Sautéed Watercress

SERVES 8

INGREDIENTS

1/4 cup	olive oil
2	garlic cloves; 1 minced, 1 crushed
2 tbsps	lemon zest
1/2 tsp	anchovy paste
pinch	crushed red pepper flakes
7 bunches	watercress
pinch	salt & pepper
(4) 6 oz	skinless halibut filets

PREPARATION

Preheat oven to 400 degrees. Combine 2 tablespoons of olive oil, crushed garlic and lemon zest. Let sit at room temperature for 10 minutes, and then discard the garlic. Heat 1 tablespoon of olive oil in a skillet over medium heat. Add minced garlic, anchovy paste and crushed red pepper flakes and cook until fragrant- about 30 seconds. Add the watercress, raise the heat to medium-high, and cook, stirring until barely wilted- about 3 minutes. Heat the remaining

1 tablespoon of olive oil in an oven-proof skillet over high heat until simmering. Season the halibut filets with salt and pepper, and add them to the skillet. Cook until they begin to brown on the bottom - about 3 minutes. Transfer the skillet to the preheated oven and roast for an additional 5 minutes. Spoon the watercress onto plates and top with halibut filets.



Spaghetti Squash with Spiced Pecans and Gorgonzola

SERVES 6-9

INGREDIENTS

Spaghetti Squash

- 1** large spaghetti squash, halved and seeded
- 2 tbsps** olive oil
- 2** garlic cloves, minced
- 2 tbsps** fresh parsley
- 2 tbsps** fresh lemon juice
- pinch** salt & pepper
- 2 oz** Gorgonzola cheese
- 3 cups** spiced pecans (*see recipe)

INGREDIENTS

Spiced Pecans

- 1 cup** egg white, lightly beaten
- 3 cups** pecan halves
- 1/2 tbsps** salt
- 1 tsp** ground cinnamon
- 1/2 tsp** ground cloves
- 1/2 tsp** ground nutmeg

PREPARATION

Spaghetti Squash

Preheat oven to 350 degrees. Line a baking sheet with parchment paper. Place the squash cut-side down on the prepared baking sheet and bake uncovered for about 1 hour. Let the squash cool until easy to handle, and then scrape out all the pulp and set aside. You should have about 4 cups. Heat 3 tablespoons of olive oil in a skillet over medium heat. Add the garlic and cook for about 30 seconds. Add the squash pulp, parsley, 2 tablespoons of lemon juice, 1/4 teaspoon of salt and 1/4 teaspoon of pepper. Divide the squash mixture and top with Gorgonzola and spiced pecans.

PREPARATION

Spiced Pecans

Preheat oven to 350 degrees. Line a baking sheet with parchment paper. Beat the egg with 1 tablespoon of water. Stir in the pecans until well moistened. Layer the pecans in a single layer on the baking sheet. Combine the salt, cinnamon, nutmeg and cloves and sprinkle the mixture over the pecans. Bake for 30 minutes. Store in the refrigerator until ready for use.





DESSERT

Dark Chocolate Covered Pears

MAKES 8 CHOCOLATE-COVERED SLICES

INGREDIENTS

- 6 tbsps dark chocolate
- 2 pears
- 4 tbsps chopped walnuts

PREPARATION

Clean and slice pears into quarters, omitting the core and seeds. Melt chocolate over low heat in a small saucepan, stirring frequently for 3-5 minutes. Dip pear slices until half is covered, and sprinkle with chopped walnuts. Lay on waxed paper. Refrigerate for 30 minutes.



Chocolate Cherry Chia Seed Pudding

SERVES 4

INGREDIENTS

- 1 1/2 cups non-dairy milk (almond, cashew)
- 1/4 cup chia seeds
- 3 tbsps raw cacao powder
- 2 tbsps stevia
- 1/2 cup cherries, pitted and sliced

PREPARATION

Stir the ingredients together and refrigerate for at least 4 hours, or refrigerate overnight.



Frozen Blueberry Bites

SERVES 3-5

INGREDIENTS

8 oz vanilla yogurt
2 tsp lemon juice
1 pint blueberries

PREPARATION

Mix the ingredients together gently. Scoop out the yogurt-coated blueberries and place them on a wax paper lined tray. Freeze for 2 hours before serving.





STOCKING THE ANTI- INFLAMMATORY KITCHEN

The number one priority of the anti-inflammatory kitchen is our food choices: as natural as possible is best. By stocking our pantry, refrigerator and freezer with the right foods, you'll increase your odds of eating right.

The Best Anti-Aging Foods

BEST SOURCES OF OMEGA-3 SEAFOOD

- Anchovies
- Herring
- Mackerel
- Sablefish/Black Cod
- Salmon (canned)
- Sardines
- Trout, Rainbow (farmed)
- Wild Alaskan Salmon

Additional Seafood Recommendations:

- Abalone (farmed)
- Catfish (farmed)
- Caviar (farmed)
- Clams (farmed)
- Crab
- Halibut
- Lobster
- Oysters (farmed)
- Sea Bass, white
- Shrimp, Prawns
- Squid
- Striped Bass (farmed)
- Sturgeon (farmed)
- Tilapia (farmed)



BEST PROTEIN CHOICES

- Bacon (avoid nitrates)
- Cornish hens
- Organic, free-range chicken and turkey
- Turkey sausage

When shopping for poultry look for these qualities:

- Produced without pesticides, antibiotics or hormones
- 100% certified organic feed
- Free-range
- No nitrates, nitrites or preservatives
- Omega-3 eggs from cage-free chicken

BEST DAIRY PRODUCTS

- Buttermilk
- Farmer's cheese
- Feta Cheese
- Goat cheese
- Imported grating cheese such as Parmigiano-Reggiano
- Low-fat cottage cheese
- Low-fat ricotta cheese
- Part skim mozzarella
- Plain low-fat kefir
- Plain low-fat yogurt
- Reduced fat Swiss and Jarlsberg cheese
- Sheep cheese

A selection of higher-fat cheeses to enjoy in moderation:

- Brie
- Camembert
- Cheddar
- Edam
- Fresh mozzarella
- Gouda
- Jarlsberg
- Muenster
- Port du Salut
- Provolone
- Swiss



NUTS & SEEDS

Nuts and seeds should be organic, unsalted and unroasted.

- Almonds
- Brazil nuts
- Hazelnuts
- Macadamia
- Pine nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

BEANS & LENTILS

- Black beans
- Black lentils
- Cannellini beans
- Great northern beans
- Green lentils
- Kidney beans
- Lima beans
- Navy beans
- Pinto beans
- Red lentils
- Turtle beans
- White beans

WHOLE GRAINS

- Barley
- Buckwheat
- Oats
- Quinoa



FRUITS & VEGETABLES

- Apples
- Arugula
- Artichokes
- Asparagus
- Avocado
- Berries
- Bamboo Shoots
- Bok choy
- Broccoli
- Broccoli Rabe
- Brussel sprouts
- Cabbage
- Cauliflower
- Celeriac
- Celery
- Cherries
- Chicory
- Chinese cabbage
- Citrus fruits
- Collard greens
- Cranberries
- Cucumbers
- Dark green leafy lettuces
- Dandelion greens
- Eggplant



- Endive
- Grapefruit
- Greens
- Green beans
- Peppers
- Kale
- Lemons
- Melons
- Mushrooms
- Onions, garlic, chives, leeks, scallions
- Pears
- Pea pods
- Radish
- Rutabaga
- Swiss chard
- Spinach
- Sprouts
- Summer squash
- Tomatoes
- Turnips
- Water Chestnut
- Watercress
- Winter squash
- Zucchini

HEALTHY FATS & OILS

- 85% dark chocolate
- Avocado
- Coconut
- Extra virgin olive oil
- Flax oil
- Grape seed oil
- Macadamia seed oil
- Nuts and seeds
- Olives



BEST SWEETENER CHOICES

- Stevia
- Honey



More delicious recipes can be found
on our Forever Young Blog

<https://www.perriconemd.com/blog/recipe>

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