



5 ANTI-INFLAMMATORY RECIPES MADE IN 10 MINUTES or less!

Simple, delicious recipes you'll love to share. Made without inflammatory foods, so you can spend time on more important things.



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Irina Skoeries is the Co-Founder and Chief Wellness Officer at Catalyst Cuisine. Her passion to create anti-inflammatory meals stems from a personal experience when at the age of 35, she was diagnosed with Rheumatoid Arthritis and was unable to walk. She became symptom free by producing foods that follow a strict formula, which ultimately became the blueprint for her company.

Catalyst Cuisine's mission is to help provide the necessary food and support so that its customers can smoothly transition to a healthier diet and lifestyle. Meals made with high quality ingredients are shipped weekly with overnight delivery to ensure the freshest foods for its customers.

Thank you for downloading our e-book with 5 anti-inflammatory recipes that you can make at home.

I know from experience that when you have to prepare every single meal because of health issues, the best recipes are quickies that taste good and keep you healthy.

Here are 5 recipes that you can make in 10 minutes or less. I hope you enjoy these fast recipes as much as my family does.

In health,

Irina



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Prosciutto Chips

Next time you're wondering what to bring to a potluck party, opt for these prosciutto chips and guacamole!

Ingredients

10 thin slices of pasture-raised prosciutto

Instructions

1. Preheat the oven to 350 degrees F. Place parchment paper on a cookie sheet.
2. Lay the slices of prosciutto on the parchment-lined cookie sheet in a single layer.
3. Bake until crispy, about 5 to 7 minutes. Leave them to cool (they get crispier when chilled).
4. Break them into small pieces, and add them to any entrée as a topping, on top of salads, or just eat them by themselves. Watch out - they are addictive!



Image: Crossfit Rise Above



Quesadilla with Goat Cheese and Avocado Sauce

All of my "Kai" recipes came to life from necessity to create kid friendly, tasty, anti-inflammatory menu items that my 5 year old would eat. "Kai Tortillas" came out of the experience. My son Kai is allergic to coconut (and many of the other ingredients that are excluded from an anti-inflammatory diet), and all of the alternative tortillas had coconut in them. So together, Kai and I came up with the perfect recipe for Kai Tortillas used in this recipe for quesadillas!

Ingredients

2 Kai tortillas from Catalyst Cuisine, or use Siete Tortillas
2 slices of goat gouda cheese
½ avocado
¼ teaspoon lemon juice
High mineral sea salt to taste



Instructions

1. Heat tortillas on skillet until warm.
2. Add the slices of cheese in the middle of the tortillas and heat until cheese is melted.
3. In a food processor, combine half an avocado, lemon juice and salt. Process until very smooth (if you don't have a food processor, smash avocado with a fork into a smooth paste).
4. Dip warm quesadilla into avocado sauce.



Kai's Milkshake

After picking up the kids from school and everyone is HUNGRY, you can always make this to fill bellies up until dinner time! If you add more ice cubes, the texture you will get is more like ice cream! 😊

Ingredients

4 oz of goat milk

¼ of frozen peeled green banana (meaning a frozen unripe banana)

10 drops of liquid vanilla stevia or 1 teaspoon of maple syrup

3 ice cubes



Instructions

1. Add all ingredients in powerful blender and blend until very smooth.
2. Enjoy immediately!



Almond Crumble

Be warned: this mixture is addictive and it is supposed to be eaten in moderation. Serve as only a sprinkle over your meals unless you are on a hike, bike ride, or burning a lot of energy in some other way.

Ingredients

*1 cup of dry toasted almonds slices
(make sure almond slices are
skinless)*

*1 tablespoon of extra virgin olive
oil*

High mineral sea salt to taste

Dulse flakes to taste (optional)



Instructions

1. Combine all ingredients in a bowl and mix well.
2. Sprinkle the crumble on salad, entrees, egg dishes, yogurt... or eat it by the spoonful 😊 You will be able to absorb iodine through the dulse flakes, a valuable nutrient scarcely found in any other food.



Minty Lemonade

Sometimes I crave a sweet treat in the afternoons, knowing well that if I want to keep improving my health, I shouldn't have even the sweet treats that are 'ok' for me. A good compromise is this sparkling refreshing drink. It's chilled, fresh, and slightly sweetened to hit the spot so that my afternoon is filled with more energy.

Ingredients

8 oz chilled sparkling water
1 teaspoon of fresh squeezed lemon juice (or lime if preferred)
10 drops of liquid vanilla stevia (SweetLeaf brand) (less or more depending on how sweet you like it)
1 pinch of fresh mint, chopped finely (optional)

Instructions

1. Pour the sparkling water in a glass, add all the rest of the ingredients, and stir.
2. Enjoy this very refreshing drink!



LOOKING FOR MORE EASY, ANTI-INFLAMMATORY MEALS?

To further help those looking for simple ways to eat an anti-inflammatory diet, Catalyst Cuisine ships ready-made meals nationwide every week.

We're committed to using only the highest quality ingredients – organic, pasture raised meats, wild caught fish and local, sustainable produce. Our team maintains a short production time and ships weekly, overnight delivery to ensure the freshest meals for our customers.



here's a taste of what our customers say:

I lost 10 lbs, lowered my blood pressure, and am now off BP medication. I am also able to do a lot more yoga asanas than I could before due to the weight loss.

- Stanley C.H.

Catalyst Cuisine provides a crucial part to accelerating your health. It is the modern version of a doctor's prescription for health: using food as medicine.

- Steven Gundry, MD

Catalyst Cuisine's meals are fantastic! They make me feel healthier and more energetic. It's delicious, easy, and so convenient to have meals prepared for you.

- Olivia N.J.



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CHEERS TO YOUR HEALTH!



Learn more about how Irina became symptom free from Rheumatoid Arthritis and other great tools and tips for eating an anti-inflammatory diet at:

WWW.CATALYSTCUISINE.COM