

BONUS 2. THE COMPLETE ANTI-INFLAMMATORY RECIPE COLLECTION & SHOPPING GUIDE

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THE COMPLETE
**ANTI-INFLAMMATORY
RECIPE**
Collection
& SHOPPING GUIDE

Real Recipes. Simple Ingredients.
Powerful Healing.



Easy, delicious recipes
you'll actually enjoy



Ingredients available in
local markets & stores



Anti-inflammatory foods
for less pain, more energy
& better you



Weekly shopping strategies
& ingredient sourcing guide

WHOLE SOME
MEALS

FOR JOINT PAIN,
INFLAMMATION,
MORE ENERGY &
A BETTER LIFE

CREATED BY

EHIKIOYA STELLA



BONUS 2: THE COMPLETE ANTI-INFLAMMATORY RECIPE COLLECTION & SHOPPING GUIDE

HOW TO USE THIS SECTION:

These are real recipes using ingredients available in Nigerian markets and diaspora grocery stores. Each recipe is:

- Simple enough for anyone to make
- Using common, affordable ingredients
- Specifically chosen for anti-inflammatory properties
- Adaptable to your taste preferences

Shopping Strategy:

- Go to market once a week with the shopping list for that week
- Buy fresh ingredients (they're cheaper and more effective)
- Store herbs and spices in cool, dry places
- Prep some ingredients on your day off so cooking is easier during the week

INGREDIENT SOURCING GUIDE

IN NIGERIA (Lagos, Port Harcourt, Enugu, Ibadan):

Ingredient	Where to Find	Expected Cost	Selection Tips
Fresh Turmeric	Any market, vegetable section	₦500-800/kg	Choose firm roots, not soft
Fresh Ginger	Any market	₦300-600/kg	Buy more than you think you need
Hibiscus (Zobo)	Dried herbs section	₦300-500/bag	Ask for "dried hibiscus flowers"
Cinnamon	Health food shops, some pharmacies	₦1,500-3,000/small container	Ground is easier than sticks
Leafy Greens (Ugu, Spinach, Bitter Leaf)	Daily market	₦200-500/bunch	Buy daily for freshness
Mackerel/Sardines (Fresh)	Fish market	₦2,000-4,000/kg	Ask fishmonger to gut and clean

Bone Broth Bones	Butcher	₦1,000-2,000	Ask for chicken or beef bones
Extra Virgin Olive Oil	Supermarket	₦8,000-15,000/bottle	Buy once monthly, lasts a while
Groundnuts	Market	₦800-1,500/kg	Buy raw, not roasted and salted
Honey (Raw)	Market or health shop	₦2,000-5,000/jar	Raw is better than processed
Lentils/Beans	Market	₦800-1,500/kg	Dry storage, buy in bulk

IN THE UK (Tesco, Sainsbury's, Ethnic Markets):

Ingredient	Where to Find	Expected Cost	Selection Tips
Fresh Turmeric	Fresh produce section	£1.50-2.50	Waitrose or ethnic markets cheaper
Fresh Ginger	Any supermarket	£0.80-1.50	Buy in bulk, store in fridge
Hibiscus	Health food shops, online	£3-6/bag	Twinings or ethnic shops
Cinnamon	Any supermarket	£1.50-3	McCormick or own brand fine
Leafy Greens	Any supermarket	£1-3/bunch	Tesco spinach is affordable
Mackerel/Sardines	Fishmonger or supermarket	£4-8/kg	Canned is acceptable backup
Bone Broth Bones	Butcher counter	£2-4	Waitrose has best quality
Extra Virgin Olive Oil	Any supermarket	£5-12/bottle	Own brand works fine
Groundnuts	Ethnic shops	£2-4/kg	Often cheaper than UK prices
Honey (Raw)	Health shops	£4-8/jar	Manuka is expensive, regular raw fine
Lentils/Beans	Any supermarket	£1-2/bag	Buy own brand, save money

IN THE USA (Whole Foods, Trader Joe's, Local Markets):

Ingredient	Where to Find	Expected Cost	Selection Tips
Fresh Turmeric	Whole Foods, Trader Joe's	\$2-4	Organic not necessary
Fresh Ginger	Any grocery store	\$1-2	Buy at Asian markets cheaper
Hibiscus	Whole Foods, Amazon	\$5-10/bag	Often in tea section

Cinnamon	Any store	\$3-6	McCormick or Simply Organic
Leafy Greens	Any store	\$2-5/bunch	Costco has best deals
Mackerel/Sardines	Whole Foods, regular grocery	\$5-10/lb	Frozen is cheaper, equally good
Bone Broth Bones	Butcher, Whole Foods	\$3-6	Ask butcher for "soup bones"
Extra Virgin Olive Oil	Trader Joe's, Costco	\$8-15/bottle	Costco has best prices
Groundnuts	African markets, online	\$3-6/lb	Check African markets in your area
Honey (Raw)	Whole Foods, Farmer's Market	\$6-12/jar	Local honey supports local beekeepers
Lentils/Beans	Any store	\$1-2/bag	Buy dry, cook in bulk

IN CANADA (Loblaws, Save-On-Foods, Ethnic Markets):

Ingredient	Where to Find	Expected Cost	Selection Tips
Fresh Turmeric	Loblaws, Costco	\$2.50-4.50	Produce section
Fresh Ginger	Any grocery store	\$1-2	Asian markets cheaper
Hibiscus	Whole Foods, health shops	\$5-10/bag	Often in tea section
Cinnamon	Any supermarket	\$3-7	Costco member price good
Leafy Greens	Any store	\$2.50-5	Costco has bulk deals
Mackerel/Sardines	Supermarket, fishmonger	\$6-12/lb	Frozen salmon cheaper alternative
Bone Broth Bones	Butcher, Costco	\$3-7	Costco meat counter has deals
Extra Virgin Olive Oil	Costco, Loblaws	\$10-18/bottle	Costco Kirkland brand excellent
Groundnuts	African markets, online	\$4-8/lb	Ethiopian/West African shops
Honey (Raw)	Farmer's market, health shops	\$8-15/jar	Support local beekeepers
Lentils/Beans	Any store	\$1.50-3/bag	Buy in bulk at Costco

WEEK 1 SHOPPING LIST

Fresh Herbs & Vegetables:

- 500g fresh turmeric root
- 500g fresh ginger
- 1 bunch spinach or ugu

- 1 bunch leafy greens (bitter leaf or any available)
- 4-5 tomatoes
- 3 carrots
- 1 onion
- 2 red peppers

Proteins:

- 1kg fresh mackerel or sardines (or 4 cans if fresh unavailable)
- 6 eggs
- 500g chicken or fish (any lean protein)

Pantry/Dry Goods:

- 1 bag hibiscus flowers (dried)
- Cinnamon powder (if don't have)
- Honey (raw if possible)
- Black pepper
- Sea salt
- Extra virgin olive oil (if don't have large bottle)
- Lentils (500g)

Grains:

- Brown rice (1kg)
- Whole grain bread or flour for making whole grain bread

Optional:

- Almonds or groundnuts (small bag for snacking)
- Berries (in season)

Estimated Total Cost:

- Nigeria: ₦15,000-20,000
- UK: £25-35
- USA: \$40-55
- Canada: \$50-65

THE RECIPES

RECIPE #1: THE ANTI-INFLAMMATORY MORNING TEA (Daily)

Ingredients:

- 1 teaspoon turmeric powder (or small piece of fresh turmeric, grated)
- 1 teaspoon fresh ginger, grated
- 2-3 dried hibiscus flowers
- ½ teaspoon cinnamon powder
- 1 cup water
- ½ teaspoon honey
- Pinch of black pepper

Instructions:

1. Boil water in a kettle
2. While water boils, grate turmeric and ginger
3. Pour hot water into a cup
4. Add turmeric, ginger, cinnamon, and black pepper
5. Stir well and let sit 2 minutes
6. Add hibiscus flowers, let steep 3 minutes
7. Strain (or drink around the solids)
8. Add honey, stir
9. Drink slowly while warm

Timing: Every morning, on empty stomach or before breakfast

Cost per serving: ₦50-100 (Nigeria), £0.50-1 (UK), \$1-2 (USA), \$1.50-2.50 (Canada)

Why This Works: Turmeric and ginger reduce inflammation. Hibiscus lowers blood pressure. Cinnamon stabilizes blood sugar. Black pepper helps your body absorb turmeric. Honey soothes.

RECIPE #2: EGUSI SOUP WITH TURMERIC & FISH (Lunch 2-3x per week)

Ingredients:

- 2 tablespoons egusi (ground melon seeds) — or groundnut powder if egusi unavailable
- 500ml fresh fish stock (or water with bouillon cube)
- 400g fresh mackerel or any firm fish
- 2 cups chopped leafy greens (spinach, ugu, bitter leaf)
- 2 tablespoons tomato puree
- 1 tablespoon turmeric powder
- 2 tablespoons ginger-garlic paste
- 1 onion, chopped
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large pot
2. Fry onions until soft (2 minutes)
3. Add ginger-garlic paste, cook 1 minute
4. Add tomato puree, stir well, cook 2 minutes
5. Pour in stock, bring to boil
6. Add turmeric and stir (this makes it golden and anti-inflammatory)
7. Cut fish into chunks, add to pot
8. Simmer 10 minutes until fish cooks
9. Mix egusi with 2 tablespoons water to form paste
10. Add egusi paste to pot, stir constantly to prevent lumps
11. Add leafy greens, cook 3-5 minutes
12. Season with salt and pepper
13. Serve hot with brown rice or pounded yam

Serves: 4 people

Timing: Make 2-3 times per week for lunch

Cost for entire pot: ₦3,000-4,500 (Nigeria), £6-8 (UK), \$10-12 (USA), \$12-15 (Canada)

Why This Works: Fish has omega-3 fats that reduce inflammation. Turmeric is a powerhouse anti-inflammatory. Leafy greens have nutrients your joints need. Egusi provides protein and healthy fats.

RECIPE #3: BONE BROTH VEGETABLE SOUP (Dinner 3-4x per week)

Ingredients:

- 500g bone broth bones (chicken or beef)
- 2 liters water
- 3 carrots, chopped
- 2 cups chopped leafy greens
- 1 onion, chopped
- 3 tablespoons ginger, grated
- 1 tablespoon turmeric powder
- 2 bay leaves
- Salt and pepper
- 1 tablespoon extra virgin olive oil
- 200g fish or lean meat (optional)

Instructions:

1. Heat olive oil in a large pot
2. Add onions and ginger, cook 2 minutes

3. Add bones and water, bring to boil
4. Add turmeric and bay leaves
5. Simmer for 1 hour (this extracts collagen and minerals)
6. Remove bones carefully
7. Add carrots, simmer 10 minutes
8. Add fish/meat if using, simmer 10 minutes
9. Add leafy greens, cook 3-5 minutes
10. Season with salt and pepper
11. Serve hot

Makes: 4-6 servings

Timing: Make 2-3 times per week for dinner. Can be made in big batch and frozen.

Cost for entire pot: ₦2,500-3,500 (Nigeria), £5-7 (UK), \$8-10 (USA), \$10-12 (Canada)

Why This Works: Bone broth contains collagen that repairs joints. Ginger and turmeric reduce inflammation. Vegetables provide nutrients. This is actual medicine in a bowl.

RECIPE #4: TURMERIC RICE & VEGETABLES (Side dish or light lunch)

Ingredients:

- 2 cups brown rice (uncooked)
- 4 cups water
- 1 tablespoon turmeric powder
- 2 tablespoons extra virgin olive oil
- 1 onion, finely chopped
- 1 cup mixed vegetables (carrots, peas, peppers)
- 2 cloves garlic, minced
- 1 teaspoon ginger powder
- Salt and pepper

Instructions:

1. Heat olive oil in a pot
2. Fry onion and garlic until fragrant (1 minute)
3. Add rice, stir to coat with oil (2 minutes)
4. Add turmeric, ginger, stir well
5. Pour in water
6. Bring to boil, then reduce to low heat
7. Cover and simmer 35-40 minutes until rice is cooked
8. In last 5 minutes, add vegetables and stir
9. Season with salt and pepper

10. Serve hot

Serves: 4-6 people

Timing: Make 2-3 times per week. Stores well for 3 days in fridge.

Cost for entire pot: ₦2,000-2,800 (Nigeria), £4-5 (UK), \$6-8 (USA), \$8-10 (Canada)

Why This Works: Turmeric rice is both healing and delicious. Brown rice has fiber that supports digestive health. Vegetables add nutrients.

RECIPE #5: GINGER-GARLIC FISH STEW (Protein-rich dinner)

Ingredients:

- 600g fresh fish (mackerel or any firm fish)
- 3 tablespoons ginger, grated
- 4 cloves garlic, minced
- 4 tomatoes, chopped (or 2 cans crushed tomatoes)
- 1 onion, chopped
- 2 tablespoons tomato puree
- 2 tablespoons extra virgin olive oil
- 1 teaspoon turmeric powder
- 2 cups water or fish stock
- 2 cups leafy greens
- Salt and pepper
- 2 bay leaves

Instructions:

1. Heat oil in a pot
2. Fry onion until soft (2 minutes)
3. Add ginger and garlic, cook 1 minute until fragrant
4. Add tomato puree, cook 2 minutes
5. Add fresh tomatoes (or canned), simmer 5 minutes
6. Pour in water/stock
7. Add turmeric and bay leaves
8. Bring to boil
9. Cut fish into chunks, add to pot
10. Simmer 15 minutes until fish is cooked
11. Add leafy greens, cook 3 minutes
12. Season with salt and pepper
13. Serve with brown rice or boiled plantain

Serves: 4 people

Timing: 2 times per week for dinner

Cost for entire pot: ₦3,500-4,500 (Nigeria), £7-9 (UK), \$11-13 (USA), \$13-16 (Canada)

Why This Works: Fish + ginger + turmeric = powerful anti-inflammatory. Tomatoes add vitamin C. Leafy greens add minerals. This is comfort food that heals.

RECIPE #6: SMOOTHIE BOWL (Breakfast 2 times per week)

Ingredients:

- 1 cup Greek yogurt (or plant-based yogurt)
- ½ frozen banana
- ½ cup berries (strawberries, blueberries, or frozen)
- 1 tablespoon ground ginger
- 1 tablespoon honey
- ½ cup almond milk or water
- Toppings: almonds, seeds, granola

Instructions:

1. Blend yogurt, banana, berries, ginger, honey, and milk
2. Pour into bowl
3. Top with almonds, seeds, granola
4. Eat with spoon immediately

Serves: 1 person

Timing: 2 mornings per week, when you want variety

Cost per serving: ₦800-1,200 (Nigeria), £2-3 (UK), \$3-5 (USA), \$4-6 (Canada)

Why This Works: Berries have antioxidants. Ginger is anti-inflammatory. Yogurt has probiotics for gut health. This is fast and delicious.

RECIPE #7: LENTIL SOUP (Easy dinner)

Ingredients:

- 2 cups dried lentils

- 6 cups water or vegetable stock
- 1 onion, chopped
- 3 carrots, chopped
- 2 tablespoons ginger, grated
- 1 tablespoon turmeric powder
- 2 tablespoons tomato puree
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, minced
- 2 bay leaves
- Salt and pepper
- Juice of 1 lemon (optional)

Instructions:

1. Heat oil in large pot
2. Fry onion, garlic, ginger until soft (2 minutes)
3. Add tomato puree, cook 1 minute
4. Add lentils, stir
5. Pour in water/stock
6. Add turmeric and bay leaves
7. Bring to boil, then simmer 30 minutes
8. Add carrots, cook another 15 minutes
9. Season with salt and pepper
10. Add lemon juice if desired
11. Serve hot

Makes: 6-8 servings

Timing: Make once, eat for 3 days. Freezes well.

Cost for entire pot: ₦2,000-2,500 (Nigeria), £3-4 (UK), \$5-7 (USA), \$6-8 (Canada)

Why This Works: Lentils have protein and fiber. Turmeric and ginger reduce inflammation. Easy to digest. Filling and nutritious.

WEEKLY MEAL PLAN (Use This to Stay on Track)

WEEK 1 SAMPLE MENU:

Monday:

- Breakfast: Anti-inflammatory tea + scrambled eggs with spinach and whole grain toast
- Lunch: Egusi soup with mackerel and brown rice
- Dinner: Bone broth vegetable soup

Tuesday:

- Breakfast: Smoothie bowl with berries and ginger
- Lunch: Leftover egusi soup
- Dinner: Ginger-garlic fish stew with boiled plantain

Wednesday:

- Breakfast: Anti-inflammatory tea + oatmeal with honey and almonds
- Lunch: Turmeric rice with vegetables and grilled fish
- Dinner: Leftover bone broth soup

Thursday:

- Breakfast: Anti-inflammatory tea + whole grain bread with avocado
- Lunch: Lentil soup
- Dinner: Egusi soup with fish and leafy greens

Friday:

- Breakfast: Smoothie bowl
- Lunch: Leftover turmeric rice with side salad
- Dinner: Bone broth soup (can add noodles for variety)

Saturday:

- Breakfast: Anti-inflammatory tea + scrambled eggs with tomato
- Lunch: Ginger-garlic fish stew with brown rice
- Dinner: Lentil soup with whole grain bread

Sunday:

- Breakfast: Smoothie bowl with extra toppings
- Lunch: Egusi soup
- Dinner: Family meal (you choose, but try to keep it anti-inflammatory)

SHOPPING CHECKLIST FORMAT (Print This Weekly)

Week of: _____

Fresh Produce:

- ☐ Turmeric (_____g)
- ☐ Ginger (_____g)

- ☐ Leafy greens (_____bunch)
- ☐ Tomatoes (_____ qty)
- ☐ Carrots (_____ qty)
- ☐ Onions (_____ qty)
- ☐ Peppers (_____ qty)
- ☐ Garlic (_____ qty)

Proteins:

- ☐ Fish (_____kg) - Type: _____
- ☐ Eggs (_____ qty)
- ☐ Meat/poultry (_____kg) - Type: _____
- ☐ Bones for broth (_____kg)

Pantry:

- ☐ Brown rice
- ☐ Lentils
- ☐ Herbs/spices (check which need replacing)
- ☐ Olive oil (need to replace?)
- ☐ Honey (need to replace?)

Optional:

- ☐ Almonds/groundnuts
- ☐ Berries (in season)
- ☐ Whole grain bread

Estimated Budget for This Week: ₦_____

QUICK REFERENCE: WHICH RECIPE WHEN

For Energy (Breakfast):

- Anti-inflammatory tea (every morning)
- Smoothie bowl (2x weekly for variety)
- Scrambled eggs with greens
- Whole grain toast with honey

For Anti-Inflammatory Power (Lunch/Dinner):

- Egusi soup with fish (2-3x weekly)
- Bone broth vegetable soup (3-4x weekly)
- Ginger-garlic fish stew (2x weekly)
- Turmeric rice (2-3x weekly)
- Lentil soup (2-3x weekly as meal or side)

For Quick & Easy:

- Lentil soup (ready in 1 hour)
- Turmeric rice (ready in 45 minutes)
- Smoothie bowl (ready in 5 minutes)

For Batch Cooking (Make Extra):

- Bone broth (make once, freeze portions)
- Lentil soup (make once, eat for 3 days)
- Egusi soup (make once, freeze portions)

You now have everything you need to shop, cook, and eat your way to healing. Print this section and take it to the market with you.