



Meals to Help Manage Arthritis

A balanced, nutritious diet will give the body the tools it needs to prevent further damage to the joints, which is essential for those with osteoarthritis. These meals contain the proper nutrients to help reduce inflammation.



CREATED BY LEAGUE MARKETPLACE



Chicken, Kale & Cauliflower Bowls



7 ingredients



45 minutes



4 servings

DIRECTIONS

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Toss the cauliflower with half the avocado oil and transfer to a baking sheet along with the chicken breasts. Sprinkle everything with sea salt.
3. Place the baking sheet in the oven for 30 minutes, or until chicken is cooked through. Toss the cauliflower at the halfway point.
4. While the cauliflower and veggies are cooking, massage the kale with lemon juice and remaining oil. Divide between bowls.
5. Remove the chicken and cauliflower from the oven and divide between bowls, on top of the kale. Add avocado slices to each bowl and enjoy!

NOTES

Leftovers

Keeps well in the fridge for 3 to 4 days. Add sliced avocado just before serving.

More Carbs

Serve with roasted sweet potato.

No Avocado Oil

Use coconut oil instead.

INGREDIENTS

- 1 head** Cauliflower (chopped into florets)
- 1/4 cup** Avocado Oil (divided)
- 1 lb** Chicken Breast (skinless, boneless)
- 1/4 tsp** Sea Salt
- 8 cups** Kale Leaves (thinly sliced)
- 1** Lemon (juiced)
- 2** Avocado (sliced)

NUTRITION

Calories	474	Cholesterol	82mg
Fat	33g	Sodium	272mg
Carbs	19g	Vitamin A	2202IU
Protein	11g	Vitamin C	125mg
Carbs	4g	Calcium	157mg
Protein	32g	Iron	2mg



Salsa Verde Salmon with Tomatoes & Brown Rice



8 ingredients



45 minutes



2 servings

DIRECTIONS

1. Cook the brown rice according to the directions on the package.
2. About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
3. Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
4. Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

NOTES

No Brown Rice

Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.

Leftovers

Keeps well in the fridge for 2-3 days.

No Capers

Use olives instead.

INGREDIENTS

- 1/2 cup Brown Rice (dry, uncooked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 10 ozs Salmon Fillet
- 2 cups Cherry Tomatoes (halved)
- 1/2 tsp Sea Salt
- 1 tbsp Capers
- 1/4 cup Parsley (finely chopped)
- 1 tbsp Apple Cider Vinegar

NUTRITION

Calories	522	Cholesterol	78mg
Fat	24g	Sodium	768mg
Carbs	42g	Vitamin A	1944IU
Protein	4g	Vitamin C	31mg
Carbs	4g	Calcium	49mg
Protein	33g	Iron	3mg



Healthy Fish n' Chips



7 ingredients



1 hour



2 servings

DIRECTIONS

1. Preheat oven to 425°F (218°C). Mix maple syrup and tamari in a bowl to make the marinade. Place salmon fillets in a ziplock bag with the marinade and shake well. Leave the fillets in the bag and place in the fridge while you prepare the rest.
2. Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden (baking times vary depending on how thin/thick you slice your fries). Flip the fries half way through at the 15 minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.
3. Turn oven up to 500°F (260°C) and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in the oven for 7 to 8 minutes depending on the thickness. The salmon is done when it flakes with a fork.
3. Serve salmon on a bed of baby spinach with sweet potato fries on the side. Enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to three days.

INGREDIENTS

10 ozs	Salmon Fillet
1 tbsp	Maple Syrup
1 tbsp	Tamari
2	Sweet Potato
1 tbsp	Extra Virgin Olive Oil
To Taste	Sea Salt & Black Pepper
2 cups	Baby Spinach

NUTRITION

Calories	411	Cholesterol	78mg
Fat	16g	Sodium	662mg
Carbs	34g	Vitamin A	21313IU
Protein	5g	Vitamin C	12mg
Carbs	12g	Calcium	98mg
Protein	32g	Iron	3mg



Spiced Cauliflower Rice Bowl



13 ingredients



40 minutes



2 servings

DIRECTIONS

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
3. While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
4. In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
5. Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to two days.

Additional Toppings

Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

No Brown Rice

Use jasmine rice, cauliflower rice, quinoa or millet instead.

INGREDIENTS

- 2/3 cup Brown Rice (dry, uncooked)
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1/4 tsp Turmeric
- 1/2 tsp Paprika
- 1/2 tsp Thyme (dried)
- 2 tbsps Tahini
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1 tbsp Water
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped)
- 1 tsp Sesame Seeds (for topping)

NUTRITION

Calories	529	Cholesterol	0mg
Fat	26g	Sodium	369mg
Carbs	68g	Vitamin A	585IU
Protein	14g	Vitamin C	85mg
Carbs	4g	Calcium	136mg
Protein	13g	Iron	4mg



One Pan Harissa Chicken, Sweet Potatoes & Broccolini



6 ingredients



40 minutes



2 servings

DIRECTIONS

1. Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
2. Add the sweet potato, broccolini, and chicken breast to the baking sheet. Drizzle the oil and harissa evenly over top of all ingredients. Season everything with salt and pepper and toss well to coat. Place the baking sheet in the oven and bake for 15 minutes.
3. Remove the sheet from the oven. Flip the chicken and potatoes. Remove the broccolini from the sheet and set it aside on a plate. Place the baking sheet back into the oven and bake for another 15 minutes or until the chicken is cooked through.
4. Remove the baking sheet from the oven and divide the chicken, sweet potato, and broccolini onto plates. Enjoy!

NOTES

Leftovers

Store in an airtight container in the fridge for up to 3 days.

No Broccolini

Use regular broccoli instead. Adjust bake time accordingly.

INGREDIENTS

- 2 Sweet Potato (medium, cubed)
- 1 bunch Broccolini
- 12 ozs Chicken Breast (skinless, boneless)
- 1 tbsp Avocado Oil
- 2 tbsps Harissa
- To Taste Sea Salt & Black Pepper

NUTRITION

Calories	432	Cholesterol	124mg
Fat	13g	Sodium	270mg
Carbs	33g	Vitamin A	28399IU
Protein	10g	Vitamin C	84mg
Carbs	7g	Calcium	305mg
Protein	49g	Iron	4mg