



 **Homemade Method™**

ANTI-INFLAMMATORY COOKING DEMO

Recipes & Worksheets

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ANNA'S MESSAGE TO YOU

I understand that living with arthritis, joint pain and inflammation can be a constant struggle, and finding relief may seem impossible.

However, there is one powerful tool that can help: **your FOOD**. Harvard Medical School has declared that certain foods can have powerful anti-inflammatory effects and can help alleviate pain and stiffness.

Foods rich in omega-3 fatty acids, such as salmon and walnuts, as well as colorful fruits and vegetables, like berries and leafy greens, can all help reduce inflammation in the body. Additionally, avoiding processed foods and reducing your intake of sugar can also be beneficial. By making small changes to your daily eating, you may be able to find significant relief from your symptoms. Of course, it's important to work with your healthcare provider to determine the best treatment plan for you.

xo Anna

WORKSHEET 1:

TOP 5 ANTI-INFLAMMATORY FOODS

Listen to Chef Lizzie's Cooking Demo, then write your answers here:

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The answers are over the page - no peeking!

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WORKSHEET 1:

TOP 5 ANTI-INFLAMMATORY FOODS

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1. Omega 3s: fatty fish (salmon / trout / anchovies), chia seeds, walnuts

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2. Healthy fats: Avocado, Olive oil, Nuts

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3. Green leafy vegetables, such as spinach, kale, and collards

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4. Berries & fruits: strawberries, blueberries, cherries, and oranges.

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5. Specialty ingredients: Ginger, turmeric, green tea

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WORKSHEET 2: TOP 5 INFLAMMATORY THINGS

Listen to Chef Lizzie's Cooking Demo, then write your answers here:

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The answers are over the page - no peeking!

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WORKSHEET 2: TOP 5 INFLAMMATORY THINGS

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1. White Sugar

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2. Processed foods which are high in trans fats and hydrogenated fats (like cakes, cookies, chips and pies, microwave popcorn)

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3. Fried foods

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4. Excess red meat, processed meats, refined flours

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5. Stress, alcohol, not enough quality sleep!

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THE RECIPES



Turmeric-Infused Bone Broth

This simple and nourishing recipe is **deeply restorative** and flavorful. We've boosted the **anti-inflammatory power** of bone broth by adding golden turmeric and warming ginger to the mix.

Bone broth has long been used in traditional cultures as a form of nourishment, but recent research has revealed impressive evidence-based health benefits. Studies have concluded that bone broth can help to **improve joint health, reduce inflammation** throughout the body, boost the immune system, and **aid digestion**. It's also rich in minerals like calcium, magnesium, phosphorus, and potassium, all of which play an essential role in overall well-being.

Bone broth has also become popular for its amazing ability to **boost collagen production**, essential for healthy skin and hair. All of this makes bone broth one of the most nutrient-dense healing foods available. Not to mention, it's **budget-friendly** and super easy!

TURMERIC-INFUSED BONE BROTH

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Prep 10 minutes **Cook** 8 hours

Serves ~6 (3 qts)

- 1 chicken carcass
- 1 yellow onion, quartered
- 2 carrots, scrubbed and chopped into large pieces
- 2 celery stalks, chopped
- 4 garlic cloves, cut in half
- 1 large bay leaf
- 1 ½ tsp ground turmeric
- 3 one-inch pieces of fresh ginger
- ½ tsp whole black peppercorns
- 2 Tbsp apple cider vinegar
- 2 tsp sea salt (optional, add more or less once broth is finished)
- 4 ½ qt water to fill the pot

Directions:

- Add all ingredients to a 6-quart stock pot with a lid. Bring to a boil, then reduce to a simmer. Cover and allow to simmer gently for 8 hours.
- Strain broth through a fine-mesh strainer or cheesecloth. Discard everything else that was in the pot.
- Let the broth come to room temperature before putting it in the refrigerator. It will keep in airtight glass containers with lids for up to 5 days, and frozen for up to 6 months.



Crunchy Walnut-Crusted Salmon with Charred Broccoli

This impressive meal is **deceptively simple**, but looks absolutely restaurant-worthy! With the **heart-healthy** pairing of omega-3-rich salmon *and* walnuts, this dish has powerful **anti-inflammatory** properties.

Salmon is celebrated for its many health benefits; it's a true superfood! The **omega-3 fatty acids** found in salmon help to keep the heart healthy, contribute to **cognitive functioning**, and can even reduce the risk of cancer. Trace minerals like zinc, selenium, and other vitamins like B12 are also found in salmon, providing further protection against chronic inflammation and contributing to **optimal brain performance** and mood.

Humble green broccoli is rich in **vitamin K and calcium** to promote **strong healthy bones**. It also provides vitamin C and antioxidants to keep your immune system in tip-top shape and your skin glowing.

CRUNCHY WALNUT-CRUSTED SALMON WITH CHARRED BROCCOLI

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Prep 10 minutes **Cook** 15 minutes

Serves 2

For the salmon:

- ½ cup walnuts
- 1 Tbsp panko or breadcrumbs
- 1 Tbsp lemon zest
- 2 tsp olive oil
- 1 Tbsp fresh dill, chopped
- Salt & pepper to taste
- 2 salmon fillets, skin on (5-6 oz each)
- 1 Tbsp Dijon mustard

For the broccoli:

- 3 cups broccoli florets
- 2 tsp avocado oil
- Salt & pepper, to taste

Directions:

- Preheat oven to 350°F/175°C and line a baking sheet with parchment paper.
- Place walnuts in food processor and pulse until coarsely chopped.
- Add breadcrumbs, lemon zest, olive oil, and dill; pulse until crumbly. Mixture should stick together. Season with salt and pepper; set aside.
- Arrange salmon fillets skin side down on prepared baking sheets. Brush tops with mustard.
- Spoon the walnut crumb mixture over each fillet; gently press the crumb mixture into the surface of the fish.
- Bake for 15-18 minutes, or until salmon flakes with a fork.
- In the meantime, heat avocado oil in a large skillet over medium-high heat.

CRUNCHY WALNUT-CRUSTED SALMON WITH CHARRED BROCCOLI

Directions, continued:

- Once oil is shimmering, add broccoli florets. Season with salt and pepper and cook, stirring occasionally, for about 10 minutes or until broccoli is deeply charred and tooth-tender.
- Serve broccoli and salmon with a fresh lemon wedge for squeezing over.



5- Minute Healthy Frozen Yogurt

This **refreshing treat** comes together in mere minutes, has **anti-inflammatory** properties, and provides you with a burst of **antioxidants** from frozen fruit.

Greek yogurt provides your body with **zinc and selenium**, both of which are required for a strong well-functioning immune system. The **calcium and phosphorus** in Greek yogurt can also contribute to **bone density**, making you less prone to fractures.

As a probiotic food, Greek yogurt also helps to support good digestion and gut health. Because Greek yogurt is high in protein, research shows that eating it regularly can **promote natural weight loss**.

5-MINUTE HEALTHY FROZEN YOGURT

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Prep 10 minutes **Cook** 0 minutes

Serves 4

- 3 ½ cups frozen fruit (mango chunks, strawberries, bananas, etc.)
- ½ cup Greek yogurt
- 2 tsp vanilla extract
- 2 Tbsp honey

Directions:

- In the bowl of a food processor, combine the frozen fruit, Greek yogurt, vanilla extract, and honey. Process the mixture until it is creamy, 4-5 minutes.
- Serve the frozen yogurt immediately or transfer it to an airtight container and freeze until ready to serve.



WANT MORE?

Do you have fat that you can't seem to lose no matter what you do? It could be because of "systemic inflammation". If you've spent years eating the Standard American Diet (i.e. SAD) then chances are really high this is the case for you.

The good news? We just finished putting together our "Joint Friendly Cooking Package". It includes 20 tasty Anti-Inflammatory Recipes, in a printable color pdf, plus our amazing Flax Seed, Ginger and Turmeric Guides - showing you how to use, mix, blend and cook with these inflammation fighting, joint-pain busting superfoods. The best bit: You can get the package now for \$7 :)

[YES! GET THE OFFER](#)



COACHING & SUPPORT

Did you know that you get personalized coaching included with your Homemade Cooking Club Membership? It's true!

Here are 3 ways you can get help:

- [Visit our Members-Only Group by clicking here and post your question.](#) One of our Expert Coaches will respond to you. You may even get suggestions from the other Ladies in the Group, who may have dealt with the problem you are facing.
- **Access your Homemade Cooking Club Class Library.** A world-first, searchable database of over 200 of our Event Recordings to support your mindset, weight loss, and goals to lower high blood sugar, pressure, and cholesterol.
- **Email your Expert Coaching Team and Support Team** at member@homemade-cooking.com. We normally respond in less than 24 hrs (usually much quicker).

Please be sure to add member@homemade-cooking.com to your contacts or address book so our emails reach you.

MEMBER LOVE

BEVERLY BURRIS

"#SUCCESS: Dr visit this morning was pretty exciting! I've lost 27.5 lbs, dropped from size 16 to 10 which is already getting loose. And as of today I am OFF BP meds!"



MARGIE FRANKLIN

"I comfortably wore a skirt last week that was waaaay too tight on me 3 months ago. I feel different eating the Homemade Method way. I feel like I am more awake? More alert? More energy!"

CINDY SCHMELTZ

"OMG! OMG! OMG! I was newly diagnosed with Type 2 DM in Feb. I was in a panic, when I found and started this program! My A1c was 7.4 and weighed 227 lbs. I now weigh 197 and my A1c... was 5.4! I went from a sense of urgency and panic to a feeling of confidence and control!"



MEET THE COACHES



ANNA RAKOCZY

FOUNDER OF HOMEMADE METHOD

Anna has Masters Degrees from Stanford & UC Berkeley. Anna is a Fulbright Scholar, was the Australian Young Lawyer of the Year in 2008, and competed in National Ice Skating Championships for 4 years. Anna is a health coach, an author, and a cooking instructor. She founded the Homemade Method and has led workshops for Google Employees, Stanford Hospital & University Employees. Anna presented at the Food Summit in 2013, the Food@Work Conference in 2014 and the Berkeley Food Innovation Lab. Her work has been featured in Forbes and in Edible Silicon Valley. Anna has 2 young children and loves spending time hiking, in nature, doing yoga, surfing.. Or hosting dinners with friends where everyone brings ingredients for a theme dinner and we all cook together!

ASK ME ABOUT:

- Our COOK, EAT, LISTEN system to lose weight without dieting.
- What to do if you're not losing weight.
- Best foods to balance and reduce high blood sugar, pressure & cholesterol.
- How to change your relationship with food to one based on Nourishment & Satisfaction.



MADDY KUHN

FUNCTIONAL NUTRITIONAL THERAPIST

Maddy has been with Homemade since 2014 and she is our Lead Coach. She hosts our monthly Nutrition Live series for Success and Success Plus+ members. She is a Certified Functional Nutritional Therapist and received her certification from the Nutritional Therapy Association in 2018. She has also taught cooking classes to the young and young at heart across the San Francisco Bay Area and she enjoys dancing and spending quality time with friends and family out in nature.

ASK ME ABOUT:

- Nutrition to help you break through all the misinformation & confusion!
- How different foods affect your body when it comes to blood sugar, weight loss, and inflammation.
- How to make your meals more plant-based (but still easy & yummy) to help you improve your cholesterol.



KATY GRAHAM

REGISTERED DIETITIAN NUTRITIONIST

Katy has been with Homemade since 2018. She hosts our Live Q&A Office twice per month for our Life-Changing Cooking Program Members. Katy has been a Registered Dietitian Nutritionist for 7 years in the Nashville, TN area with degrees in both psychology and nutrition and food science. She's worked as a clinical dietitian and food service supervisor in a local hospital, consultant dietitian for long term care facilities, and has even seen clients for things like weight loss, diabetes management, meal

planning, and grocery store tours. In her spare time she enjoys walking outdoors, spending time with family, and personal finance.

ASK ME ABOUT:

- How to make the program work for you (especially if you're new!) so you can lose weight and keep it off.
- How to make adjustments to recipe and meal planning to stay on a budget.
- Problem solving your biggest obstacles using nutrition science and behavioural change to help you reduce your blood numbers and chronic pain associated with arthritis.



IRENE MOLINA

CERTIFIED HOLISTIC HEALTH COACH

Irene has been with Homemade since 2019. She hosts our monthly Cooking & Meal Prep Parties and is a Certified Holistic Health Coach. She received her training from the Institute of Integrative Nutrition, where she received in-depth knowledge of nutrition, health & wellness, and coaching. Irene dealt with a lot of her own health struggles - and was able to find healing through nutrition and mindful eating. Once she learned the secret to health, she wanted to share it with the world. In her spare time, she enjoys traveling with her husband and spending time with family & friends.

ASK ME ABOUT:

- IBS or other digestive issues and how to make the program work for you.
- Foods that will support your gut health and also help you reach your health & weight loss goals.
- How to make tweaks and adjustments to recipes - especially if you suffer from food sensitivities or allergies.



LIZZIE STEWART

REGISTERED DIETITIAN & PROFESSIONAL CHEF

Originally from Halifax, Nova Scotia, Lizzie is a Registered Dietitian with over a decade of experience as a certified professional Chef. Holding a Bachelor of Science in Applied Human Nutrition and a Culinary Arts diploma, Lizzie believes everyone deserves a sustainable and joyful relationship with food and strives to help you live deliciously. As a Chef, Lizzie is able to provide practical tips and ideas allowing you to easily incorporate healthy practices into your busy daily life. Due to her culinary

background, Lizzie approaches food not only scientifically – as nutrients for the body – but also as a source of pleasure and entertainment. When she's not cooking or eating, Lizzie can be found at the local library. She is a compulsive reader of novels, recipes, and the latest nutrition research. Lizzie is also a devoted cat-mom and art enthusiast who loves sharp knives, butchery, and the smell of rosemary.

ASK ME ABOUT:

- How to substitute ingredients, master cooking techniques, and tweak recipes.
- Inspiration and ideas for quick healthy meals using what you have at home.
- Any and all nutrition questions - especially around weight loss, gut health, and digestive issues.



STEPHANIE RODI-FRANTZ

REGISTERED DIETITIAN

Stephanie has over 30 years experience as a registered dietitian. She earned her bachelor's degree at the University of Maryland and her Master's in Public Health at the University of North Carolina-Chapel Hill. She's worked in a clinical setting, long-term care management, and as an Outpatient Dietitian in a hospital setting. Stephanie was part of the "lifestyle" center that focused on Diabetes, Cardiac Rehab, Pulmonary Rehab and Bariatrics using one on one counseling and group nutrition

coaching. In her spare time she enjoys spending time with her growing family, hanging out with her girlfriends, and biking.

ASK ME ABOUT:

- What to eat and do if you have blood sugar spikes, high cholesterol, and high blood pressure.
- How to get a healthy heart through lifestyle and food.
- Helping you to understand your meds, their side effects, and how to navigate what you can eat with your specific situation.



MERYLL HELDEROP

CERTIFIED NUTRITIONIST

Meryll is a Certified Nutritionist with a Master's Degree in Nutrition from Bastyr University in 2014 and an undergrad degree in Psychology from University of Washington. Meryll taught group exercise classes at a studio gym where she created a 3-month nutrition program for members with a focus on mindful eating, and she is currently working on a ME certificate program. She's dealt firsthand with weight gain, chronic heartburn, inflammation, and all over body pain and she decided to

heal her body through food and movement. All of that has made her extremely passionate about mindful and intuitive eating practices. In her spare time, she enjoys chasing after her two small boys and breaking bread with friends.

ASK ME ABOUT:

- The mindset piece of the program & intuitive eating for weight loss.
- How to listen to your body & give it the proper nourishment in any given situation.
- How to create healthy new habits for weight loss and inflammation reduction.



SAMANTHA TEMPLE

NUTRITIONIST

Samantha is an Associate Nutritionist who graduated with a Bachelor of Food and Nutrition from LaTrobe University in 2020. She became a Nutritionist because she battled Fibromyalgia and Chronic Fatigue Syndrome throughout her teenage years and into her 20's and saw the healing power of nourishing foods first hand. Simply by making small swaps, she was able to reduce the chronic pain she experienced and start to regain her energy! She would not let these illnesses define her life and was determined to

help others do the same. She is passionate about using the most up-to-date nutrition research to help women reduce inflammation, heal their bodies, and feel their best. In her spare time she enjoys camping with her husband and friends, riding and training a friend's young quarter horse and learning all about gardening.

ASK ME ABOUT:

- Fibromyalgia and how to reduce body wide inflammation.
- Chronic Fatigue Syndrome and how to increase your energy levels for years to come.
- Nutrition Research and the scientific evidence behind the nutrition, food recommendations and behavior change.

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YOU WOULDN'T STEAL A LOAF OF BREAD (COPYRIGHT NOTICE)

Bakers wake early each morning to make loaves of bread.
Dressmakers sew dresses. And authors write books.

Likewise, we work hard every day to bring you the best original, content, to help you improve your health and your life.

You wouldn't steal a loaf of bread, a dress, or a book... so please respect our content too. 

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If you've got any questions, please reach out to our team at member@homemade-cooking.com. Thank you!