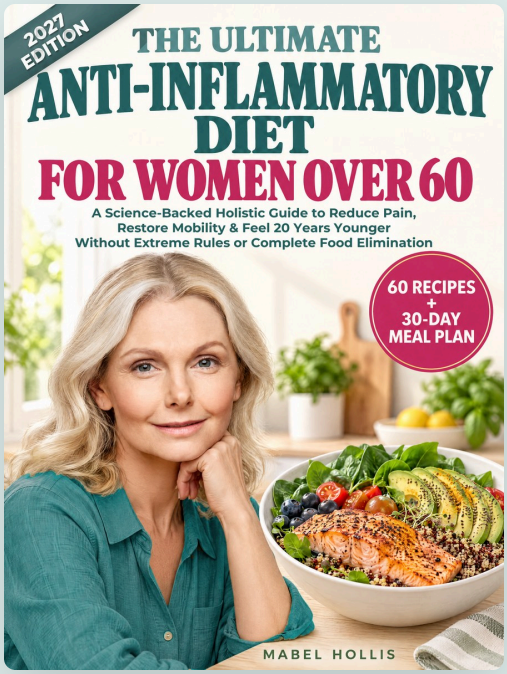
BONUS KIT · 2027 EDITION

Swap & Save Guide

Smart swaps for every recipe, budget, and way of eating

A companion to The Ultimate Anti-Inflammatory Diet for Women Over 60 · 2027 Edition



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PART OF YOUR BOOK

Before You Begin

This guide is part of *The Ultimate Anti-Inflammatory Diet for Women Over 60*, 2027 Edition. It's meant for the moments when real life meets a recipe: the store is out of cod, berries cost twice what they did last month, your daughter is coming for dinner and she doesn't eat meat, or dairy simply doesn't agree with you.

You don't need to read it from start to finish. Keep it next to your shopping list and open it when you need it. Every swap here works with the 60 recipes in Chapter 4 and with the 30-day plan in Chapter 5, including the protein boosts marked "+". The last page is made to be printed: a list where you can write down the swaps you like best.

TALK TO YOUR DOCTOR

This guide is for information only and doesn't replace advice from your doctor or a registered dietitian. If you have a food allergy, diabetes, or kidney disease, or take blood thinners such as warfarin, ask them before you change your usual foods. With warfarin, for example, doctors usually advise keeping the amount of leafy greens you eat steady from week to week, so swapping lettuce for kale is worth mentioning at your next visit.

1. Three Rules for a Good Swap

Cooking from a book can feel strict: the recipe says salmon, and if there's no salmon, you might feel tempted to give up and order a pizza. But every recipe in this book was built on a simple idea, and once you see it, swapping becomes easy. Three rules are all you need.

Rule 1: Swap like for like

Every ingredient has a job on the plate. Salmon brings protein and omega-3 fats; spinach brings color, fiber, and minerals; walnuts bring crunch and healthy fats. When you replace something, pick an ingredient that does the same job. Protein for protein, leafy green for leafy green, nut for nut or seed. That way the meal still keeps you full, and still has the balance you read about in the first chapters.

Rule 2: Keep it whole

A good swap stays close to nature. Frozen spinach is still spinach, and canned beans are still beans. A breaded, ready-made fish stick is a different food. When in doubt, choose the swap with the shortest list of ingredients on the label.

Rule 3: Taste, then adjust

Swapped ingredients don't always cook or taste exactly the same. Frozen fish may release more water; dried herbs are stronger than fresh ones; a plant milk may be sweeter than you expected. Taste before you serve, and add a squeeze of lemon, a pinch of pepper, or a few more minutes in the oven. You know your kitchen better than any book does.

IN ONE LINE

A good swap does the same job on the plate: protein for protein, green for green, crunch for crunch.

2. When You Can't Find an Ingredient

Some ingredients in the book are easy to find in any American supermarket; others depend on the season, the store, or where you live. Here's what to use when the shelf is empty.

Fish, meat, and eggs

IN THE RECIPE	USE INSTEAD	GOOD TO KNOW
Rabbit (Rosemary Rabbit Stew)	Boneless chicken thighs	Cook the chicken until it reaches 165°F inside.
Veal cutlets	Chicken or turkey cutlets, pounded thin	They cook in about the same time. Check that the center is no longer pink.
Fresh tuna steak	Frozen tuna steak, a salmon fillet, or canned light tuna	Fresh tuna is often yellowfin, which the FDA lists as a "good choice": about once a week is fine. Canned light tuna is on its "best choices" list.
Wild-caught salmon fillet	Farmed salmon, frozen fillets, or canned salmon	All salmon is on the FDA's "best choices" list.
Smoked salmon	Canned salmon, flaked	Smoked salmon is quite salty, so canned can be a gentler choice.
Cod fillets	Haddock, pollock, tilapia, or frozen cod	All mild white fish, all on the FDA's "best choices" list.
Fresh shrimp	Frozen shrimp	Thaw them overnight in the fridge, or in a bowl of cold water for about 20 minutes.
Turkey breast	Chicken breast or turkey cutlets	Cut into strips of the same size so they cook evenly.
Pasture-raised eggs	Any eggs you like	The protein is the same.

Vegetables, fruit, and herbs

IN THE RECIPE	USE INSTEAD	GOOD TO KNOW
Butternut squash	Frozen squash cubes, sweet potato, or pumpkin	Frozen cubes save you the hardest job: peeling.
Baby kale	Baby spinach, chopped kale, or Swiss chard	Remove the tough stems from regular kale.

IN THE RECIPE	USE INSTEAD	GOOD TO KNOW
Bok choy	Napa cabbage, thinly sliced green cabbage, or spinach	Add spinach at the very end: it wilts in a minute.
Collard green leaf (for wraps)	A large lettuce or chard leaf, or a small whole-grain tortilla	
Cauliflower rice	Frozen cauliflower rice, or a head of cauliflower grated on a box grater	
Pre-cooked beets	Canned beets, drained and rinsed	
Brussels sprouts	Broccoli florets or wedges of green cabbage	
Arugula	Baby spinach or watercress	
Fresh berries	Frozen berries	Perfect for smoothies and chia puddings.
Fresh pineapple	Frozen pineapple, or canned in juice and drained	Avoid pineapple canned in syrup.
Fresh dill, parsley, or rosemary	Dried herbs, about one-third of the amount	1 tablespoon fresh = about 1 teaspoon dried.
Fresh mint (Cucumber Mint Smoothie)	A few basil leaves, or simply leave it out	Dried mint doesn't work well in a smoothie.
Fresh ginger	Ground ginger	It's stronger: start with a small pinch and taste.
Fresh lemon or lime, or lemon zest	Bottled juice, or one for the other	Lemon and lime are interchangeable. No zest? A few extra drops of juice.

Pantry and specialty items

IN THE RECIPE	USE INSTEAD	GOOD TO KNOW
Sprouted grain bread or tortillas	Any 100% whole-grain bread or tortillas	Look for "100% whole grain" or "whole wheat" as the first ingredient.
Quinoa	Brown rice, millet, or bulgur	Bulgur contains gluten.
Tahini	Sunflower seed butter or almond butter	
Almond butter	Natural peanut butter or sunflower seed butter	Choose one made with just nuts or seeds, and maybe salt.

IN THE RECIPE	USE INSTEAD	GOOD TO KNOW
Hemp seeds	Chia, sunflower, or pumpkin seeds	
Medjool dates	Deglet Noor dates	They're smaller: use about twice as many, and soak them in warm water for 10 minutes if they're dry.
Dried figs	Dried apricots or extra dates	
Raw cacao powder	Unsweetened cocoa powder	A very similar flavor, easier to find and usually less expensive.
Low-sodium tamari	Low-sodium soy sauce or coconut aminos	Regular soy sauce contains gluten.
Unsweetened pumpkin purée	Mashed cooked sweet potato or butternut squash	Don't use "pumpkin pie filling": it already contains sugar and spices.
Low-sodium vegetable broth	Water with a pinch of dried herbs and a little extra garlic	
Balsamic dressing	1 tablespoon olive oil + 1 teaspoon balsamic vinegar	Homemade, ready in seconds.

Drinks and sweeteners

IN THE RECIPE	USE INSTEAD	GOOD TO KNOW
Unsweetened tart cherry juice	Frozen tart cherries blended with a little water	Sweet cherries work too, but the smoothie will be sweeter.
Matcha powder	Two green tea bags steeped in ½ cup hot water, then cooled	The flavor is lighter, but it's still green tea.
Dried culinary lavender	Chamomile on its own	Only use lavender sold for cooking, never lavender from potpourri or scented products.
Unsweetened coconut water	Water with a squeeze of lime	
Raw honey	Regular honey or pure maple syrup	
Unsweetened almond milk	Any unsweetened plant milk	Soy milk has the most protein: see Section 5.
Unsweetened coconut milk	The carton kind for drinks; light canned coconut milk for stews	Full-fat canned coconut milk is much richer, so a latte made with it will have many more calories.

3. Eating Well for Less

Let's be honest about something many cookbooks skip: healthy food can be expensive. Fresh wild salmon, organic berries, and specialty powders add up quickly, especially on a fixed income. The good news is that the anti-inflammatory way of eating doesn't depend on any of them. Its real foundations are some of the least expensive foods in the store: beans, lentils, oats, eggs, cabbage, carrots, frozen vegetables, and canned fish.

Your freezer is your best friend

Frozen fruits and vegetables are picked and frozen at their peak, and they wait patiently for you. When researchers compared fresh, fresh-stored, and frozen produce, they found that most vitamin levels were similar, and frozen produce sometimes did better than "fresh" produce kept in the fridge for five days (Li et al., 2017; Bouzari et al., 2015). Frozen food also means less waste: you take out only what you need.

Good things to keep in your freezer for this book:

- **Berries, pineapple, and banana slices** for smoothies and puddings. Freeze very ripe bananas instead of throwing them away.
- **Spinach, broccoli, cauliflower rice, and squash cubes** for stews, stir-fries, and bowls.
- **Shrimp and fish fillets**, thawed in the fridge overnight.
- **Cooked lentils and quinoa** in ½-cup portions, ready for a protein boost.
- **Bread slices**, toasted straight from frozen.
- **Nuts and seeds**, which stay fresh much longer in the cold.
- **A piece of fresh ginger**: it grates easily while still frozen.

The can-opener trio

Three canned foods can carry a whole week of meals.

- **Canned salmon** usually costs less than fresh fillets and keeps for years. If your can includes the soft bones, mash them in: they're edible and add calcium.
- **Canned light tuna** is one of the FDA's "best choices" for low mercury. It's ready for the Avocado Tuna Salad or a quick protein boost.

- **Canned beans and chickpeas** need no cooking at all. Drain and rinse them: in one study, this removed about 40% of the added sodium (Duyff et al., 2011).

Add a few cans of diced tomatoes with no salt added, and your pantry is ready for the stews and bowls of the 30-day plan.

Smart swaps for your shopping cart

THE PRICIER CHOICE	THE SWAP THAT SAVES	WHY IT STILL WORKS
Fresh fish fillets	Frozen fillets or canned salmon	Same protein and omega-3s, and they keep for months.
Fresh berries out of season	Frozen berries	Similar vitamins, less waste.
Pre-cut vegetables and cauliflower rice	Whole vegetables cut at home, or frozen	You pay for the knife work.
Chicken breast	Chicken thighs	Juicier, harder to overcook, and usually cheaper.
Rotisserie chicken every week	Two thighs roasted at home	Rotisserie chicken is convenient but often salty: check the label.
Canned beans, every time	Dried beans and lentils, cooked in a batch and frozen	Lentils need no soaking and cook in about 20 minutes.
Small bags of nuts	A larger bag of nut pieces, kept in the freezer	Pieces cost less than whole nuts, and the recipes chop them anyway.
Sprouted grain bread	100% whole-grain bread	Freeze it in slices so nothing goes stale.
Pasture-raised eggs	Regular eggs	Same protein, for less.
Wild salmon	Farmed or canned salmon	All salmon is a “best choice” on the FDA list.
Matcha and raw cacao	Green tea bags and cocoa powder	Same plants, more familiar prices.
A bunch of herbs for one recipe	Dried herbs, or a pot of parsley or mint on the windowsill	

Waste less, save more

The plan in Chapter 5 already helps you here: most dinners serve two, and the second portion becomes the next day’s lunch. A few more habits make every dollar go further:

- **Shop with the weekly list**, and check your fridge and pantry before you go. Cross off what you already have.
- **Store half an avocado** with the pit still in, a squeeze of lemon on the cut side, and tightly wrapped. Or mash it and freeze it for a smoothie.
- **Keep herbs like flowers:** stems in a glass of water, loosely covered, in the fridge.
- **Use the last handful.** Leftover spinach goes into a smoothie or a scramble, a spoonful of quinoa into a bowl, the last berries into a chia pudding.

> GOOD TO KNOW
>
> Before each week, look at your freezer and pantry first, then write your shopping list. The cheapest food is the one you already have at home.

4. If You're Vegetarian

If you don't eat meat or fish, this book still works for you, and more easily than you might think: 46 of the 60 recipes already contain neither. For the other 14, here are simple swaps that keep the flavor and spirit of the original. The same swaps work when the recipe comes back as a leftover lunch the next day.

Recipe by recipe

RECIPE	VEGETARIAN SWAP	TIP
Smoked Salmon & Avocado Roll-Ups	2 eggs, scrambled or sliced hard-boiled	Roll them in large lettuce leaves with the avocado and arugula.
Avocado Tuna Salad	½ cup chickpeas, or 2 hard-boiled eggs	Mash the chickpeas with a fork, then mix with the avocado, lemon, and celery.
Garlic Shrimp & Quinoa Bowl	½ cup shelled edamame or chickpeas	Sauté them with the garlic for 3 to 4 minutes.
Chicken & Avocado Lettuce Wraps	Extra-firm tofu strips or black beans	Sear the tofu until golden, then season with lime.
Lemon-Garlic Veal Cutlets	Extra-firm tofu, cut into thick slices	Press the tofu first: wrap it in a clean towel under a heavy pan for 15 minutes. Then sear it with the same lemon, garlic, and parsley.
Turmeric Turkey & Zucchini Sauté	Chickpeas or tofu cubes	Add them together with the zucchini.
Baked Cod with Spinach & Garlic	2 eggs per serving	Make two hollows in the garlicky spinach, crack in the eggs, and bake until set.
Seared Tuna with Avocado & Cucumber	Sesame-seared tofu or edamame	
Baked Lemon Herb Salmon	Tempeh or extra-firm tofu	Bake with the lemon, garlic, and dill for about 20 minutes.
Coconut Ginger Shrimp Stir-Fry	Tofu cubes or chickpeas	They soak up the coconut and ginger beautifully.
Garlic & Turmeric Roasted Chicken Thighs	Chickpeas and tofu cubes, roasted	Spread them in one layer so they crisp.
Rosemary Rabbit Stew	1 can white beans or 1 cup cooked lentils	Add them for the last 10 minutes of cooking.

RECIPE	VEGETARIAN SWAP	TIP
Sesame Crusted Baked Cod	Sesame-crusted tofu slices	Brush with tamari, press into the seeds, then bake.
Zucchini Noodles with Pesto & Grilled Chicken	White beans or chickpeas	Many store-bought pestos contain Parmesan, which is traditionally made with animal rennet: check the label, or make the pesto in Section 5.

Plant proteins at a glance

Most plant proteins give a little less protein per serving than meat or fish. That's not a problem, but it's worth knowing: on the days you swap, add one extra protein boost, or choose the richer swaps in this table. If you eat eggs and dairy, the Greek yogurt and cottage cheese boosts in the plan stay exactly as they are.

FOOD	AMOUNT	PROTEIN	CALORIES
Tempeh	3 oz	17 g	165
Eggs, hard-boiled	2	12 g	140
Extra-firm tofu	3 oz	8–11 g	70–90
Shelled edamame, cooked	½ cup	9 g	95
Lentils, cooked	½ cup	9 g	115
Pumpkin seeds	1 oz (about ¼ cup)	8 g	160
Soy milk, unsweetened	1 cup	7 g	80
Black beans or chickpeas	½ cup	7 g	110–135
Hummus	¼ cup	5 g	100–150

Values are approximate: check the label. In the 30-day plan, replace the chicken boost with tempeh or two eggs, and the salmon boost with edamame or lentils.

TALK TO YOUR DOCTOR

Without fish or meat, two nutrients deserve a word with your doctor. **Vitamin B12**: after 50 the body absorbs it less well from food, and the NIH advises getting most of it from fortified foods or supplements (NIH Office of Dietary Supplements, n.d.-c). **Omega-3s**: walnuts, chia, and flax give ALA, which the body turns only in small part into the EPA and DHA found in fish (NIH Office of Dietary Supplements, n.d.-b). Ask whether to check your levels.

5. If You're Dairy-Free

In Chapter 2 you read that, for most people, dairy doesn't increase inflammation. But if dairy upsets your stomach, or you simply prefer to avoid it, you're in good company, and this book makes it easy: only three recipes contain dairy, and every one of them has a simple swap.

The dairy in the recipes

RECIPE	DAIRY-FREE SWAP
Greek Yogurt & Nut Crunch	A high-protein plant yogurt (soy or pea protein). The Coconut Yogurt Power Bowl is a ready-made alternative.
Beet & Walnut Spinach Salad (goat cheese)	A few cubes of avocado, or a spoonful of toasted pumpkin seeds.
Zucchini Noodles with Pesto (cheese in the pesto)	Dairy-free pesto: blend 1 cup basil leaves, 2 tablespoons walnuts, 1 small garlic clove, 2 tablespoons olive oil, and a squeeze of lemon. A teaspoon of nutritional yeast adds a cheesy taste.

Dairy-free protein boosts

The recipes are easy, but the protein boosts in the 30-day plan are another story: about half of them use Greek yogurt or cottage cheese. Here's how to replace them. No single dairy-free food matches Greek yogurt gram for gram, so sometimes the best swap is two smaller boosts together.

BOOST IN THE PLAN	DAIRY-FREE SWAP	PROTEIN, ABOUT
¾ cup Greek yogurt, with a spoon (17 g)	A high-protein plant yogurt + 1 tablespoon hemp seeds, or 2 hard-boiled eggs	12 g with eggs; check the label for yogurt
¾ cup Greek yogurt, blended into a smoothie (17 g)	Make the smoothie with soy milk instead of almond milk, and blend in 3 oz silken tofu	11–13 g
¾ cup Greek yogurt + toast (22 g)	2 eggs on sprouted toast	17 g
½ cup cottage cheese (12 g)	2 hard-boiled eggs, ½ cup edamame, or 1 oz pumpkin seeds	8–12 g

The other boosts in the plan (eggs, chicken, canned salmon, lentils, beans, and almonds) are already dairy-free.

GOOD TO KNOW

Plant yogurts vary enormously. Many coconut and almond yogurts have only 1 or 2 grams of protein per serving, while those made with soy or pea protein can have 10 grams or more. Turn the cup around and read the label before you buy.

Don't forget calcium

Dairy is an easy source of calcium, and after 50 women need about 1,200 milligrams a day to protect their bones (NIH Office of Dietary Supplements, n.d.-a). Without dairy, look for:

- **Plant milks and yogurts fortified with calcium.** Shake the carton well: the calcium can settle at the bottom.
- **Tofu made with calcium sulfate**, written in the list of ingredients.
- **Canned salmon with its soft bones.**
- **Leafy greens** such as kale, collards, and bok choy, plus almonds and tahini.

TALK TO YOUR DOCTOR

If you avoid dairy and wonder whether you get enough calcium and vitamin D, ask your doctor before you take any supplement: they can tell you what you need, given your bones, your medications, and your other health conditions.

6. Other Needs: Gluten-Free and Nut-Free

Gluten-free

Most of the recipes are naturally gluten-free. Only a few ingredients need attention:

INGREDIENT	GLUTEN-FREE SWAP
Sprouted grain bread and tortillas	Certified gluten-free bread, corn tortillas, or large lettuce leaves
Oats	Already gluten-free in the book: keep choosing oats labeled “gluten-free”
Tamari	Check the label for “gluten-free”; avoid regular soy sauce
Bulgur (if you use it instead of quinoa)	Stay with quinoa, brown rice, or millet

Nut-free

INGREDIENT	NUT-FREE SWAP
Walnuts, pecans, almonds	Pumpkin or sunflower seeds, toasted
Almond butter	Sunflower seed butter or tahini
Almond milk	Oat milk or soy milk, unsweetened

TALK TO YOUR DOCTOR

If you have a diagnosed allergy or celiac disease, read every label, every time: recipes change, and "may contain" warnings matter. Your doctor or an allergist can tell you how strict you need to be.

7. My Swap List

Write down the swaps you try and how you liked them. In a few weeks, this page will be your own personal version of the book.

IN ONE LINE

The best recipe is the one you can make tonight, with what you have, at a price that feels right.

#	RECIPE	IN THE RECIPE	I USED INSTEAD	HOW DID I LIKE IT?
1				
2				
3				
4				
5				
6				
7				

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