

ENDO GIRL RECIPES

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10 Afro-Caribbean Vegan Salad Combos

1. Jerk Jackfruit Jamaican Jerk Salad

- **Meat Substitute:** Shredded Jerk-seasoned Jackfruit
- **Flavor Profile:** Sweet, smoky, and spicy Jamaican jerk.
- **Salad Components:** Mixed greens, grilled pineapple, roasted sweet potato cubes, chopped red onion, and a lime-ginger-allspice vinaigrette.
- **Anti-inflammatory Focus:** Ginger, Allspice, Turmeric, Pineapple (bromelain), Sweet Potato.

2. "Crab-less" Hearts of Palm Caribbean "Seafood" Salad

- **Meat Substitute:** Hearts of Palm "crab meat"
- **Flavor Profile:** Light, fresh, and zesty "seafood" flavor.
- **Salad Components:** Hearts of palm mixed with finely diced bell peppers, celery, scallions, Old Bay-style seasoning (using paprika and mustard), and a cilantro-lime cashew cream dressing.
- **Anti-inflammatory Focus:** Hearts of Palm, Cilantro, Bell Peppers (Vitamin C), Old Bay Spices.

3. Pulled Lion's Mane Cuban Mojo Bowl

- **Meat Substitute:** Lion's Mane mushroom
- **Flavor Profile:** Bright, garlicky, and tangy Cuban Mojo.
- **Salad Components:** Lion's Mane marinated in a garlic-citrus Mojo sauce (sour orange/lime), served warm over baby spinach, with avocado, red onion, and baked plantain chips.
- **Anti-inflammatory Focus:** Garlic, Citrus (Vitamin C), Spinach, Avocado, Lion's Mane.

4. Curried Jackfruit Trinidadian Curried Jackfruit & Mango Salad

- **Meat Substitute:** Jackfruit chunks
- **Flavor Profile:** Warm, mild, and savory curry with tropical sweetness.
- **Salad Components:** Jackfruit slow-cooked in a mild Madras curry blend, tossed with mixed greens, fresh mango, cherry tomatoes, and a light coconut milk-based dressing.
- **Anti-inflammatory Focus:** Turmeric (in curry), Mango, Ginger, Coconut Milk (healthy fats).

5. Grilled Hearts of Palm Spicy Island Slaw

- **Meat Substitute:** Grilled Hearts of Palm
- **Flavor Profile:** Crunchy, tangy, and a touch spicy.
- **Salad Components:** Thinly sliced and grilled hearts of palm, tossed with shredded cabbage, carrots, jicama, red bell pepper, and a light vinaigrette infused with cilantro, lime, and a hint of Scotch Bonnet (optional).

- **Anti-inflammatory Focus: Cabbage (cruciferous), Cilantro, Lime, Jicama, Hearts of Palm.**

6. Lion's Mane "Fritters" Bahamian "Conch" Fritter Salad

- **Meat Substitute: Pan-seared Lion's Mane "fritters"**
- **Flavor Profile: Savory, herby, and zesty.**
- **Salad Components: Lion's Mane fritters (seasoned with thyme, onion, and pepper) served over watercress and arugula, with sliced cucumber, tomato, and a zesty lemon-thyme dressing.**
- **Anti-inflammatory Focus: Watercress, Arugula, Thyme, Lemon, Lion's Mane.**

7. "Saltfish" Hearts of Palm Ackee & "Saltfish" Salad

- **Meat Substitute: Hearts of Palm**
- **Flavor Profile: Rich, savory, and lightly creamy.**
- **Salad Components: Hearts of palm seasoned with "saltfish" spices (thyme, onion, bell pepper) and mixed with a base of creamy, cooked Ackee fruit, served over mixed greens.**
- **Anti-inflammatory Focus: Ackee (healthy fats/fiber), Thyme, Bell Peppers, Hearts of Palm.**

8. "Stew" Jackfruit Dominican/Puerto Rican "Guandules" & Jackfruit Salad

- **Meat Substitute: Shredded Jackfruit**
- **Flavor Profile: Savory, herbaceous, and robust stew flavor.**
- **Salad Components: Jackfruit simmered in a savory tomato-herb (oregano, sofrito) sauce, mixed with Pigeon Peas (Guandules), corn, bell peppers, and served cold over romaine.**
- **Anti-inflammatory Focus: Oregano, Tomato (lycopene), Pigeon Peas, Bell Peppers.**

9. Blackened Lion's Mane Cajun-Caribbean Salad

- **Meat Substitute: Blackened Lion's Mane**
- **Flavor Profile: Smoky, earthy, and spicy.**
- **Salad Components: Lion's Mane seasoned heavily with blackened spices (paprika, cayenne, thyme, oregano), pan-seared, and served over mixed greens with a smoky sweet bell pepper dressing.**
- **Anti-inflammatory Focus: Paprika, Oregano, Thyme, Lion's Mane.**

10. Jackfruit & Coconut Tropical Detox Salad

- **Meat Substitute: Lightly seasoned Jackfruit**
- **Flavor Profile: Refreshing, light, and minty.**
- **Salad Components: Jackfruit mixed with young coconut meat shreds, shaved cucumber, radishes, and a light dressing made from coconut vinegar, ginger, and mint.**
- **Anti-inflammatory Focus: Coconut, Cucumber, Radishes, Ginger, Mint.**

The ‘WHY’ behind the recipe!

This recipe list is beneficial for Endometriosis Warriors because it is designed around the principles of an Anti-Inflammatory Elimination Diet, which is often recommended to help manage the symptoms of endometriosis.

Endometriosis is an inflammatory condition that is fueled by excess estrogen (estrogen-dependent) and chronic inflammation in the body.¹ The goal of a therapeutic diet is to reduce the inflammation and support hormone balance, which these recipes achieve in three key ways:

1. Eliminating Common Inflammatory and Estrogen-Boosting Triggers

The most immediate benefit of this list is what it excludes in favor of plant-based alternatives:

Inflammatory Trigger	Why it's Avoided	How the Recipe List Helps
Red Meat & Processed Meats	High in saturated fat and heme iron, which are linked to increased inflammation and a higher risk/severity of endometriosis symptoms.	Replaced entirely with vegan substitutes (Jackfruit, Lion's Mane, Hearts of Palm).
Dairy	A common inflammatory and hormonal trigger for many with Endometriosis (due to hormones and inflammatory components).	Excluded entirely. The recipes use plant-based creams (cashew, coconut milk) or oil/vinegar-based dressings.
Gluten (Wheat)	Can cause significant gut inflammation (even without Celiac disease) and worsen pain in many Endometriosis patients.	Excluded by design. The recipes focus on salads, using alternatives like baked plantain chips or whole produce, avoiding common gluten-containing bases.
Soy (Tofu/Chickpeas)	Tofu and chickpeas (common vegan staples) are excluded, which can be beneficial for those who find that soy, specifically, is an estrogenic trigger.	Substituted with non-soy alternatives like Lion's Mane, Jackfruit, and Hearts of Palm.

2. Maximizing Powerful Anti-Inflammatory Ingredients

The Afro-Caribbean and salad style of these recipes naturally maximizes ingredients known to calm inflammation:

- **Lion's Mane Mushroom:** Studies show this mushroom possesses significant anti-inflammatory and antioxidant properties that may help combat oxidative stress in the body.
- **Turmeric, Ginger, Allspice, Thyme, Oregano:** These are the core anti-inflammatory spices used in the Jerk, Curry, and Mojo flavor profiles. Turmeric (curcumin) is a powerful anti-inflammatory agent.
- **Omega-3 Rich Ingredients:** The recipes prioritize healthy fats and oils in the dressings (e.g., olive oil, cashew/coconut milk base, avocado), aiming to increase the anti-inflammatory Omega-3 to Omega-6 ratio.
- **High Antioxidant Produce:** The inclusion of colorful foods like bell peppers (Vitamin C), pineapple (Bromelain enzyme), mango, and dark leafy greens (Spinach, Arugula, Watercress) provides a massive influx of antioxidants to help repair cell damage and reduce oxidative stress.

3. Supporting Gut Health and Estrogen Metabolism (The "Fiber Effect")

A key strategy for managing Endometriosis is promoting efficient elimination of excess estrogen, which requires good gut health:³

- **Fiber Load:** All three meat substitutes (Jackfruit, Hearts of Palm, Lion's Mane) are exceptionally high in dietary fiber.⁴
 - Jackfruit and Hearts of Palm add significant bulk and fiber to the recipes. Fiber binds to excess estrogen in the digestive tract, preventing it from being reabsorbed and ensuring it is eliminated from the body. This helps support hormonal balance.
- **Prebiotic Properties:** The high fiber, particularly in Lion's Mane and Hearts of Palm, acts as a prebiotic, feeding the beneficial bacteria in the gut.⁵ A healthier gut microbiome is linked to lower systemic inflammation.⁶