

A vibrant collage of various food items including soups, salads, breads, and vegetables. The items are arranged around the central text, creating a rich and colorful background. The items include a bowl of mushroom soup, a plate of chicken with avocado and tomatoes, a slice of bread with blueberries, a slice of bread with avocado, a whole mushroom, a head of garlic, a bunch of asparagus, a plate of quinoa with an egg and grapes, a slice of bread with figs, a whole tomato, a slice of bread with tomatoes, a slice of pizza, a plate of spaghetti with tomatoes, and a bunch of blueberries.

CHRONIC PAIN COOKBOOK

The logo for LiveWell with pain, featuring a stylized blue and orange 'C' shape above the text 'LiveWell with pain' in blue and orange.

LiveWell
with pain

The page features decorative illustrations of Indian sweets and dishes. At the top, there are several round sweets on a plate, including one with a floral pattern. At the bottom left, there are more sweets, including some with a lattice pattern. At the bottom right, there are triangular sweets, possibly samosas or triangles, garnished with green herbs. The background has a light beige color with white wavy lines.

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Breakfast Recipes



CHRONIC PAIN COOKBOOK

Overnight Oat with Berries and Seeds



Benefits for people with chronic pain

The **oats** found in this recipe are good at supporting stable blood sugar levels and reducing inflammation. The **berries** also help combat inflammation, whereas the **chia seeds** contain Omega-3 Fatty Acids which is a nutrient found to be very beneficial for management of chronic pain.

Ingredients

● 80g rolled oats

● 1 tbsp chia seeds

● 250ml almond milk

● 1 tsp honey (optional)

● 100g mixed berries (frozen or fresh)

Instructions

Step 1- In a container, combine the oats, almond milk, berries, and chia seeds.

Step 2- Sweeten with honey if desired and mix well.

Step 3- Cover and refrigerate overnight. Stir before serving.

Storage: Keep refrigerated for up to 3 days. Not suitable for freezing.



Cost per serving : Approx. £0.50



Make: 2 Portions

Avocado & Tomato on Toast



Benefits for people with chronic pain

Avocados can reduce inflammation and muscle pain. **Tomatoes** can also reduce inflammation. The **wholemeal bread** also helps to support healthy digestion.

Ingredients

- 1 slice wholemeal bread

- 1 tsp olive oil

- ½ avocado

- Optional sprinkle of chilli flakes.

- 4-5 cherry tomatoes, sliced

Instructions

Step 1- Toast the Bread

Step 2- Mash or slice the avocado and spread it on the toast.

Step 3- Top with sliced cherry tomatoes and drizzle with olive oil (and sprinkle of chill flakes if using).

Fancy adding something else? Why not add some grilled mushrooms?

Storage: Best consumed fresh. If prepping ahead, store the avocado and tomato separately in airtight containers for up to 1 day.



Cost per serving : Approx. £0.60



Make: 1 Portion

Greek Yoghurt with Honey and Walnuts



Benefits for people with chronic pain

Greek yogurt provides probiotics, which support gut health and may reduce inflammation linked to chronic pain. **Walnuts** are an excellent source of omega-3 fatty acids, while **honey** has natural anti-inflammatory properties.

Ingredients

- 300g Greek Yoghurt

- 20g walnuts (chopped)

- 2 tsp honey

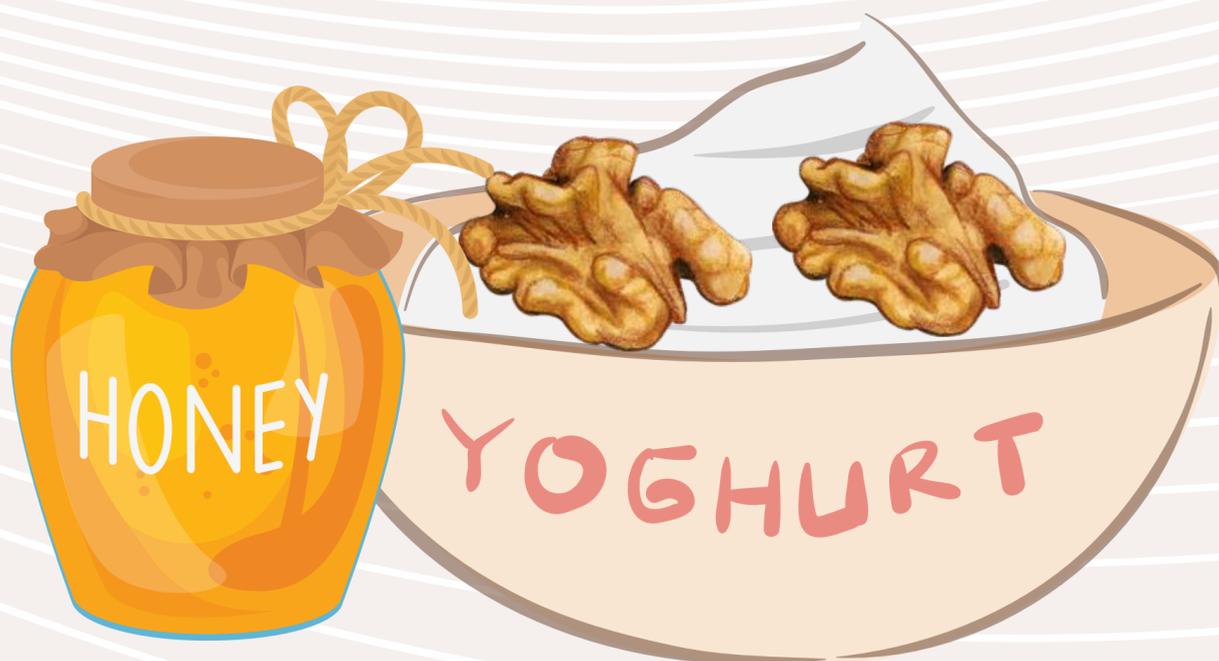
Instructions

Step 1– Divide the Greek yogurt between two bowls.

Step 2– Drizzle with honey and sprinkle with chopped walnuts.

Optional– Why not add some frozen berries?

Storage: Store assembled in the fridge for up to 2 days. Not suitable for freezing.



Cost per serving : Approx. £0.50



Make: 2 Portions

Banana & Almond Smoothie



Benefits for people with chronic pain

Bananas are a good source of magnesium, which can ease muscle cramps. **Almond milk** provides vitamin E, which has anti-inflammatory effects, while **peanut butter** adds healthy fats and protein to support satiety

Ingredients

- 1 ripe banana

- 1 tbsp peanut butter

- 200ml almond milk

- 1 tsp of honey

Instructions

Step 1- Blend the banana, almond milk, and peanut butter until smooth.

Step 2- Serve immediately.

Storage: Best consumed fresh. Can be stored in the fridge for up to 24 hours or frozen for up to 1 month (re-blend after thawing).



Cost per serving : Approx. £0.45



Make: 1 Portion

Scrambled Eggs with Spinach



Benefits for people with chronic pain

Eggs provide high-quality protein and B vitamins, which are important for nerve health. **Spinach** is rich in antioxidants, magnesium, and iron, all of which help to reduce muscle tension and inflammation.

Ingredients

- 2 eggs

- 1 tsp olive oil

- 50g fresh spinach

Instructions

Step 1- Heat the olive oil in a pan and sauté the spinach until wilted.

Step 2- Whisk the eggs in a bowl and pour over the spinach.

Step 3- Cook, stirring, until the eggs are scrambled.

***Optional-** why not add some sautéed mushrooms or tomatoes for some extra goodness?

Storage: Best consumed fresh. Can be refrigerated for up to 1 day, but texture may change.



Cost per serving : Approx. £0.40



Make: 1 Portion



Lunch Recipes



CHRONIC PAIN COOKBOOK

Chickpea Salad Wrap

Benefits for people with chronic pain

Chickpeas are a plant-based source of magnesium, which can alleviate muscle tension. **Fresh vegetables** provide antioxidants and vitamins, including vitamin C, which helps reduce inflammation and oxidative stress.

Ingredients

● 1 tortilla wrap

● 1 small tomato, diced

● ¼ cucumber, diced

● 1 tsp lemon juice

● 100g canned chickpeas (drained and rinsed)

Instructions

Step 1- Mix the chickpeas, cucumber, tomato, and lemon juice in a bowl.

Step 2- Spoon the mixture onto the wrap and fold to serve.

***Optional-** why not add some seasoning such as turmeric?

Storage: Assemble fresh. The filling can be stored in an airtight container in the fridge for 2 days. Not suitable for freezing



Cost per serving : Approx. £0.65



Make: 1 Portion

Sweet Potato & Black Bean Bowl with Zesty Lime Dressing



Benefits for people with chronic pain

Sweet potatoes are rich in vitamins that boost your immune system and fight inflammation, **Black beans** provide protein and fibre, which help keep your energy stabilised. The **lime dressing** adds a zesty kick while giving you a boost of vitamin C.

Ingredients

- 300g sweet potatoes, cubed
- 2 tbsp olive oil
- 1 tin (400g) black beans, drained and rinsed
- 1 lime (zest and juice)
- 50g mixed salad leaves
- 1 tbsp honey or maple syrup (optional)
- 1 tsp smoked paprika or cumin
- A pinch of salt and pepper

Instructions

Step 1- Preheat the oven to 200°C. Toss the sweet potato cubes in 1 tablespoon of olive oil, smoked paprika (or cumin), salt, and pepper. Spread on a baking tray and roast for 20–25 minutes until golden and tender.

Step 2- In a small bowl, whisk together the lime zest, lime juice, 1 tablespoon of olive oil, honey (if using), and a pinch of salt to make a quick dressing.

Step 3- In a serving bowl, combine the roasted sweet potatoes, black beans, and mixed salad leaves. Drizzle with the lime dressing and toss gently to coat.

Storage: Store roasted sweet potatoes and black beans separately in the fridge for up to 3 days. Assemble fresh before eating. Not suitable for freezing.



Cost per serving : Approx. £0.75



Make: 2 Portions

Vegetable Soup with Lentils



Benefits for people with chronic pain

Lentils are rich in protein and magnesium, reducing inflammation and supporting muscle relaxation. **Onions** contain quercetin, an anti-inflammatory compound, and the **vegetables** provide antioxidants.

Ingredients

- 200g carrots, diced

- 150g red lentils

- 150g celery, chopped

- 1L vegetable stock (low salt)

- 1 onion, chopped

Instructions

Step 1- Heat a pot and sauté the onion, carrots, and celery for 5 minutes.

Step 2- Add lentils and stock. Simmer for 20 minutes until vegetables and lentils are tender.

Storage: Refrigerate for up to 4 days or freeze for up to 3 months.



Cost per serving : Approx. £0.50



Make: 4 Portions

Chicken & Avocado Salad



Benefits for people with chronic pain

Chicken is a lean protein that supports muscle repair. **Avocado** adds monounsaturated fats, which help reduce chronic inflammation, while the **salad leaves** provide essential vitamins.

Ingredients

- 150g cooked chicken breast, diced

- 75g mixed salad leaves

- 1 avocado, diced

Instructions

Step 1- Combine chicken, avocado, and salad leaves in a bowl.

Step 2- Serve immediately.

Optional why not add the juice of a lemon or lime? You could even bulk up the salad with some chopped cucumber and tomatoes!

Storage: Best consumed fresh. Store components separately in the fridge for up to 2 days.



Cost per serving : Approx. £1.20



Make: 2 Portions

Tuna Pasta



Benefits for people with chronic pain

Tuna provides omega-3 fatty acids, which help reduce inflammation and support joint health. **Whole wheat pasta** is high in fibre, supporting digestive health and stable blood sugar levels. **Spinach** is rich in vitamins and antioxidants that help reduce inflammation and improve muscle health. **Courgette** and **red bell pepper** are packed with vitamins (like vitamin C) and antioxidants, further helping to reduce inflammation and boost your immune system. **Garlic** has anti-inflammatory properties that may support pain relief.

Ingredients

- 150g whole wheat pasta

- 1 tin (160g) tuna in spring water, drained

- 50g fresh spinach

- 1 clove garlic, minced

- 1 tbsp olive oil

- 1 small courgette, diced

- 1/2 red bell pepper, diced

- 1/2 cup cherry tomatoes, halved (optional)

- A pinch of salt and pepper

- 1 tsp dried oregano or basil (optional)

Instructions

Step 1- Cook the pasta according to the package instructions. Reserve 2-3 tablespoons of pasta water before draining.

Step 2- While the pasta cooks, heat the olive oil in a large pan over medium heat. Add the minced garlic and sauté for about 30 seconds until fragrant.

Step 3- Add the diced courgette, red bell pepper, and cherry tomatoes (if using) to the pan. Cook for about 5-7 minutes, stirring occasionally, until the veggies are tender.

Step 4- Add the spinach to the pan and cook for another 1-2 minutes until it wilts.

Step 5- Stir in the cooked pasta, tuna, and dried herbs (if using). Add a splash of the reserved pasta water to help coat the pasta evenly. Toss everything together, season with salt and pepper, and cook for another minute until heated through.

Why not use frozen vegetables- often cheaper than fresh and just as tasty!

Storage: Store in an airtight container in the fridge for up to 2 days. Not suitable for freezing.



Cost per serving : Approx. £0.85



Make: 2 Portions



Snack Recipes



CHRONIC PAIN COOKBOOK

Carrot & Hummus Sticks



Benefits for people with chronic pain

Carrots provide beta-carotene, an antioxidant that supports tissue repair and reduces inflammation. **Hummus**, made from **chickpeas**, offers magnesium and fibre, which help to relax muscles and maintain stable blood sugar levels.

Ingredients

● 2 medium carrots, cut into sticks

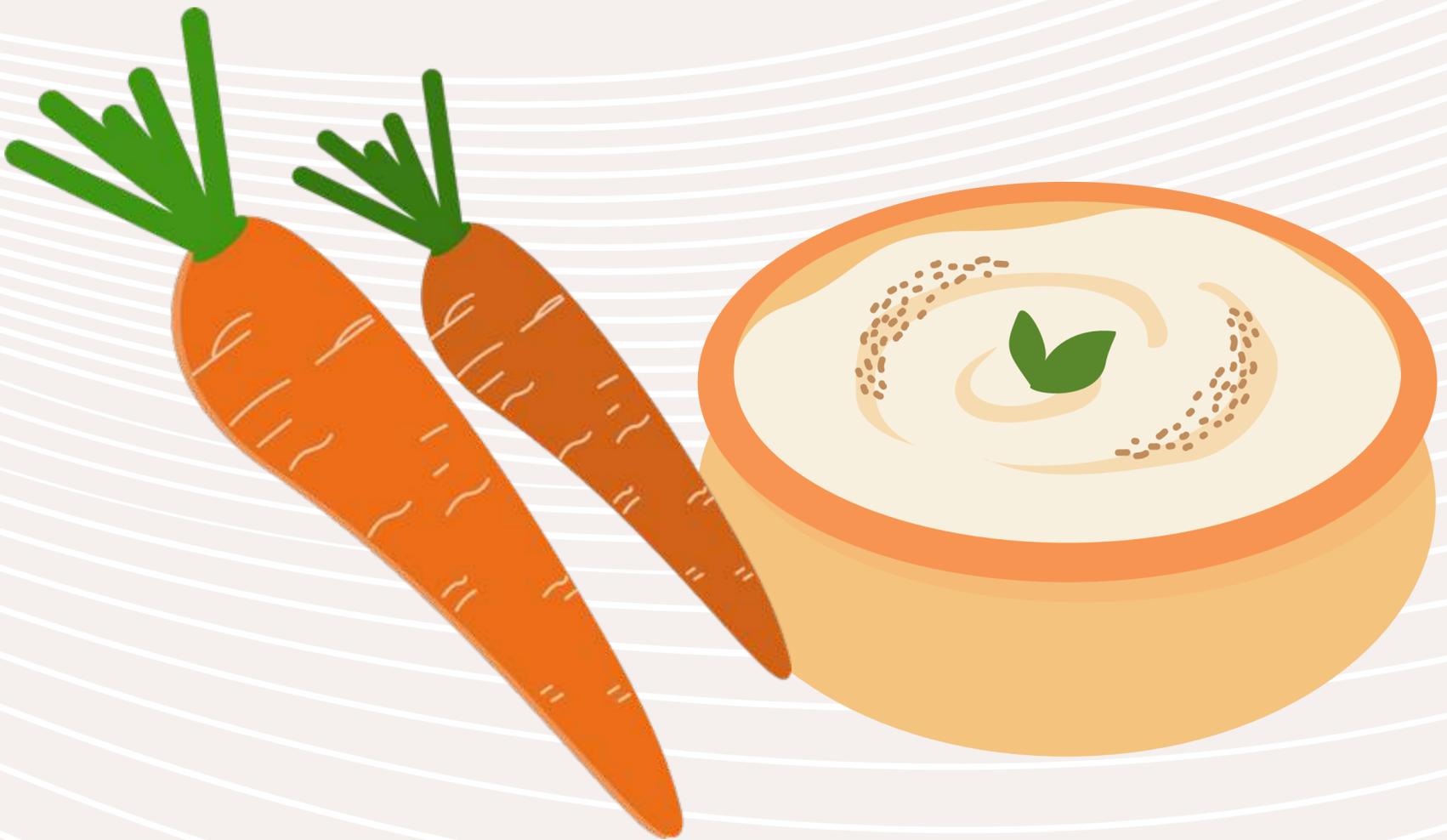
● 50g hummus

Instructions

Step 1- Peel and cut the carrots into sticks.

Step 2- Serve with hummus as a dip.

Storage: Store cut carrots in an airtight container with water in the fridge for up to 4 days. Hummus can last for 5-7 days refrigerated. Not suitable for freezing.



Cost per serving : Approx. £0.25



Make: 2 Portions

Apple & Peanut Butter



Benefits for people with chronic pain

Apples are high in fibre and vitamin C, which supports the immune system and reduces oxidative stress. **Peanut butter** is a source of healthy fats, magnesium, and protein, which support muscle health and reduce inflammation.

Ingredients

- 2 medium apples, sliced

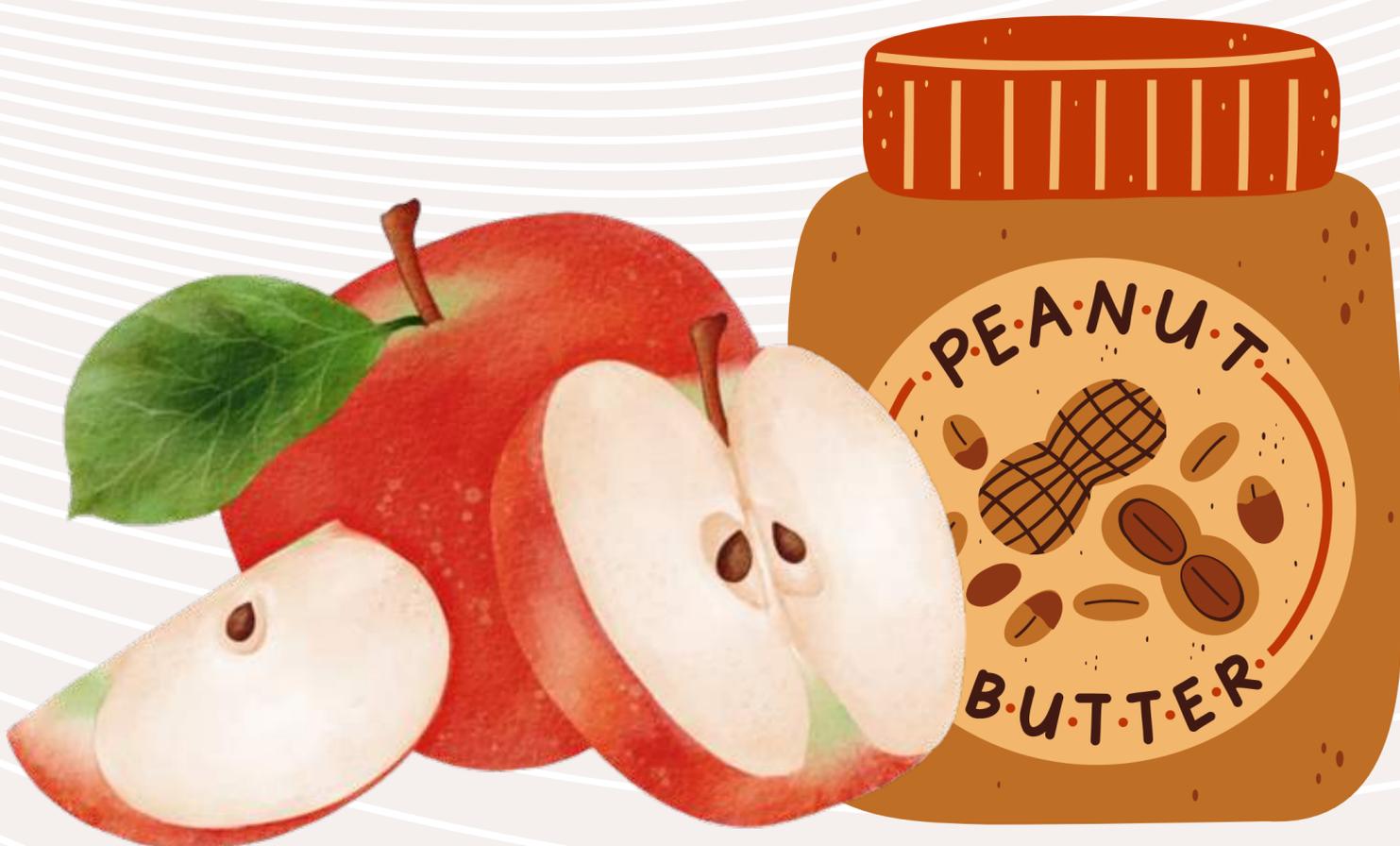
- 4 tbsp peanut butter (we recommend a 100% peanut one)

Instructions

Step 1- Slice the apples.

Step 2- Serve with peanut butter for dipping or spreading.

Storage: Apples can be sliced ahead of time and stored in the fridge with a bit of lemon juice to prevent browning for up to 2 days. Peanut butter is shelf-stable.



Cost per serving : Approx. £0.40



Make: 4 Portions

Greek Yoghurt with Berries



Benefits for people with chronic pain

Greek yoghurt contains probiotics to support gut health and reduce systemic inflammation. **Berries** are rich in antioxidants that fight oxidative stress and reduce inflammation.

Ingredients

- 300g Greek yoghurt

- 100g mixed berries (frozen or fresh)

Instructions

Step 1- Divide the yoghurt into bowls.

Step 2- Top with berries.

Storage: Assemble fresh. Yoghurt and berries can be stored separately in the fridge for 3 days. Not suitable for freezing.



Cost per serving : Approx. £0.45



Make: 2 Portions

Trail Mix



Benefits for people with chronic pain

Nuts are rich in omega-3 fatty acids and vitamin E, which combat inflammation. **Dried cranberries** add antioxidants that reduce oxidative stress.

Ingredients

- 100g mixed nuts

- 50g dried cranberries

Instructions

Step 1- Combine mixed nuts and dried cranberries in a container.

Step 2- Portion into small servings.

Storage: Store in an airtight container at room temperature for up to 1 month.



Cost per serving : Approx. £0.50



Make: 4 Portions

Rice Cakes with Avocado



Benefits for people with chronic pain

Avocados are a source of healthy fats and magnesium, reducing muscle tension and inflammation. **Rice cakes** provide a light, low-calorie base without causing blood sugar spikes.

Ingredients

● 4 rice cakes

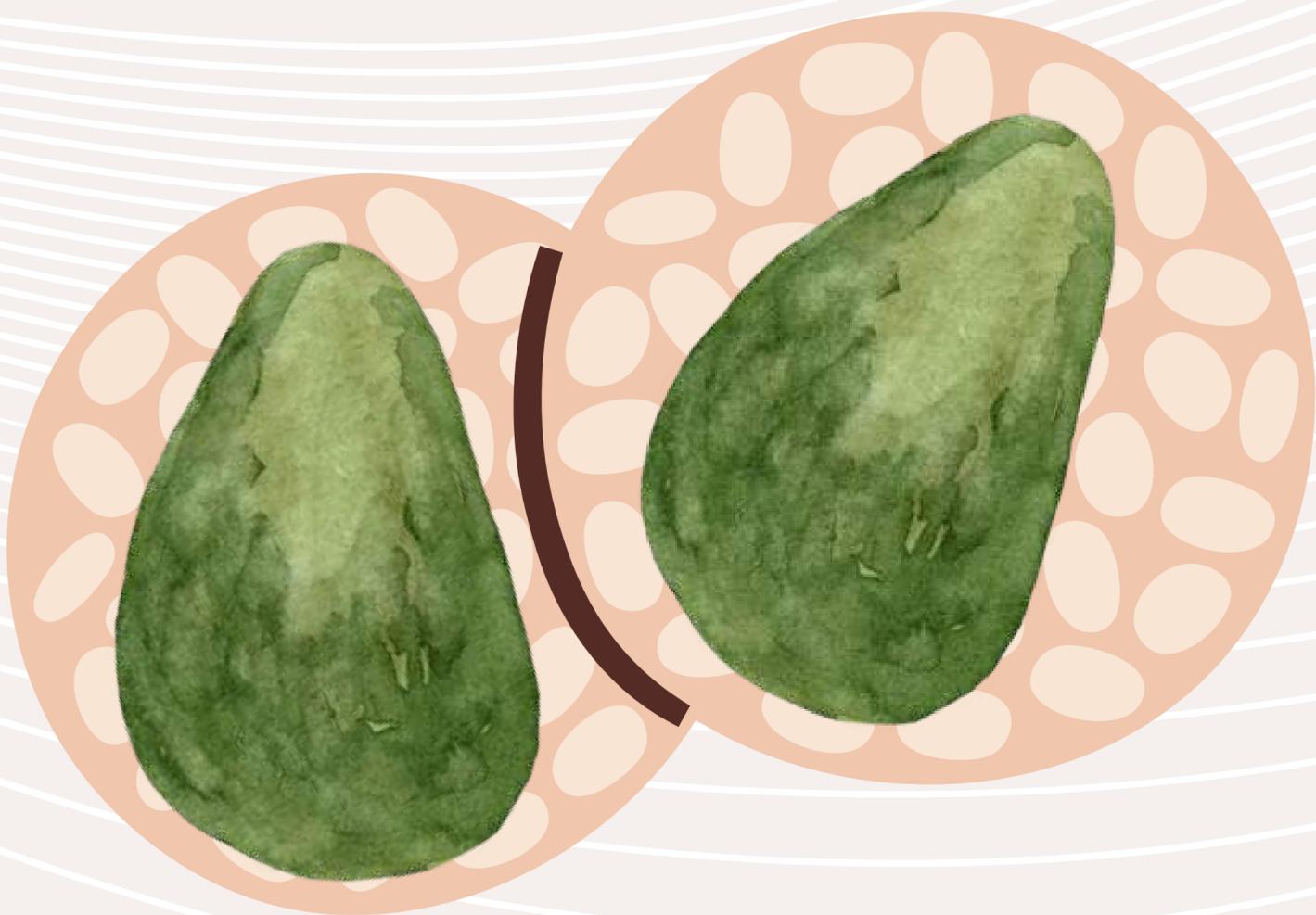
● 1 avocado

Instructions

Step 1- Slice or mash the avocado.

Step 2- Spread onto rice cakes and serve.

Storage: Assemble fresh. Rice cakes lose texture if stored. Keep avocados refrigerated for up to 2 days after slicing.



Cost per serving : Approx. £0.50



Make: 2 Portions



Dinner Recipes



CHRONIC PAIN COOKBOOK

Vegetable Stir-Fry with Rice & Protein



Benefits for people with chronic pain

Mixed vegetables provide a variety of vitamins, minerals, and antioxidants that can help fight inflammation. **Brown rice** is a whole grain that's high in fibre, which helps stabilise blood sugar and support digestion. Protein options like **chicken, tofu, shrimp, or chickpeas** are essential for muscle repair, immune support, and reducing pain. **Soy sauce** adds a savoury umami flavour and a boost of antioxidants. **Olive oil** provides healthy fats that support joint health and reduce inflammation.

Ingredients

- 300g mixed vegetables (frozen or fresh)
- 150g brown rice
- 1 tbsp olive oil (or oil of your choice)
- A pinch of salt and pepper
- 1 tsp sesame seeds (optional for garnish)
- 150g protein of your choice (chicken breast, tofu, prawn, or chickpeas)

Instructions

Step 1- Cook the brown rice according to the package instructions.

Step 2- If using chicken breast, prawn, or tofu, cook the protein separately.

- **Chicken:** Cut into small pieces and sauté in a little oil for 6–7 minutes, until fully cooked.
- **Shrimp:** Cook in a pan for 3–4 minutes, until pink and cooked through.
- **Tofu:** Cut into cubes and pan-fry until golden brown, about 5–7 minutes.
- **Chickpeas:** Simply rinse and drain a can of chickpeas and add directly to the stir-fry.

Step 3- In a large pan, heat the olive oil over medium heat and stir-fry the mixed vegetables for 5–7 minutes until tender.

Step 4- Add the cooked rice, protein, and soy sauce. Toss everything together to combine and heat through.

Step 5- Season with salt and pepper, and garnish with sesame seeds if desired.

Storage: Refrigerate for up to 3 days. Suitable for freezing for up to 3 months. To reheat, add a splash of water or broth to keep it moist.



Cost per serving : Approx. £1.00



Make: 3 Portions

Simple Lentil & Spinach Curry



Benefits for people with chronic pain

Red lentils are packed with protein and magnesium, which help reduce inflammation. **Coconut milk** gives a creamy texture and contains healthy fats that support joint health. **Spinach** is full of vitamins that fight inflammation. **Curry powder** has spices that help ease pain and reduce inflammation. **Garlic** adds flavour and also helps reduce inflammation.

Ingredients

● 150g red lentils

● 1 clove garlic, minced

● 200ml coconut milk

● 1 tbsp curry powder

● 50g fresh spinach

● 1 tbsp olive oil

● 1 onion, chopped

● Salt and pepper, to taste

Instructions

Step 1- Rinse the red lentils. In a pot, cook them in water for 15–20 minutes, until tender.

Step 2- While the lentils cook, heat the olive oil in a pan and sauté the chopped onion for about 5 minutes, until soft.

Step 3- Add the minced garlic and curry powder to the pan, and cook for 1 more minute.

Step 4- Once the lentils are ready, drain any extra water and add them to the pan with the onions and spices.

Step 5- Pour in the coconut milk and stir. Simmer for 5 minutes, then add the spinach and cook until wilted (about 2 minutes).

Step 6- Season with salt and pepper, then serve.

Storage: Refrigerate for up to 3 days. Suitable for freezing for up to 3 months



Cost per serving : Approx. £0.75



Make: 3 Portions

Baked Salmon with Sweet Potato Fries & Roasted Veggies



Benefits for people with chronic pain

Salmon is rich in omega-3 fatty acids, which help reduce inflammation. **Sweet potatoes** provide fibre, vitamin C, and beta-carotene, which support tissue repair and reduce oxidative stress. **Carrots** are full of beta-carotene, helping with inflammation and immune function. **Red onions** contain quercetin, an antioxidant that fights inflammation. **Broccoli** is loaded with vitamins C and K, and it supports joint health by reducing inflammation.

Ingredients

- 2 salmon fillets
- 1/2 broccoli head, cut into florets
- 300g sweet potatoes, cut into wedges
- 1 tbsp olive oil
- 1 carrot, sliced
- Salt and pepper, to taste
- 1 small red onion, quartered
- 1 tsp dried rosemary (optional)

Instructions

Step 1- Preheat the oven to 200°C.

Step 2- Toss the sweet potato wedges in olive oil, salt, and pepper. Spread them on a baking tray and bake for 20 minutes.

Step 3- While the sweet potatoes bake, toss the sliced carrot, red onion, and broccoli florets in olive oil, salt, pepper, and rosemary.

Step 4- After 20 minutes, add the salmon fillets and the mixed vegetables to the tray with the sweet potatoes. Bake for another 10-12 minutes, or until the salmon is cooked through and vegetables are tender.

Step 5- Serve everything together.

Storage: Store cooked components in the fridge for up to 2 days. Not suitable for freezing.



Cost per serving : Approx. £2.80



Make: 2 Portions

Stuffed Peppers with Quinoa



Benefits for people with chronic pain

Quinoa is a complete protein, supporting tissue repair. **Bell peppers** provide vitamin C and antioxidants, while **tomatoes** add lycopene, which reduces inflammation.

Ingredients

- 4 bell peppers

- 150g quinoa

- 1 tin (400g) tinned chopped tomatoes

Instructions

Step 1- Cook quinoa according to package instructions.

Step 2- Mix cooked quinoa with canned tomatoes.

Step 3- Stuff the mixture into halved peppers and bake at 180°C for 20-25 minutes.

Storage: Refrigerate for up to 3 days or freeze for up to 2 months.



Cost per serving : Approx. £1.00



Make: 4 Portions

Turkey & Vegetable Casserole



Benefits for people with chronic pain

Turkey is a lean protein, supporting muscle repair and reducing inflammation. **Vegetables and tomato passata** are rich in antioxidants and essential nutrients for chronic pain management.

Ingredients

- 300g turkey mince

- 250ml tomato passata

- 300g mixed vegetables (frozen or fresh)

Instructions

Step 1- Cook turkey mince in a large pan until browned.

Step 2- Add vegetables and passata. Simmer for 15–20 minutes.

Storage: Refrigerate for up to 3 days or freeze for up to 3 months.



Cost per serving : Approx. £1.20



Make: 3 Portions

Recipes Nutritional Content

Breakfast Recipes– (nutrition content per portion)



1. Overnight Oats with Berries–

Carbohydrate 14g

Protein 2.8g

Fat 2.8g

2. Avocado and Tomato on Toast –

Carbohydrate 8.6g

Protein 2.8g

Fat 9.9g

3. Greek Yoghurt with Walnuts –

Carbohydrate 7g

Protein 9.7g

Fat 10g

4. Banana and Almond Smoothie–

Carbohydrate 8.6g

Protein 1.9g

Fat 3.6g

5. Scrambled eggs with spinach

Carbohydrate 0g

Protein 9.3g

Fat 8.8g

Recipes Nutritional Content

Lunch Recipes– (nutrition content per portion)



1. Chickpea Salad Wrap–

Carbohydrate 19g

Protein 7g

Fat 2.5g

2. Sweet Potato & Black Bean Bowl with Zesty Lime Dressing–

Carbohydrate 13g

Protein 4.2g

Fat 3.8g

3. Vegetable Soup with Lentils–

Carbohydrate 7.3g

Protein 2.6g

Fat 0.6g

4. Chicken & Avocado Salad–

Carbohydrate 1.2g

Protein 14g

Fat 7.6g

5. Tuna Pasta–

Carbohydrate 10g

Protein 8.9g

Fat 3.4g

Recipes Nutritional Content

Snack Recipes– (nutrition content per portion)



1. Carrot & Hummus Sticks–

Carbohydrate 7.5g

Protein 2.5g

Fat 7.3g

2. Apple and Peanut Butter–

Carbohydrate 10g

Protein 0.8g

Fat 0.9g

3. Greek Yoghurt with Berries–

Carbohydrate 4.4g

Protein 7.6g

Fat 5.3g

4. Trail Mix–

Carbohydrate 20g

Protein 16g

Fat 33g

5. Rice Cakes with Avocado–

Carbohydrate 16g

Protein 2.9g

Fat 15g

Recipes Nutritional Content

Dinner Recipes– (nutrition content per portion)



1. Vegetable Stir-Fry with Rice & Protein–

Carbohydrate 9.9g

Protein 10g

Fat 3.2g

2. Simple Lentil & Spinach Curry–

Carbohydrate 7.6g

Protein 3.5g

Fat 11g

3. Baked Salmon with Sweet Potato Fries & Roasted Veggies–

Carbohydrate 9.2g

Protein 6.7g

Fat 4.8g

4. Stuffed Peppers with Quinoa–

Carbohydrate 5.7g

Protein 1.4g

Fat 0.5g

5. Turkey & Vegetable Casserole–

Carbohydrate 2.7g

Protein 11g

Fat 29g



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March 2025



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