

ANTI-INFLAMMATORY 7-DAY MEAL PLAN

**ANTI-INFLAMMATORY
7-DAY MEAL PLAN**



	BREAKFAST	LUNCH	SNACK	DINNER
1	<ul style="list-style-type: none"> • Omelette with olive seeds, mushrooms, and a sprout of kale • 1 boiled egg 	<ul style="list-style-type: none"> • Grilled salmon, mixed greens, sliced avocado, olive sprouts, and a sprout of kale • 1 slice of whole-grain bread 	<ul style="list-style-type: none"> • Handful of walnuts • 1 orange 	<ul style="list-style-type: none"> • Tomatoes, sliced chicken, roasted sweet potatoes, steamed broccoli, and a sprout of kale • Side of roasted asparagus with garlic
2	<ul style="list-style-type: none"> • Green smoothie with pineapple, spinach, kale, almond milk, 1 banana, and 1 tablespoon of protein • 1 boiled egg 	<ul style="list-style-type: none"> • Grilled tuna steak, mixed greens, tomato, cucumber, olive sprouts, and 1/2 cup brown rice • 1/2 cup brown rice 	<ul style="list-style-type: none"> • Carrot sticks with hummus 	<ul style="list-style-type: none"> • Baked cod with roasted Brussels sprouts and carrots • 1/2 cup brown rice • Side of roasted asparagus with olive oil
3	<ul style="list-style-type: none"> • Smoothie with frozen mixed berries, almond milk, a slice of kiwi, and 1 tablespoon of protein • 1 boiled egg 	<ul style="list-style-type: none"> • Grilled chicken breast, mixed greens, tomato, cucumber, olive sprouts, and 1/2 cup brown rice • 1/2 cup brown rice 	<ul style="list-style-type: none"> • 1/2 cup almond milk • 1 apple 	<ul style="list-style-type: none"> • Baked salmon with a lemon-coriander marinade, mixed greens, roasted sweet potatoes, and steamed broccoli
4	<ul style="list-style-type: none"> • Smoothie with 1/2 cup almond milk, frozen mixed berries, kiwi, and 1 tablespoon of protein • 1 boiled egg 	<ul style="list-style-type: none"> • Grilled salmon, mixed greens, tomato, cucumber, olive sprouts, and 1/2 cup brown rice • 1/2 cup brown rice 	<ul style="list-style-type: none"> • Steamed sweet potatoes with green beans 	<ul style="list-style-type: none"> • Grilled shrimp with garlic, lemon, and olive sprouts, served with sweet potatoes
5	<ul style="list-style-type: none"> • One-boiling oatmeal with olive seeds, and a sprout of kale, and 1 tablespoon of protein • 1 boiled egg 	<ul style="list-style-type: none"> • Grilled salmon, side of asparagus, and roasted sweet potatoes • 1/2 cup brown rice 	<ul style="list-style-type: none"> • 1 small apple with almond butter 	<ul style="list-style-type: none"> • Grilled chicken, roasted sweet potatoes, and steamed broccoli
6	<ul style="list-style-type: none"> • Smoothie with olive seeds, almond milk, and 1 tablespoon of protein • 1 boiled egg 	<ul style="list-style-type: none"> • Grilled salmon, mixed greens, tomato, cucumber, olive sprouts, and 1/2 cup brown rice • 1/2 cup brown rice 	<ul style="list-style-type: none"> • 1 small apple with a sprout of kale 	<ul style="list-style-type: none"> • Baked cod with roasted sweet potatoes, steamed broccoli, and a sprout of kale
7	<ul style="list-style-type: none"> • Omelette with olive seeds, mushrooms, and a sprout of kale • 1 boiled egg 	<ul style="list-style-type: none"> • Grilled chicken, mixed greens, tomato, cucumber, olive sprouts, and 1/2 cup brown rice • 1/2 cup brown rice 	<ul style="list-style-type: none"> • 1/2 cup brown rice • 1/2 cup brown rice 	<ul style="list-style-type: none"> • Grilled cod with roasted sweet potatoes, steamed broccoli, and a sprout of kale • 1/2 cup brown rice



Simple Anti Inflammatory Diet Full Tutorial

A Gutmann



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