

# ANTI-INFLAMMATORY 7-DAY MEAL PLAN

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



	BREAKFAST	LUNCH	SNACK	DINNER
1	<ul style="list-style-type: none"> <li>• Omelette with olive oil, mushrooms, and a sprout of feta</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled salmon, mixed greens, sliced tomato, olive sprouts, and olive dressing</li> <li>• Side of roasted sprouts with garlic</li> </ul>	<ul style="list-style-type: none"> <li>• Handful of walnuts</li> <li>• 1 orange</li> </ul>	<ul style="list-style-type: none"> <li>• Tomatoes, sliced chicken, roasted sweet potatoes, roasted sprouts, and olive dressing</li> <li>• Side of roasted sprouts with garlic</li> </ul>
2	<ul style="list-style-type: none"> <li>• Green smoothie with pineapple, spinach, apple, kiwi, almond milk, 1 banana, and 1 tablespoon of protein</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled lamb, mixed greens, tomato, mushrooms, olive sprouts, and olive dressing</li> <li>• 1/2 cup brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot sticks with hummus</li> </ul>	<ul style="list-style-type: none"> <li>• Baked pork with roasted Brussels sprouts and onions</li> <li>• 1/2 cup brown rice</li> <li>• Side of roasted sprouts with olive oil</li> </ul>
3	<ul style="list-style-type: none"> <li>• Smoothie with frozen mixed berries, almond milk, a slice of kiwi, and 1 tablespoon of protein</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken, spinach, olive sprouts, and roasted sweet potatoes with olive oil and olive dressing</li> <li>• 1 small baked sweet potato</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup almond milk</li> <li>• 1 apple</li> </ul>	<ul style="list-style-type: none"> <li>• Baked salmon with a lemon-coriander marinade, roasted sweet potatoes, and roasted sprouts</li> </ul>
4	<ul style="list-style-type: none"> <li>• Smoothie with 1/2 cup almond milk, frozen mixed berries, kiwi, and 1 tablespoon of protein</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled 8 oz. salmon, sliced mixed greens, tomato, mushrooms, olive sprouts, and olive dressing</li> <li>• 1/2 cup brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed leafy greens with garbanzo</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled shrimp with garlic, onion, and sprouts, served with sweet potato rice</li> </ul>
5	<ul style="list-style-type: none"> <li>• One pudding (strawberry, blueberry, or vanilla) and 1/2 cup of almond milk, and 1/2 cup of strawberries and kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled salmon, side of sprouts and roasted sweet potatoes</li> <li>• Roasted sprouts with olive oil and olive dressing</li> </ul>	<ul style="list-style-type: none"> <li>• 1 small apple with almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken, roasted sweet potatoes, and roasted sprouts with olive oil</li> </ul>
6	<ul style="list-style-type: none"> <li>• Smoothie with olive, kiwi, almond milk, and 1 tablespoon of protein</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled salmon, sliced mixed greens, tomato, mushrooms, olive sprouts, and olive dressing</li> <li>• 1/2 cup brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• 1 small apple with a sprout of kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• Baked pork with roasted Brussels sprouts and onions</li> <li>• 1/2 cup brown rice</li> <li>• Side of roasted sprouts with olive oil</li> </ul>
7	<ul style="list-style-type: none"> <li>• Omelette with olive oil, mushrooms, and a sprout of feta</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken, side of sprouts, mixed greens, olive sprouts, and olive dressing</li> <li>• 1/2 cup brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup Greek yogurt with almonds and kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled pork with roasted sweet potatoes and roasted sprouts with olive oil</li> </ul>



# Simple Anti Inflammatory Diet Full Tutorial

**Michael Seilmaier**



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