



ANTI-INFLAMMATORY

7 DAY PRINTABLE

*meal plan
shopping list
recipes*



Health Beet

SUN	Turkey, Cucumbers, Carrots and Peppers	Banana	with Sweet Potato Fries and Fresh Cucumber Slices	1 oz Pumpkin Seeds	Broccoli with Mixed Seeds and Spinach
MON	1 slice Vegan Avocado Tofu Toast	1 3/4 cup Cinnamon Roasted Sweet Potato Fries	1 3/4 cup Sweet Potato Ground Beef Stew with Tomato	1 oz Sunflower seeds	2 cups Chicken and Mushroom over Cauliflower Rice
TUE	1 slice Vegan Avocado Tofu Toast	1 cup Plain Soy Yogurt Sunflower Seeds	2 cups Chicken and Mushroom over Cauliflower Rice	3/4 cup Cinnamon Roasted Sweet Potato Fries	1 3/4 cup One-pan chicken Breast, Carrots, and Quinoa
WED	1 cup Plain Soy Yogurt 1 handful Blueberries	1 medium Pear	1 3/4 cup Baked Garlic Salmon and Zucchini	1 cup Plain Soy Yogurt 4 tbsp Flaxseed, ground	2 servings Air Fried Lemon Salmon with Potatoes and Zucchini
THU	1 slice Vegan Avocado Tofu Toast	1 cup Plain Soy Yogurt 1 oz Sunflower Seeds	2 cups Chicken and Mushroom over Cauliflower Rice	2 medium Plum	1 3/4 cup Vegan Seitan Bolognese
	1 3/4 cup Vegan Breakfast Potatoes		1 3/4 cup Vegan		1 serving Herbed Baked Codfish with

Expert Anti Inflammatory Diet Step Plan

**Rick Daniels, Laura John Nosek, Leslie
H. Nicoll**

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