

# 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 seeds, mushrooms, and a sprout of kale</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled salmon, mixed greens, sliced papaya, blueberries, olive sprout, olive oil and lemon dressing</li> <li>• Side of quinoa</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 broccoli, lemon dressing</li> <li>• Side of roasted sprouts with garlic</li> </ul>
2	<ul style="list-style-type: none"> <li>• Green smoothie with pineapple, spinach, kale, almond milk, 1 banana, 1 kiwi</li> <li>• 1 hard-boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled tuna steak, mixed greens, tomato, cucumber, olive sprout, olive oil</li> <li>• 1/2 cup brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• Cornstarch with berries</li> </ul>	<ul style="list-style-type: none"> <li>• Baked pork with roasted Brussels sprouts and onions</li> <li>• 1 kiwi</li> <li>• Side of quinoa with olive oil and olive oil</li> </ul>
3	<ul style="list-style-type: none"> <li>• Smoothie with frozen mixed berries, almond milk, a slice of kiwi, kiwi, and sprout</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken, spinach, olive sprout, olive oil, sliced papaya, blueberries, olive sprout, olive oil and lemon dressing</li> <li>• 1 hard-boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup almond milk</li> <li>• 1 kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• Baked salmon with a lemon-coriander marinade, roasted sweet potatoes, roasted broccoli</li> </ul>
4	<ul style="list-style-type: none"> <li>• Smoothie with 1/2 cup almond milk, frozen mixed berries, kiwi, and sprout</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled salmon, sliced mixed greens, tomato, cucumber, olive sprout, olive oil and lemon dressing</li> <li>• 1 kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed lentils with potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted chicken with garlic, onion, and paprika, served with sweet potato</li> </ul>
5	<ul style="list-style-type: none"> <li>• One-boiled almond milk, olive seeds, and a sprout of kale</li> <li>• 1 kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled salmon, side of quinoa and roasted sweet potatoes</li> <li>• Broccoli sprouts</li> <li>• Side of quinoa with olive oil and olive oil</li> </ul>	<ul style="list-style-type: none"> <li>• 1 kiwi with almond milk</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken, roasted sweet potatoes, roasted broccoli, lemon dressing</li> </ul>
6	<ul style="list-style-type: none"> <li>• Smoothie with olive seeds, almond milk, and a sprout of kale</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled salmon, sliced mixed greens, tomato, cucumber, olive sprout, olive oil and lemon dressing</li> <li>• 1 kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• 1 kiwi with a sprout of kale</li> </ul>	<ul style="list-style-type: none"> <li>• Baked pork with roasted Brussels sprouts and onions</li> <li>• 1 kiwi</li> <li>• Side of quinoa with olive oil and olive oil</li> </ul>
7	<ul style="list-style-type: none"> <li>• Omelette with olive seeds, mushrooms, and a sprout of kale</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken, side of quinoa, mixed greens, tomato, cucumber, olive sprout, olive oil and lemon dressing</li> <li>• 1 kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup Greek yogurt with berries and kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled tuna with roasted sweet potatoes, roasted broccoli, lemon dressing</li> <li>• 1 kiwi</li> <li>• Side of quinoa with olive oil and olive oil</li> </ul>



# Simple Anti Inflammatory Diet Full Tutorial

**Wolfgang Guggemos**



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