

ANTI-INFLAMMATORY DIET MEAL PLAN



	Breakfast	Lunch	Dinner	Snack
Day 1	Oats with almonds and blueberries	Chopped kale salad with chickpeas and pomegranate seeds	Salmon and tomato-topped pizza	Trail mix with unsalted nuts
Day 2	Oatmeal topped with walnuts	Salmon sashimi with broccoli and brown rice	Ginger curry with whitefish or kale	Sliced mango
Day 3	Quinoa with sliced banana and blueberries	Arugula salad with albacore tuna and walnuts	Spinach salad with salmon	Frozen grapes
Day 4	Kale and mushroom frittata	Brown rice and chickpeas	Veggie burger with Brussels sprouts	Unsalted mixed nuts
Day 5	Chia seed pudding and a cup of green tea	Spinach salad with tuna and shredded carrots	Ground turkey with chickpeas and a glass of red wine	A small handful of unsalted almonds
Day 6	Soy yogurt with fresh blueberries	Quinoa with sardines and avocado	Salmon with lentils and a spinach salad	A square of dark chocolate
Day 7	Peanut butter and banana sandwich with a cup of coffee	Smashed avocado and halved cherry tomatoes.	Seitan with bell peppers and broccoli	Cherries

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