
WHAT IS AN ANTI-INFLAMMATORY DIET?

An anti-inflammatory diet involves consuming foods with anti-inflammatory properties and limiting or eliminating those that have pro-inflammatory effects.



10 WAYS TO THRIVE ON AN ANTI-INFLAMMATORY DIET PLAN

- ✓ MEAL PLANNING
- ✓ KEEP HEALTHY SNACKS ON HAND
- ✓ MAKE A GROCERY LIST
- ✓ INCORPORATE VARIETY
- ✓ ADEQUATE HYDRATION
- ✓ GET ENOUGH SLEEP
- ✓ BE CONSISTENT
- ✓ FIND HEALTHY ALTERNATIVES
- ✓ KEEP TRACK OF PROGRESS
- ✓ LISTEN TO YOUR BODY

21-DAY ANTI-INFLAMMATORY DIET PLAN

DAY 1 ☐

Breakfast: Blueberry smoothies with nuts

Lunch: Spinach and chickpea stew

Snack: 1 Pear

Dinner: Honey Glazed Salmon

DAY 2 ☐

Breakfast: Scrambled eggs And Avocado toast

Lunch: Quinoa chili with sweet potato

Snack: Cinnamon glazed Walnuts

Dinner: Kale and chicken soup

DAY 3 ☐

Breakfast: Coconut and chia pudding with nuts

Lunch: Chicken & kimchi Stew

Snack: Pomegranate salsa

Dinner: Vegetable turmeric soup

DAY 4 ☐

Breakfast: Kale pineapple smoothie

Lunch: Slow cooked turkey

Snack: Chili lime cucumber

Dinner: Chickpea curry

DAY 5 ☐

Breakfast: Spinach toast with whole wheat bread

Lunch: Chicken and spinach pasta

Snack: Roasted almonds

Dinner: Quinoa Egg Fried rice

DAY 6 ☐

Breakfast: Blueberry Chia Almond Pudding

Lunch: Sweet Potato and kale salad

Snack: Honey Roasted Cashews

Dinner: Herby fish with mushrooms

DAY 7 ☐

Breakfast: Oatmeal pancakes with apple & cinnamon

Lunch: Sushi salad

Snack: Toasted chickpeas

Dinner: Lime chicken with cilantro

DAY 8 ☐

Breakfast: Banana and almond smoothie

Lunch: Green salad with blueberry

Snack: Oatmeal cookies

Dinner: Fish tacos with white beans

DAY 9 ☐

Breakfast: Buckwheat Porridge with cherries

Lunch: Broccoli soup

Snack: Crunchy Cinnamon Granola

Dinner: Red bean rice with chicken

DAY 10 ☐

Breakfast: Cocoa cheery oatmeal

Lunch: Tuna and Green Bean Salad

Snack: Honey Roasted Cashews

Dinner: Grilled chicken with broccoli

DAY 11 ☐

Breakfast: Baked egg in tomato sauce

Lunch: Mediterranean lentil salad

Snack: Greek yogurt with blackberries

Dinner: Shrimp with lime and rosemary

DAY 12 ☐

Breakfast: Raspberry Lemon Tart Smoothie

Lunch: Broccoli soup with chickpeas

Snack: Spicy roasted cashews

Dinner: Honey garlic chicken with carrots

DAY 13 ☐

Breakfast: Coconut flour pancakes with turmeric

Lunch: Baked fish tacos with avocado

Snack: Greek yogurt with strawberries

Dinner: Lentils meatball

DAY 14 ☐

Breakfast: Kefir and raspberry smoothie

Lunch: Walnut-crusted fish with rosemary

Snack: Roasted Carrots

Dinner: White bean pasta soup

DAY 15 ☐

Breakfast: Wheat toast with chickpeas

Lunch: Black bean vegan Quesadilla

Snack: Baked Apple chips

Dinner: Roasted fish with almonds

DAY 16 ☐

Breakfast: Baked crepes with mushrooms

Lunch: Chicken and potato

Snack: Salted roasted almonds

Dinner: Lentil and vegetable soup

DAY 17 ☐

Breakfast: Golden milk & chia seed pudding

Lunch: Chicken with lemon tahini sauce

Snack: One plum

Dinner: Mushroom and spinach pasta

DAY 18 ☐

Breakfast: Peanut butter with sprouted grain toast

Lunch: Veges and white bean salad

Snack: Pistachio and Greek yogurt bars

Dinner: Salmon with broccoli

DAY 19 ☐

Breakfast: Turmeric scrambled eggs

Lunch: Quinoa Chicken salad

Snack: Greek yogurt and avocado dip

Dinner: Red bean and Veges Meatball

DAY 20 ☐

Breakfast: Overnight Oats with peanut butter

Lunch: Roasted Vegetable and black beans tacos

Snack: Greek yogurt with berries

Dinner: Chickpea and potato curry

DAY 21 ☐

Breakfast: Raspberry kefir

Lunch: Baked fish with mushrooms and roasted potatoes

Snack: Humus with cucumber

Dinner: Red Bean vegan soup with saffron