

# 7-Day Anti-Inflammatory Meal Plan

## Day 1

Breakfast: Blueberry oatmeal with flax and walnuts

Lunch: ~~Quinoa and black bean bowl with greens~~

Dinner: Baked salmon with garlic sautéed kale and sweet potato

Snack: ~~Turmeric energy balls and green tea~~

## Day 2

Breakfast: Avocado toast on whole grain bread with a boiled egg

Lunch: Lentil soup with mixed vegetables

Dinner: Grilled chicken with roasted Brussels sprouts and brown rice

Snack: Handful of walnuts with sliced pear

## Day 3

Breakfast: Green smoothie with spinach, banana, chia seeds, almond milk

Lunch: Hummus and veggie wrap with side salad

Dinner: Stuffed bell peppers with quinoa, black beans, and avocado

Snack: Cucumber slices with hummus

## Day 4

Breakfast: Greek yogurt with berries, flaxseed, and cinnamon

Lunch: Mixed greens salad with grilled salmon and olive oil dressing

Dinner: Vegetarian stir-fry with tofu, broccoli, and brown rice

Snack: Turmeric energy balls and green tea

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## Day 5

Breakfast: Overnight oats with almond butter and sliced apples

Lunch: Chickpea and avocado salad

Dinner: Grilled shrimp with quinoa and roasted vegetables

Snack: Handful of walnuts with sliced pear

## Day 6

Breakfast: Omelette with spinach, mushrooms, and tomatoes

Lunch: Quinoa tabbouleh with cucumbers and lemon-tahini dressing

Dinner: Turkey and vegetable skillet with garlic and herbs

Snack: Cucumber slices with hummus

## Day 7

Breakfast: Chia pudding with mixed berries

Lunch: Vegetable soup with whole grain toast

Dinner: Baked cod with steamed greens and lentils

Snack: Apple slices with almond butter

