

7-Day Anti-Inflammatory Diet Meal Plan: Your Complete Guide to Fighting Inflammation Naturally

Inflammation is your body's natural response to injury and infection, but when it becomes chronic, it can contribute to numerous health issues from arthritis to heart disease. Fortunately, what you eat can play a powerful role in reducing inflammation and improving your overall health.

This 7-day anti-inflammatory meal plan features delicious, easy anti-inflammation recipes packed with nutrient-dense foods that help combat chronic inflammation while nourishing your body.

The Science Behind Anti-Inflammatory Foods

Before diving into our meal plan, let's understand why certain foods fight inflammation:

- **Antioxidants:** Found in colorful anti-inflammatory fruits and vegetables, these compounds neutralize free radicals that can trigger inflammation
- **Omega-3 fatty acids:** Present in fatty fish, walnuts, and flaxseeds, these essential fats help regulate inflammatory processes
- **Polyphenols:** These plant compounds found in berries, green tea, and olive oil have potent anti-inflammatory effects
- **Fiber:** Supports gut health, which is closely linked to inflammation levels throughout the body

Health Benefits of an Anti-Inflammatory Diet

Following an anti-inflammatory eating pattern offers numerous evidence-based benefits:

- Reduced joint pain and stiffness
- Improved heart health and circulation
- Enhanced cognitive function and brain health

- Better digestive health and regularity
- Increased energy and reduced fatigue
- Improved skin health and appearance
- Potential reduced risk of chronic diseases including certain cancers
- Better blood sugar control and metabolism
- Stronger immune system function

7-Day Anti-Inflammatory Meal Plan

Day 1

Breakfast: Berry-Green Smoothie Bowl

Ingredients:

- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1 handful spinach
- 1 tablespoon ground flaxseed
- 1 tablespoon almond butter
- ½ cup unsweetened almond milk
- Toppings: sliced almonds, unsweetened coconut flakes

Cooking Instructions:

1. Add berries, spinach, ground flaxseed, almond butter, and almond milk to a blender.
2. Blend on high speed until smooth and creamy, about 30-60 seconds. If the mixture is too thick, add a splash more almond milk.
3. Pour into a bowl.
4. Top with sliced almonds and coconut flakes.
5. Enjoy immediately with a spoon.

Beginner tip: If you don't have a high-powered blender, add the liquid first, then the other ingredients to help the blender process everything more easily.

Nutritional content per serving: 275 calories, 14g fat, 32g carbs, 8g fiber, 9g protein

Lunch: Mediterranean Chickpea Salad

Ingredients:

- 1 cup chickpeas, rinsed and drained
- 1 cucumber, diced
- 1 bell pepper, diced
- ¼ cup red onion, finely chopped
- ¼ cup kalamata olives, pitted and halved
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- ¼ cup fresh parsley, chopped

Cooking Instructions:

1. In a large bowl, combine chickpeas, diced cucumber, bell pepper, red onion, and kalamata olives.
2. In a small bowl, whisk together olive oil, lemon juice, and dried oregano to make the dressing.
3. Pour the dressing over the salad and toss gently to coat all ingredients.
4. Sprinkle with fresh parsley and toss again.
5. Serve immediately or refrigerate for up to 24 hours to let the flavors develop.

Beginner tip: To dice vegetables consistently, first cut them into slices, then stack the slices and cut into strips, then turn and cut across to create cubes.

Nutritional content per serving: 350 calories, 18g fat, 38g carbs, 11g fiber, 12g protein

Dinner: Turmeric-Ginger Salmon with Roasted Vegetables

Ingredients:

- 5 oz wild-caught salmon fillet
- 1 teaspoon turmeric
- ½ teaspoon ginger, freshly grated
- 1 tablespoon olive oil
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 tablespoon olive oil for roasting
- 1 lemon, cut into wedges
- Salt and pepper to taste

Cooking Instructions:

1. Preheat oven to 400°F (200°C).
2. Line a baking sheet with parchment paper or aluminum foil.
3. In a bowl, toss broccoli and cauliflower florets with 1 tablespoon olive oil and a pinch of salt and pepper.
4. Spread vegetables on one side of the baking sheet in a single layer.
5. In a small bowl, mix turmeric, grated ginger, 1 tablespoon olive oil, and a pinch of salt and pepper.
6. Place the salmon fillet on the other side of the baking sheet.
7. Brush the turmeric-ginger mixture over the salmon.
8. Bake for 15-18 minutes, until salmon is cooked through (it should flake easily with a fork) and vegetables are tender.
9. Serve with lemon wedges for squeezing over the dish.

Beginner tip: To check if salmon is done, insert a fork into the thickest part and twist gently – if it flakes easily and the inside is slightly translucent, it's perfectly cooked.

Nutritional content per serving: 390 calories, 24g fat, 12g carbs, 5g fiber, 34g protein

Snack: Apple slices with 1 tablespoon almond butter

Nutritional content per serving: 165 calories, 9g fat, 20g carbs, 4g fiber, 4g protein

Day 2

Breakfast: Anti-Inflammatory Overnight Oats

Ingredients:

- ½ cup rolled oats
- ¾ cup unsweetened almond milk
- 1 tablespoon chia seeds
- ½ teaspoon cinnamon
- ¼ teaspoon turmeric
- 1 teaspoon honey (optional)
- ¼ cup blueberries
- 1 tablespoon chopped walnuts

Cooking Instructions:

1. In a mason jar or container with a lid, combine rolled oats, almond milk, chia seeds, cinnamon, and turmeric.
2. If using honey, add it now and stir well to combine all ingredients.

3. Seal the container and refrigerate overnight or for at least 6 hours.
4. In the morning, stir the oats mixture. If it's too thick, add a splash more almond milk.
5. Top with fresh blueberries and chopped walnuts.
6. Enjoy cold, or warm in the microwave for 30-45 seconds if preferred.

Beginner tip: Prepare several jars at once for quick grab-and-go breakfasts throughout the week. They'll keep in the refrigerator for up to 4 days.

Nutritional content per serving: 320 calories, 12g fat, 45g carbs, 10g fiber, 10g protein

Lunch: Leafy Green Power Bowl with Lemon-Tahini Dressing

Ingredients:

- 2 cups mixed greens
- ½ cup quinoa, uncooked (will yield about 1.5 cups cooked)
- ½ avocado, sliced
- ¼ cup grated carrots
- ¼ cup purple cabbage, shredded
- 2 tablespoons pumpkin seeds

Dressing:

- 1 tablespoon tahini
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- 1 small garlic clove, minced
- Water to thin as needed
- Salt and pepper to taste

Cooking Instructions:

1. **Cook the quinoa:** Rinse ½ cup quinoa in a fine mesh strainer. In a small saucepan, combine rinsed quinoa with 1 cup water and a pinch of salt. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork and allow to cool.
2. **Prepare the dressing:** In a small bowl, whisk together tahini, lemon juice, olive oil, and minced garlic. Add water, 1 teaspoon at a time, until the dressing reaches your desired consistency. Season with salt and pepper to taste.

3. **Assemble the bowl:** Place mixed greens in a bowl. Top with cooled quinoa, sliced avocado, grated carrots, and shredded purple cabbage.
4. Sprinkle with pumpkin seeds.
5. Drizzle with the lemon-tahini dressing just before serving.

Beginner tip: To easily shred cabbage, cut a small wedge from the head, remove the core, and slice it thinly with a sharp knife.

Nutritional content per serving: 410 calories, 25g fat, 38g carbs, 12g fiber, 11g protein

Dinner: Herb-Roasted Chicken with Sweet Potatoes and Greens

Ingredients:

- 5 oz boneless, skinless chicken breast
- 1 tablespoon olive oil
- 1 teaspoon dried herbs (rosemary, thyme, oregano)
- 1 medium sweet potato
- 2 cups kale, stems removed and roughly chopped
- 1 clove garlic, minced
- 1 teaspoon olive oil for sautéing kale
- Salt and pepper to taste

Cooking Instructions:

1. Preheat oven to 400°F (200°C).
2. **Prepare the sweet potato:** Wash and peel the sweet potato, then cut into 1-inch cubes. Toss with ½ tablespoon olive oil and a pinch of salt and pepper. Spread on a baking sheet.
3. **Prepare the chicken:** In a small bowl, mix ½ tablespoon olive oil with dried herbs, salt, and pepper. Rub this mixture all over the chicken breast.
4. Place the chicken on the same baking sheet as the sweet potatoes (or use a separate sheet if needed).
5. Bake for 20-25 minutes, until chicken reaches an internal temperature of 165°F (74°C) and sweet potatoes are tender when pierced with a fork.
6. **For the kale:** About 5 minutes before the chicken is done, heat 1 teaspoon olive oil in a skillet over medium heat. Add minced garlic and sauté for 30 seconds until fragrant.
7. Add the chopped kale to the skillet, season with a pinch of salt and pepper, and sauté for 3-4 minutes until wilted but still bright green.
8. Let the chicken rest for 5 minutes before slicing.

9. Serve the sliced chicken with roasted sweet potatoes and sautéed kale.

Beginner tip: The easiest way to check if chicken is done is with an instant-read thermometer. If you don't have one, cut into the thickest part – the meat should be white throughout with no pink, and the juices should run clear.

Nutritional content per serving: 425 calories, 16g fat, 30g carbs, 6g fiber, 42g protein

Snack: ¼ cup mixed berries with 2 tablespoons unsweetened Greek yogurt

Nutritional content per serving: 90 calories, 2g fat, 14g carbs, 3g fiber, 5g protein

Day 3

Breakfast: Anti-Inflammatory Avocado Toast

Ingredients:

- 1 slice sprouted grain bread
- ½ avocado
- 1 teaspoon extra virgin olive oil
- 1 teaspoon lemon juice
- Pinch of red pepper flakes
- 1 egg
- Fresh herbs (basil, cilantro, or parsley), chopped
- Salt and pepper to taste

Cooking Instructions:

1. **Toast the bread:** Place the sprouted grain bread in a toaster and toast until golden brown and crisp.
2. **Mash the avocado:** Cut the avocado in half, remove the pit, and scoop half of the avocado into a small bowl. Add lemon juice, a pinch of salt, and mash with a fork until desired consistency (slightly chunky or smooth).
3. **For a soft-boiled egg:** Bring a small pot of water to a gentle boil. Carefully lower the egg into the water and cook for exactly 6 minutes for a runny yolk (or 7 minutes for a slightly firmer yolk). Remove and place in ice water for 1 minute, then peel.
4. **Alternative - For a poached egg:** Bring a small pot of water to a gentle simmer. Add a splash of vinegar (any kind works). Crack the egg into a small bowl. Create a gentle whirlpool in the water with a spoon, then carefully slide the egg into the center. Cook for 3-4 minutes, then remove with a slotted spoon.

5. **Assemble:** Spread the mashed avocado onto the toast. Drizzle with olive oil. Top with the egg and sprinkle with red pepper flakes, fresh herbs, and a little salt and pepper.

Beginner tip: If poaching eggs seems intimidating, start with soft-boiled eggs. They're more forgiving and still give you that lovely runny yolk.

Nutritional content per serving: 310 calories, 22g fat, 20g carbs, 8g fiber, 12g protein

Lunch: Turmeric Cauliflower Soup

Ingredients:

- 2 cups cauliflower florets (about ½ medium head)
- 1 small onion, diced
- 1 carrot, diced
- 1 celery stalk, diced
- 1 clove garlic, minced
- 1 teaspoon turmeric
- ½ teaspoon ground ginger
- 2 cups vegetable broth
- 2 tablespoons olive oil
- ¼ cup full-fat coconut milk
- Fresh cilantro for garnish
- Salt and pepper to taste

Cooking Instructions:

1. **Prep vegetables:** Cut cauliflower into small florets. Dice onion, carrot, and celery into small, even pieces (about ¼-inch). Mince garlic.
2. Heat olive oil in a medium pot over medium heat.
3. Add onion, carrot, and celery to the pot. Cook for 5-7 minutes, stirring occasionally, until vegetables begin to soften.
4. Add minced garlic, turmeric, and ground ginger. Stir and cook for another 30 seconds until fragrant.
5. Add cauliflower florets and vegetable broth. Bring to a boil, then reduce heat to low and simmer, covered, for 15-20 minutes until cauliflower is very tender.
6. Turn off heat and let cool slightly.
7. **Blend the soup:** Either use an immersion blender directly in the pot, or carefully transfer soup to a regular blender (working in batches if necessary). Blend until smooth.

8. Return soup to pot if you used a regular blender. Stir in coconut milk and heat gently just until warmed through.
9. Season with salt and pepper to taste.
10. Serve topped with fresh cilantro.

Beginner tip: When blending hot soup, always be extremely careful. If using a regular blender, never fill it more than halfway, loosely cover the lid with a kitchen towel, and hold down firmly while blending to prevent hot soup from splashing.

Nutritional content per serving: 280 calories, 22g fat, 18g carbs, 6g fiber, 5g protein

Dinner: Wild-Caught Fish with Lemon and Herbs and Roasted Vegetables

Ingredients:

- 5 oz white fish (cod, halibut, or sea bass)
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon fresh herbs (dill, parsley), chopped
- 1 cup asparagus spears, woody ends trimmed
- 1 cup cherry tomatoes
- 1 tablespoon olive oil for roasting
- 1 lemon, sliced (for garnish)
- Salt and pepper to taste

Cooking Instructions:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. **Prepare the vegetables:** Trim woody ends from asparagus (about 1-inch from the bottom). Place asparagus and cherry tomatoes on the baking sheet, drizzle with 1 tablespoon olive oil, season with salt and pepper, and toss to coat.
3. Arrange vegetables on one side of the baking sheet, leaving room for the fish.
4. **Prepare the fish:** Pat the fish dry with paper towels. Place it on the other side of the baking sheet.
5. In a small bowl, mix 1 tablespoon olive oil, lemon juice, chopped herbs, salt, and pepper.
6. Drizzle the herb mixture over the fish, making sure it's well coated.
7. Bake for 12-15 minutes, until fish flakes easily with a fork and vegetables are tender. Thicker fish fillets may need a few extra minutes.
8. Check the fish halfway through cooking – if the vegetables are cooking faster than the fish, you can remove them and continue cooking the fish.

9. Serve the fish with the roasted vegetables and garnish with lemon slices.

Beginner tip: Fish cooks quickly, so keep a close eye on it. It's done when it turns from translucent to opaque and flakes easily when gently pressed with a fork.

Nutritional content per serving: 360 calories, 22g fat, 12g carbs, 4g fiber, 32g protein

Snack: 1 small pear with 10 raw almonds

Nutritional content per serving: 155 calories, 6g fat, 24g carbs, 5g fiber, 3g protein

Day 4

Breakfast: Anti-Inflammatory Green Smoothie

Ingredients:

- 1 cup spinach, fresh
- ½ banana, preferably frozen for a colder smoothie
- ½ avocado
- 1 tablespoon ground flaxseed
- 1 cup unsweetened almond milk
- ½ teaspoon grated ginger (or ¼ teaspoon ground ginger)
- 4-5 ice cubes
- Optional: 1 teaspoon honey or maple syrup if you prefer it sweeter

Cooking Instructions:

1. **Prep the ingredients:** Wash spinach if not pre-washed. Peel and pit the avocado.
2. Add almond milk to the blender first (this helps the blender run more efficiently).
3. Add spinach, banana, avocado, flaxseed, grated ginger, and ice cubes.
4. Blend on low speed for 30 seconds, then increase to high speed for another 30-60 seconds until smooth.
5. If the smoothie is too thick, add a splash more almond milk and blend again.
6. Pour into a glass and enjoy immediately.

Beginner tip: Prep smoothie ingredients ahead of time by portioning them into freezer bags (except the liquid). In the morning, just dump the contents into your blender, add liquid, and blend for a quick breakfast!

Nutritional content per serving: 250 calories, 17g fat, 24g carbs, 9g fiber, 5g protein

Lunch: Quinoa Bowl with Roasted Vegetables and Tahini Sauce

Ingredients:

- ½ cup uncooked quinoa (will yield about 1.5 cups cooked)
- 1 cup mixed vegetables (1 small zucchini, ½ bell pepper, ¼ red onion)
- ¼ cup chickpeas, canned, rinsed and drained
- 1 tablespoon extra virgin olive oil
- Fresh herbs (2 tablespoons parsley or cilantro), chopped
- Salt and pepper to taste

For the Tahini Sauce:

- 2 tablespoons tahini
- 1 tablespoon lemon juice
- 1 small garlic clove, minced
- 2-3 tablespoons water
- Pinch of salt

Cooking Instructions:

1. **Cook the quinoa:** Rinse ½ cup quinoa in a fine mesh strainer. In a small saucepan, combine with 1 cup water and a pinch of salt. Bring to a boil, reduce heat to low, cover, and simmer for 15 minutes. Remove from heat, keep covered, and let stand for 5 minutes. Fluff with a fork.
2. **Roast the vegetables:** Preheat oven to 425°F (220°C). Cut zucchini, bell pepper, and red onion into bite-sized pieces. On a baking sheet, toss vegetables with olive oil, salt, and pepper. Roast for 20-25 minutes, stirring halfway through, until vegetables are tender and lightly browned.
3. **Make the tahini sauce:** In a small bowl, whisk together tahini, lemon juice, minced garlic, and a pinch of salt. Add water one tablespoon at a time, whisking until smooth and pourable. The sauce will thicken at first, then thin out as you add more water.
4. **Assemble the bowl:** Place cooked quinoa in a bowl. Top with roasted vegetables and chickpeas. Drizzle with tahini sauce and extra virgin olive oil. Sprinkle with fresh herbs.

Beginner tip: Don't overcrowd the vegetables on the baking sheet, or they'll steam instead of roast. Use two baking sheets if needed for proper spacing.

Nutritional content per serving: 385 calories, 19g fat, 45g carbs, 9g fiber, 11g protein

Dinner: Lemon Garlic Shrimp with Zucchini Noodles

Ingredients:

- 5 oz shrimp, peeled and deveined
- 2 medium zucchini
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- ¼ teaspoon red pepper flakes (optional)
- 2 tablespoons fresh parsley, chopped
- Salt and pepper to taste
- 1 lemon, cut into wedges for serving

Cooking Instructions:

1. **Prepare the zucchini noodles:** Wash the zucchini and trim off the ends. If you have a spiralizer, use it to create zucchini noodles. If not, use a vegetable peeler to create long, thin ribbons, or a knife to cut very thin strips. Place the zucchini noodles on paper towels and sprinkle with a little salt to help draw out excess moisture. Let sit for 5-10 minutes, then pat dry with another paper towel.
2. **Prepare the shrimp:** If using frozen shrimp, thaw completely. Pat shrimp dry with paper towels and season with salt and pepper.
3. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat.
4. Add shrimp to the skillet in a single layer (work in batches if needed). Cook for 1-2 minutes per side until pink and opaque. Remove shrimp from the pan and set aside on a plate.
5. In the same skillet, add the remaining 1 tablespoon of olive oil.
6. Add minced garlic and red pepper flakes (if using) and cook for 30 seconds until fragrant, being careful not to burn the garlic.
7. Add the zucchini noodles to the skillet. Cook, tossing frequently with tongs, for 2-3 minutes until just tender but still somewhat firm (al dente). Be careful not to overcook or they'll become mushy and release too much water.
8. Return the cooked shrimp to the pan. Add lemon juice and toss everything together to combine and heat through, about 1 minute.
9. Remove from heat, stir in chopped parsley, and season with additional salt and pepper if needed.
10. Transfer to serving plates and serve immediately with lemon wedges.

Beginner tip: The key to great zucchini noodles is to not overcook them—they should still have some bite to them. Salting and draining them first helps prevent a watery dish.

Nutritional content per serving: 340 calories, 18g fat, 12g carbs, 3g fiber, 35g protein

Snack: 1 cup cherry tomatoes with 1 oz fresh mozzarella

Nutritional content per serving: 120 calories, 7g fat, 8g carbs, 2g fiber, 8g protein

Day 5

Breakfast: Turmeric-Ginger Chia Pudding

Ingredients:

- 3 tablespoons chia seeds
- 1 cup unsweetened coconut milk
- ½ teaspoon turmeric
- ¼ teaspoon ground ginger
- 1 teaspoon honey or maple syrup (optional)
- ¼ cup mixed berries for topping
- 1 tablespoon unsweetened coconut flakes

Cooking Instructions:

1. In a medium bowl or mason jar, combine chia seeds, coconut milk, turmeric, ginger, and sweetener (if using).
2. Whisk well to combine, making sure there are no clumps of chia seeds.
3. Let sit for 5 minutes, then whisk again to break up any clumps that formed.
4. Cover and refrigerate for at least 4 hours or overnight. The pudding will thicken as the chia seeds absorb the liquid.
5. When ready to serve, stir the pudding. If it's too thick, add a splash more coconut milk.
6. Top with mixed berries and coconut flakes.
7. Enjoy cold.

Beginner tip: The key to smooth chia pudding is whisking twice - once when you first mix it, and again after 5 minutes to break up any clumps before refrigerating.

Nutritional content per serving: 310 calories, 22g fat, 26g carbs, 14g fiber, 9g protein

Lunch: Warming Vegetable and Bean Soup

Ingredients:

- ½ cup white beans, canned, rinsed and drained
- 2 cups mixed vegetables (1 carrot, 1 celery stalk, 1 cup chopped kale)
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 2 cups vegetable broth
- 1 teaspoon herbs de Provence (or mix of dried thyme, rosemary, oregano)
- 1 bay leaf (optional)
- 1 tablespoon fresh lemon juice
- Salt and pepper to taste

Cooking Instructions:

1. **Prep the vegetables:** Peel and dice the carrot into small pieces (about ¼-inch). Dice the celery. Remove tough stems from kale and roughly chop the leaves. Dice the onion and mince the garlic.
2. Heat olive oil in a medium pot over medium heat.
3. Add diced onion and cook for 3-4 minutes until softened and translucent, stirring occasionally.
4. Add minced garlic and cook for 30 seconds until fragrant, stirring constantly.
5. Add diced carrot and celery. Cook for 2-3 minutes, stirring occasionally.
6. Add vegetable broth, herbs de Provence, bay leaf (if using), and a pinch of salt and pepper. Bring to a boil.
7. Reduce heat to low, cover, and simmer for 10 minutes until vegetables begin to soften.
8. Add white beans and chopped kale. Simmer for another 5 minutes until kale is wilted and beans are heated through.
9. Remove bay leaf if used.
10. Stir in fresh lemon juice.
11. Taste and adjust seasoning with salt and pepper as needed.
12. Serve hot.

Beginner tip: This soup tastes even better the next day after the flavors have had time to meld. Make a double batch and store leftovers in the refrigerator for up to 3 days.

Nutritional content per serving: 290 calories, 8g fat, 42g carbs, 12g fiber, 14g protein

Dinner: Turkey and Vegetable Stir-Fry with Ginger

Ingredients:

- 4 oz ground turkey
- 2 cups mixed vegetables (1 cup broccoli florets, ½ cup snow peas, ½ cup julienned carrots)
- 1 tablespoon sesame oil
- 1 tablespoon coconut aminos (soy sauce alternative)
- 1 teaspoon fresh ginger, grated
- 1 clove garlic, minced
- ½ cup brown rice, uncooked (will yield about 1.5 cups cooked)
- 1 green onion, thinly sliced (optional, for garnish)
- 1 teaspoon sesame seeds (optional, for garnish)

Cooking Instructions:

1. **Cook the rice:** Rinse ½ cup brown rice in a fine mesh strainer. In a small saucepan, combine with 1 cup water and a pinch of salt. Bring to a boil, then reduce heat to low, cover, and simmer for 40-45 minutes until tender. Remove from heat and let stand, covered, for 10 minutes, then fluff with a fork.
2. **Prep the vegetables:** Cut broccoli into small florets. Trim ends from snow peas. Peel and julienne (cut into thin strips) the carrot. Mince garlic and grate ginger.
3. Heat a large skillet or wok over medium-high heat. Add ½ tablespoon sesame oil.
4. Add ground turkey to the skillet. Break it up with a wooden spoon and cook for 4-5 minutes until no longer pink and slightly browned. Remove from skillet and set aside.
5. In the same skillet, add the remaining ½ tablespoon sesame oil.
6. Add garlic and ginger, stir for 30 seconds until fragrant.
7. Add all vegetables to the skillet. Stir-fry for 3-4 minutes until vegetables are crisp-tender (still slightly crunchy).
8. Return the cooked turkey to the skillet. Add coconut aminos and stir everything together.
9. Cook for another 1-2 minutes, until everything is well combined and heated through.
10. Serve over cooked brown rice, garnished with sliced green onion and sesame seeds if desired.

Beginner tip: Prepare all ingredients before turning on the heat. Stir-frying happens quickly, so having everything cut and measured will make the process much smoother.

Nutritional content per serving: 410 calories, 16g fat, 38g carbs, 6g fiber, 32g protein

Snack: ½ cup cucumber slices with ¼ cup hummus

Nutritional content per serving: 110 calories, 6g fat, 12g carbs, 3g fiber, 4g protein

Day 6

Breakfast: Anti-Inflammatory Breakfast Bowl

Ingredients:

- ½ cup buckwheat groats, uncooked
- 1 tablespoon almond butter
- ½ teaspoon cinnamon
- ½ apple
- 1 tablespoon pumpkin seeds
- 1 teaspoon ground flaxseed
- ¼ cup unsweetened almond milk
- 1 teaspoon honey or maple syrup (optional)

Cooking Instructions:

1. **Cook the buckwheat:** Rinse ½ cup buckwheat groats in a fine mesh strainer. In a small saucepan, combine rinsed buckwheat with 1 cup water and a pinch of salt. Bring to a boil, then reduce heat to low, cover, and simmer for 15-18 minutes until tender but still slightly chewy. Drain any excess water.
2. **Prepare the apple:** Wash the apple, cut it in half, remove the core, and dice half of the apple into small pieces (about ¼-inch cubes). Save the other half for another use.
3. In a bowl, place the cooked buckwheat. Stir in almond butter and cinnamon until well combined.
4. Pour almond milk over the buckwheat mixture. Add honey or maple syrup if desired.
5. Top with diced apple, pumpkin seeds, and ground flaxseed.
6. Enjoy warm or at room temperature.

Beginner tip: If you can't find buckwheat groats, you can substitute with rolled oats or quinoa, adjusting cooking times accordingly.

Nutritional content per serving: 340 calories, 14g fat, 48g carbs, 9g fiber, 10g protein

Lunch: Colorful Massaged Kale Salad

Ingredients:

- 2 cups kale, stems removed
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Pinch of sea salt
- ¼ cup raw beets
- ¼ cup carrots
- ¼ avocado
- 2 tablespoons pumpkin seeds
- ¼ cup quinoa, uncooked (will yield about ¾ cup cooked)

Cooking Instructions:

1. **Cook the quinoa:** Rinse ¼ cup quinoa in a fine mesh strainer. In a small saucepan, combine with ½ cup water and a pinch of salt. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes. Remove from heat, keep covered, and let stand for 5 minutes. Fluff with a fork and allow to cool.
2. **Prepare the kale:** Remove the tough stems from the kale leaves by holding the stem with one hand and pulling the leaves off with your other hand. Tear or chop the leaves into bite-sized pieces and place in a large bowl.
3. **Massage the kale:** Drizzle the kale with olive oil, lemon juice, and a pinch of salt. Using clean hands, massage the kale for 2-3 minutes, squeezing and rubbing the leaves together. The kale will soften, darken in color, and reduce in volume.
4. **Prepare the vegetables:** Peel the beet and carrot. Using a box grater, grate the beet and carrot. (Tip: Grate the beet last to avoid staining the carrot.)
5. **Prepare the avocado:** Cut the avocado in half, remove the pit, and scoop out ¼ of the avocado. Dice it into small pieces.
6. Add the grated beets, grated carrots, diced avocado, pumpkin seeds, and cooled cooked quinoa to the massaged kale.
7. Toss gently to combine all ingredients.
8. Serve immediately, or store in the refrigerator for up to 24 hours. The kale will continue to soften as it sits.

Beginner tip: When massaging kale, don't be too gentle - really work the leaves between your fingers to break down their tough structure. You'll know you've massaged enough when the leaves are darker, softer, and reduced in volume.

Nutritional content per serving: 375 calories, 22g fat, 34g carbs, 10g fiber, 13g protein

Dinner: Baked Lemon Herb Mediterranean Chicken

Ingredients:

- 5 oz chicken breast
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- 1 lemon
- 1 cup fresh spinach
- ¼ cup cherry tomatoes
- ¼ cup black olives, pitted
- ¼ cup artichoke hearts, quartered (from a jar, drained)
- 1 clove garlic, minced
- 1 tablespoon fresh parsley, chopped (for garnish)
- Salt and pepper to taste

Cooking Instructions:

1. Preheat oven to 375°F (190°C).
2. **Prepare the chicken:** Pat the chicken breast dry with paper towels. Season both sides with salt, pepper, and dried oregano.
3. Slice half of the lemon into thin rounds. Squeeze juice from the other half into a small bowl (about 1 tablespoon juice).
4. Heat an oven-safe skillet over medium-high heat. Add ½ tablespoon olive oil.
5. Place the chicken breast in the hot skillet and sear for 2-3 minutes on each side until golden brown.
6. Arrange lemon slices around and on top of the chicken.
7. Transfer the skillet to the preheated oven and bake for 15-20 minutes, until the chicken reaches an internal temperature of 165°F (74°C).
8. While the chicken is baking, prepare the vegetables: In another skillet, heat the remaining ½ tablespoon olive oil over medium heat.
9. Add minced garlic and sauté for 30 seconds until fragrant.
10. Add spinach and cook for 1-2 minutes until just wilted.
11. Add cherry tomatoes, olives, and artichoke hearts. Cook for another 2 minutes until heated through.
12. Stir in the reserved lemon juice and remove from heat.
13. When the chicken is done, let it rest for 5 minutes before slicing.

14. Serve the sliced chicken with the sautéed Mediterranean vegetables. Garnish with fresh parsley.

Beginner tip: If you don't have an oven-safe skillet, sear the chicken in a regular skillet, then transfer it to a baking dish for the oven portion of cooking.

Nutritional content per serving: 395 calories, 18g fat, 14g carbs, 6g fiber, 44g protein

Snack: Green tea with 1 small orange

Nutritional content per serving: 65 calories, 0g fat, 16g carbs, 3g fiber, 1g protein

Day 7

Breakfast: Anti-Inflammatory Vegetable Frittata

Ingredients:

- 2 eggs
- ¼ cup diced bell peppers (any color)
- ¼ cup fresh spinach, roughly chopped
- 1 tablespoon olive oil
- 1 tablespoon fresh herbs (chives, parsley), chopped
- ¼ avocado
- ¼ cup cherry tomatoes, halved
- Salt and pepper to taste
- 1 tablespoon water (to help eggs fluff)

Cooking Instructions:

1. Preheat oven to 350°F (175°C).
2. **Prepare the vegetables:** Dice the bell peppers into small pieces (about ¼-inch). Roughly chop the spinach. Halve the cherry tomatoes. Slice the avocado.
3. In a small bowl, whisk the eggs with 1 tablespoon water, a pinch of salt and pepper until well combined.
4. Heat an oven-safe 6-8 inch skillet (cast iron works best) over medium heat. Add olive oil.
5. Add diced bell peppers and sauté for 1-2 minutes until they begin to soften.
6. Add chopped spinach and cook for another 30 seconds until slightly wilted.
7. Spread the vegetables evenly in the skillet, then pour in the whisked eggs.
8. Cook for 2-3 minutes without stirring, until the edges start to set.

9. Transfer the skillet to the preheated oven and bake for 5-7 minutes, until the eggs are fully set but not overcooked.
10. Remove from oven (remember the handle will be hot!) and let cool for 2 minutes.
11. Slide the frittata onto a plate.
12. Top with sliced avocado, halved cherry tomatoes, and fresh herbs.

Beginner tip: If you don't have an oven-safe skillet, you can cover the skillet with a lid and continue cooking on low heat on the stovetop for about 5 minutes instead of transferring to the oven.

Nutritional content per serving: 305 calories, 24g fat, 9g carbs, 4g fiber, 15g protein

Lunch: Black Bean and Sweet Potato Bowl

Ingredients:

- ½ cup black beans, canned, rinsed and drained
- ½ cup sweet potato
- ¼ cup purple cabbage
- ¼ avocado
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- 2 tablespoons fresh cilantro, chopped
- ¼ teaspoon ground cumin
- ¼ teaspoon chili powder
- Salt and pepper to taste

Cooking Instructions:

1. **Prepare the sweet potato:** Preheat oven to 400°F (200°C). Peel the sweet potato and cut into ½-inch cubes. Toss with ½ tablespoon olive oil, a pinch of salt and pepper. Spread on a baking sheet and roast for 20-25 minutes, stirring halfway through, until tender and lightly browned.
2. **Prepare the cabbage:** Thinly slice the purple cabbage.
3. **Make the dressing:** In a small bowl, whisk together the remaining ½ tablespoon olive oil, lime juice, cumin, and chili powder.
4. **Prepare the avocado:** Cut the avocado in half, remove the pit, and slice ¼ of the avocado.
5. In a bowl, combine the black beans and roasted sweet potato.

6. Add the sliced purple cabbage and drizzle with the dressing. Toss gently to combine.
7. Top with sliced avocado and chopped cilantro.
8. Serve warm or at room temperature.

Beginner tip: To save time, you can roast a larger batch of sweet potatoes earlier in the week and refrigerate them for quick use in multiple meals.

Nutritional content per serving: 365 calories, 15g fat, 47g carbs, 14g fiber, 12g protein

Dinner: Grilled Salmon with Broccoli and Quinoa

Ingredients:

- 5 oz wild-caught salmon fillet
- 1 cup broccoli florets
- ½ cup quinoa, uncooked (will yield about 1.5 cups cooked)
- 1 tablespoon olive oil
- 1 lemon
- 2 sprigs fresh dill or 1 tablespoon fresh parsley, chopped
- 1 clove garlic, minced (for the broccoli)
- Salt and pepper to taste

Cooking Instructions:

1. **Cook the quinoa:** Rinse ½ cup quinoa in a fine mesh strainer. In a small saucepan, combine with 1 cup water and a pinch of salt. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes. Remove from heat, keep covered, and let stand for 5 minutes. Fluff with a fork.
2. **Prepare the salmon:** Pat the salmon dry with paper towels. Season with salt and pepper. Cut half of the lemon into thin slices.
3. **Cook the salmon:**
 - Stovetop method: Heat a skillet over medium-high heat. Add ½ tablespoon olive oil. Place salmon skin-side down (if it has skin) in the hot skillet. Cook for 4-5 minutes, then flip and cook for another 3-4 minutes until the salmon flakes easily with a fork but is still slightly pink in the center.
 - Oven method: Preheat oven to 400°F (200°C). Place salmon on a baking sheet lined with parchment paper. Top with lemon slices. Bake for 12-15 minutes until it flakes easily with a fork.

4. **Steam the broccoli:** In a pot with a steamer basket, bring about 1 inch of water to a boil. Add broccoli florets to the steamer basket. Cover and steam for 4-5 minutes until bright green and tender-crisp.
5. **Finish the broccoli:** In a small skillet, heat ½ tablespoon olive oil over medium heat. Add minced garlic and sauté for 30 seconds until fragrant. Add the steamed broccoli, season with salt and pepper, and toss to coat with the garlic oil.
6. Squeeze juice from the remaining lemon half over the salmon.
7. Serve the salmon with the quinoa and broccoli. Garnish with fresh dill or parsley.

Beginner tip: You can tell salmon is done when it flakes easily with a fork but still maintains some translucency in the center - this keeps it moist and prevents it from drying out.

Nutritional content per serving: 430 calories, 22g fat, 26g carbs, 5g fiber, 36g protein

Snack: ¼ cup blueberries with 2 Brazil nuts

Nutritional content per serving: 95 calories, 6g fat, 8g carbs, 2g fiber, 2g protein

Expert Tips for Best Results on an Anti-Inflammatory Diet

1. **Start gradually:** Replace one meal at a time rather than completely overhauling your diet at once
2. **Stay hydrated:** Drink plenty of filtered water and herbal teas throughout the day
3. **Prioritize consistency over perfection:** Even small changes can lead to significant benefits
4. **Read labels carefully:** Many packaged foods contain hidden inflammatory ingredients
5. **Practice mindful eating:** Eating slowly helps with digestion and nutrient absorption
6. **Consider intermittent fasting:** Some research suggests time-restricted eating may help reduce inflammation
7. **Manage stress levels:** Chronic stress can increase inflammation, so incorporate stress-reduction practices
8. **Get sufficient sleep:** Poor sleep quality is linked to increased inflammation
9. **Limit alcohol consumption:** Alcohol can trigger inflammatory responses in the body

10. **Incorporate gentle exercise:** Regular physical activity helps reduce systemic inflammation

Anti-Inflammation Foods List

Anti-Inflammatory Fruits and Vegetables

- Berries (blueberries, strawberries, raspberries)
- Cherries
- Oranges
- Apples
- Leafy greens (spinach, kale, collards)
- Broccoli
- Bell peppers
- Tomatoes
- Beets
- Sweet potatoes
- Avocados
- Pineapple
- Grapes
- Pomegranates

Other Anti-Inflammatory Foods

- Fatty fish (salmon, mackerel, sardines)
- Nuts (walnuts, almonds)
- Seeds (chia, flax, hemp)
- Olive oil
- Coconut oil
- Turmeric
- Ginger
- Garlic
- Cinnamon
- Green tea
- Bone broth
- Fermented foods (kimchi, sauerkraut)
- Dark chocolate (70%+ cacao)
- Legumes (lentils, beans)
- Whole grains (quinoa, brown rice)

Foods to Limit or Avoid

- Refined carbohydrates
- Added sugars
- Fried foods
- Processed meats
- Trans fats
- Excessive alcohol
- Foods with artificial additives
- Highly processed oils (corn, soybean)

Optional Substitutions for Common Allergies and Dietary Preferences

Dairy-Free Options

- Replace Greek yogurt with coconut yogurt
- Use nutritional yeast instead of cheese for flavor
- Substitute coconut oil for butter
- Try almond, coconut, or oat milk instead of dairy milk

Gluten-Free Options

- Replace wheat bread with gluten-free alternatives or lettuce wraps
- Use brown rice or quinoa pasta instead of wheat pasta
- Substitute almond flour or coconut flour for wheat flour
- Try gluten-free oats in place of regular oats

Nut-Free Options

- Replace almond butter with sunflower seed butter
- Substitute seeds (pumpkin, sunflower) for nuts
- Use olive oil or avocado in place of nut oils
- Try coconut yogurt instead of nut-based yogurts

Vegetarian/Vegan Options

- Replace animal proteins with tempeh, tofu, or legumes
- Use flax eggs (1 tablespoon ground flaxseed + 3 tablespoons water) in place of eggs

- Try nutritional yeast for a cheesy flavor
- Substitute coconut aminos for fish sauce

Complete Anti-Inflammatory Grocery Shopping List

Produce

- Mixed berries (strawberries, blueberries, raspberries)
- Lemons
- Limes
- Avocados (3-4)
- Apples
- Pears
- Oranges
- Bananas
- Pineapple
- Spinach (2 bags)
- Kale (1 bunch)
- Mixed greens (1 bag)
- Bell peppers (assorted colors)
- Broccoli (1 head)
- Cauliflower (1 head)
- Sweet potatoes (2-3)
- Carrots
- Celery
- Cucumber
- Zucchini (2)
- Cherry tomatoes
- Regular tomatoes
- Red onions
- Yellow onions
- Garlic
- Fresh ginger root
- Fresh herbs (parsley, cilantro, dill, basil)
- Asparagus (1 bunch)
- Purple cabbage
- Beets

Proteins

- Wild-caught salmon fillets
- White fish (cod, halibut, or sea bass)
- Boneless, skinless chicken breasts
- Ground turkey
- Shrimp
- Eggs
- Tempeh or tofu (for vegetarian option)

Pantry Items

- Extra virgin olive oil
- Coconut oil
- Sesame oil
- Apple cider vinegar
- Balsamic vinegar
- Rolled oats
- Quinoa
- Brown rice
- Buckwheat groats
- Chia seeds
- Ground flaxseed
- Hemp seeds
- Pumpkin seeds
- Sunflower seeds
- Walnuts
- Almonds
- Brazil nuts
- Almond butter
- Tahini
- Coconut flakes (unsweetened)
- Green tea
- Herbal teas (ginger, turmeric)
- Raw honey or maple syrup (small amount)
- Sprouted grain bread
- Canned chickpeas
- Canned black beans
- Canned white beans
- Vegetable broth (low sodium)
- Coconut milk (full fat)

- Unsweetened almond milk
- Coconut aminos
- Kalamata olives
- Artichoke hearts
- Black olives

Spices

- Turmeric
- Ginger (ground)
- Cinnamon
- Oregano
- Thyme
- Rosemary
- Cumin
- Chili powder
- Red pepper flakes
- Black pepper
- Pink Himalayan salt
- Herbs de Provence

Optional

- Hummus
- Fresh mozzarella
- Unsweetened Greek yogurt (if not dairy-free)
- Dark chocolate (70%+ cacao)
- Nutritional yeast

Meal Prep Tips for Your Anti-Inflammatory Week

1. **Batch cook basics:** Prepare quinoa, brown rice, and roasted vegetables in advance
2. **Prep your proteins:** Cook chicken breasts and salmon fillets to use throughout the week
3. **Chop vegetables ahead:** Have cut veggies ready for quick assembly of meals
4. **Make dressings and sauces:** Prepare tahini sauce and vinaigrettes to last the week
5. **Use proper storage:** Invest in glass containers to keep food fresh longer

6. **Label everything:** Mark containers with contents and dates
7. **Plan strategic cooking:** Cook dishes that use similar ingredients together to save time
8. **Freeze extras:** Many anti-inflammatory soups and stews freeze well

Tracking Your Progress

Consider keeping a food and symptom journal as you follow this 7-day anti-inflammatory meal plan. Note any changes in:

- Joint pain or stiffness
- Energy levels
- Digestive function
- Skin appearance
- Sleep quality
- Mood

Many people report noticeable improvements within just one week of following an anti-inflammatory eating pattern, though more significant benefits may take several weeks to develop.

Conclusion

This 7-day anti-inflammatory meal plan offers a delicious and practical way to incorporate inflammation-fighting foods into your daily routine. By focusing on nutrient-dense whole foods and limiting processed ingredients, you're taking a powerful step toward improved health and wellbeing.

Remember that consistency is key, and even small changes to your diet can lead to significant benefits over time. As with any dietary change, it's always wise to consult with your healthcare provider, especially if you have existing health conditions.

Disclaimer: This meal plan is for informational purposes only and is not intended as medical advice. Always consult with a healthcare professional before making significant changes to your diet, especially if you have existing health conditions.

Want more recipes and easy tips for
creating healthy meals for you and your
family? Head over to
quickhealthyrecipesblog.com
to get them all!

