

## 7-Day Anti-Inflammatory Meal Plan & Prep Guide

### Day 1:

**Breakfast:** Chia seed pudding with almond milk, walnuts, and blueberries

**Lunch:** Grilled salmon salad (spinach, avocado, cherry tomatoes, olive oil & lemon dressing)

**Snack:** Green tea & a handful of almonds

**Dinner:** Turmeric-spiced chicken with roasted sweet potatoes and steamed broccoli

### Day 2:

**Breakfast:** Scrambled eggs with sautéed spinach & turmeric, whole-grain toast

**Lunch:** Quinoa bowl with roasted chickpeas, cucumbers, bell peppers, and tahini dressing

**Snack:** Avocado slices with flaxseeds and a drizzle of olive oil

**Dinner:** Baked trout with garlic-roasted Brussels sprouts and wild rice

### Day 3:

**Breakfast:** Smoothie (almond milk, spinach, banana, flaxseeds, turmeric, ginger)

**Lunch:** Lentil soup with a side of mixed greens & olive oil dressing

**Snack:** Handful of walnuts & green tea

**Dinner:** Grass-fed beef stir-fry with bell peppers, ginger, and brown rice

### Day 4:

**Breakfast:** Oatmeal with flaxseeds, walnuts, and raspberries

**Lunch:** Mediterranean chickpea salad with cucumber, tomato, olives & olive oil dressing

**Snack:** Hummus with cucumber and carrot sticks

**Dinner:** Grilled chicken with roasted cauliflower and a side of quinoa

### Day 5:

**Breakfast:** Omelet with mushrooms, spinach, and avocado

**Lunch:** Wild-caught salmon with a side of sautéed kale and sweet potatoes

**Snack:** Handful of pumpkin seeds & chamomile tea

**Dinner:** Baked cod with turmeric rice and steamed green beans

### Day 6:

**Breakfast:** Smoothie (berries, chia seeds, almond milk, ginger, spinach)

**Lunch:** Quinoa & black bean salad with olive oil and lime dressing

**Snack:** Sliced avocado with hemp seeds

**Dinner:** Grilled shrimp with zucchini noodles and pesto

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## Day 7:

**Breakfast:** Scrambled eggs with sautéed kale and whole-grain toast

**Lunch:** Lentil & vegetable soup with a side of mixed greens

**Snack:** Handful of almonds & turmeric tea

**Dinner:** Baked chicken with roasted carrots and quinoa

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## Meal Prep Tips:

1. **Batch Cook Proteins:** Grill or bake chicken, salmon, or beef in bulk, and store in containers.
  2. **Prep Grains & Veggies:** Make large batches of quinoa, rice, sweet potatoes, and roasted veggies.
  3. **Homemade Dressings & Sauces:** Prepare lemon-olive oil, turmeric-ginger dressing, or avocado-lime sauce in mason jars.
  4. **Quick Snacks:** Pre-portion nuts, hummus with veggies, or pumpkin seeds into grab-and-go containers.
  5. **Overnight Breakfasts:** Make chia pudding, smoothies, or egg muffins ahead of time for quick, anti-inflammatory breakfasts.
  6. **Hydration:** Keep a large water bottle and anti-inflammatory teas (like turmeric and ginger) readily available.
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## Shopping List Staples:

- **Proteins:** Chicken, salmon, grass-fed beef, lentils, chickpeas
  - **Veggies:** Spinach, kale, broccoli, cauliflower, bell peppers, zucchini
  - **Grains:** Quinoa, brown rice, wild rice, oats
  - **Healthy Fats:** Avocado, olive oil, walnuts, flaxseeds, hemp seeds
  - **Spices:** Turmeric, ginger, garlic, cinnamon
  - **Other:** Almond milk, green tea, chamomile tea, berries, lemon, hummus
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## Hydration:

Drink 8-10 glasses of water daily. Include anti-inflammatory teas such as **turmeric, ginger, or green tea** for added benefit.

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