

Anti-Inflammatory Starter Guide

Pro-Inflammatory Foods to Limit

- Ultra-processed snacks (chips, packaged pastries)
- Fried foods (fast food, fried chicken, etc.)
- Sugary drinks (soda, sweetened teas, energy drinks)
- Refined carbs (white bread, pasta, pastries)
- Processed meats (bacon, sausage, deli meat)
- Excess alcohol
- Artificial sweeteners and additives
- Industrial seed oils (corn, soybean, canola oils)

Anti-Inflammatory Foods to Eat More Of

- Leafy greens (spinach, kale, arugula)
- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
- Berries (blueberries, strawberries, raspberries)
- Fatty fish (salmon, mackerel, sardines)
- Olive oil and avocado oil
- Nuts and seeds (chia, flax, almonds, walnuts)
- Turmeric and ginger
- Legumes (lentils, chickpeas, black beans)
- Green tea
- Garlic and onions

7-Day Anti-Inflammatory Reset Menu

Day 1

Breakfast: Greek yogurt with berries and chia seeds

Lunch: Grilled salmon salad with olive oil dressing

Dinner: Quinoa bowl with roasted veggies and chickpeas

Snack: Carrot sticks with hummus

Day 2

Breakfast: Oatmeal with flaxseeds, banana, and cinnamon

Lunch: Lentil soup with a side of mixed greens

Dinner: Baked cod with steamed broccoli and sweet potato

Snack: Apple slices with almond butter

Day 3

Breakfast: Avocado toast on sprouted grain bread with boiled egg

Lunch: Turkey lettuce wraps with avocado and tomato

Dinner: Stir-fried tofu with mixed vegetables over brown rice

Snack: Handful of mixed nuts

Day 4

Breakfast: Smoothie with spinach, blueberries, protein powder, and almond milk

Lunch: Chickpea and cucumber salad with lemon-tahini dressing

Dinner: Grilled chicken breast with roasted carrots and quinoa

Snack: Cucumber slices with guacamole

Day 5

Breakfast: Chia pudding with almond milk and sliced kiwi

Lunch: Stuffed bell peppers with ground turkey and black beans

Dinner: Zucchini noodles with pesto and grilled shrimp

Snack: Berries with a square of dark chocolate

Day 6

Breakfast: Scrambled eggs with spinach and mushrooms

Lunch: Buddha bowl with farro, roasted veggies, and tahini drizzle

Dinner: Grilled lamb chops with asparagus and mashed cauliflower

Snack: Pear with sunflower seed butter

Day 7

Breakfast: Coconut yogurt with granola and pomegranate seeds

Lunch: Baked falafel with quinoa tabbouleh

Dinner: Pan-seared trout with sautéed kale and lentils

Snack: Celery sticks with hummus