

ANTI-INFLAMMATORY DIET PLAN

WEEK 1

| | BREAKFAST | LUNCH | SNACKS | DINNER |
|-----|--|--|--|--|
| MON | Smoothie with spinach, blueberries, flaxseeds, and almond milk | Quinoa salad with mixed greens, cherry tomatoes, cucumber, and lemon-tahini dressing | Apple slices with almond butter; walnuts | Baked salmon with roasted sweet potatoes and steamed broccoli |
| TUE | Overnight oats with chia seeds, strawberries, and honey | Lentil soup with kale salad | Carrot sticks with hummus; dark chocolate | Grilled chicken with quinoa and sautéed spinach |
| WED | Greek yogurt with honey, walnuts, and fresh berries | Chickpea and avocado wrap with mixed greens | Smoothie with banana, spinach, protein powder; almonds | Stir-fried tofu with bell peppers, snap peas, and brown rice |
| THU | Whole-grain toast with avocado, side of pear | Leftover stir-fried tofu and vegetables | Broccoli with Greek yogurt ranch dip; pumpkin seeds | Baked salmon with roasted carrots and asparagus |
| FRI | Chia pudding topped with fruit | Sweet potato topped with black beans, corn, roasted peppers, and low-fat cheese | Apple with nut butter; diced veggies with vinaigrette | Chicken tortilla soup with tomatoes, onion, corn, black beans, chicken broth, cumin, garlic, and limes |
| SAT | Smoothie with spinach, banana, blueberries, kefir | Leftover chicken tortilla soup with corn tortillas | Carrot sticks with hummus; energy bites | Air-fried tilapia with baked sweet potatoes and steamed broccoli |
| SUN | Overnight oats with chia seeds, your preferred milk, maple syrup | Green Goddess sandwich with whole-grain bread, sliced avocados, spinach, sliced cucumber, and broccoli sprouts | Broccoli with Greek yogurt ranch dip; pumpkin seeds | Vegetable-loaded chicken and chickpea curry with red peppers, tomatoes, cauliflower, curry powder, ginger, garlic, turmeric, spinach, and coconut milk |

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WEEK 2

| | BREAKFAST | LUNCH | SNACKS | DINNER |
|-----|---|---|---|--|
| MON | Smoothie with berries, frozen riced cauliflower, kefir, 1% milk, almonds, chia, or ground flaxseeds | Leftover vegetable-loaded chicken and chickpea curry | Oranges and low-fat cottage cheese; almonds, dark chocolate, and dried figs | Salmon rice bowl with brown rice, cabbage, cucumbers, and green onions topped with diced avocado |
| TUE | Low-sugar, nonfat Greek yogurt topped with sliced almonds and blueberries | Leftover salmon rice bowl | Roasted chickpeas seasoned with cumin; carrots with Greek yogurt ranch dip | Spinach salad with roasted butternut squash, figs, blueberries, quinoa, and red onions topped with balsamic dressing |
| WED | Breakfast burrito with sautéed black beans, tomatoes, peppers wrapped in whole-grain tortilla | Chickpea salad sandwich with olive oil, lemon juice, garlic, celery, lettuce, red onion, tomatoes | Whole-grain toast with peanut butter; walnuts, figs, and dark chocolate | Baked tilapia with leftover spinach salad with figs and butternut squash |
| THU | Energy bites pre-made with oats, ground flaxseed, nut butter, vanilla extract, honey, and dried fruit | Cold lentil salad with cucumber, feta cheese, olives, tomatoes topped with olive oil vinaigrette | Popcorn sprinkled with cinnamon; low-fat cheese and whole-grain crackers | Sweet potato hash with diced tomatoes, peppers, chiles, ground turkey, cumin, and garlic powder |
| FRI | Whole-grain toast topped with scrambled egg, spinach, mushrooms, and peppers | Leftover sweet potato hash | Chia pudding with cinnamon and vanilla; pear and low-fat cheese | One-pan lemon garlic chicken and potatoes with green vegetables |
| SAT | Smoothie with kefir, 1% milk, banana, nut butter, cocoa powder, and chia seeds | Leftover lemon garlic chicken and vegetables | Energy bites; carrots, peppers, and hummus | Stuffed roasted sweet potatoes with southwest seasoned chickpeas, garlic, tomatoes, and onions |
| SUN | Whole-grain toast topped with nut butter, a handful of nuts, and sliced banana | Leftover southwest stuffed sweet potatoes | Walnuts and blueberries; Greek yogurt and almonds | Salmon tacos with creamy avocado lime broccoli slaw inside toasted corn tortillas |

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WEEK 3

| | BREAKFAST | LUNCH | SNACKS | DINNER |
|-----|--|--|---|--|
| MON | Overnight oats with chia seeds, milk, maple syrup, and fresh or frozen fruit | Leftover salmon taco salad with broccoli slaw and spinach | Berries and low-fat cheddar cheese; banana and almonds | Chicken, cauliflower, and green beans with parmesan, olive oil, and pesto over chickpea pasta |
| TUE | Breakfast burrito with sautéed black beans, tomatoes, peppers, and scrambled egg | Leftover pesto chicken and vegetable pasta | Small serving of overnight oats with oats, chia, milk, vanilla, cinnamon, and mangoes | Shrimp bowl with brown rice, tomatoes, green onions, and avocado |
| WED | Smoothie with kefir, milk, mangoes, berries, nuts, and chia seeds | Leftover shrimp bowl (great cold or reheated) | Grapes and pistachios; pumpkin seeds, dried cranberries, and walnuts | Thin-crust Mediterranean-style pizza with olive oil, garlic, mozzarella, spinach, tomatoes, olives, artichokes, red onions, and feta |
| THU | Whole-grain cereal with milk, berries, and coffee | Leftover Mediterranean pizza with spinach salad | Unsweetened trail mix; popcorn and almonds | Sheet pan roasted garlic chicken with carrots and broccoli |
| FRI | Egg scramble with vegetables over whole-grain toast | Leftover roasted chicken, carrots, and broccoli | Sliced red peppers with low-fat cottage cheese; edamame | One-skillet chicken fajitas with peppers and onions in tortillas |
| SAT | Hard-boiled egg with oatmeal, cinnamon, and apples | Leftover chicken fajitas over brown rice | Blackberries and Greek yogurt; veggies with Italian dressing | Shrimp gumbo soup with onions, carrots, peppers, tomatoes, garlic, oregano, black pepper, andouille sausage |
| SUN | Energy bites with oats, flaxseed, nut butter, vanilla, honey, and dark chocolate chips | Vegetable and hummus sandwich with whole-grain bread, thinly sliced veggies, hummus, and avocado | Greek yogurt with walnuts; sliced apple and nut butter | Leftover gumbo soup with cauliflower rice |

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