

NO-SUGAR ANTI- INFLAMMATORY DIET PLAN

WEEK 1

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Spinach & Mushroom Omelet (2 eggs)	Large Mixed Green Salad with Grilled Chicken & Olive Oil Vinaigrette	Handful of almonds, Apple slices	Baked Salmon with Roasted Asparagus & Quinoa
TUE	Unsweetened Berry Smoothie (spinach, berries, unsweetened almond milk, protein powder)	Leftover Baked Salmon & Roasted Asparagus	Celery sticks with almond butter, Hard-boiled egg	Lean Ground Turkey Stir-fry with Broccoli, Bell Peppers, & Cauliflower Rice (no added sugar sauce)
WED	Scrambled Eggs (2) with Sautéed Kale & Avocado	Large Salad with Chickpeas, Cucumber, Tomatoes, & Lemon-Tahini Dressing	Walnuts, Pear	Chicken Breast (baked/grilled) with Sweet Potato & Steamed Green Beans
THU	Steel-Cut Oats (unsweetened) with Berries & Chia Seeds	Leftover Chicken Breast, Sweet Potato & Green Beans	Olives, Small handful of pumpkin seeds	Lentil Soup (homemade, no added sugar) with a side of steamed spinach
FRI	Chia Seed Pudding (unsweetened almond milk, chia, berries, hint of vanilla)	Tuna Salad (made with olive oil mayo) on Lettuce Wraps with Carrot Sticks	Cucumber slices with hummus, Orange	Baked Cod with Roasted Brussels Sprouts & Brown Rice
SAT	Scrambled Eggs (2) with Sautéed Bell Peppers & Onion	Leftover Baked Cod & Roasted Brussels Sprouts	Handful of pecans, Small bowl of blueberries	Shrimp & Veggie Skewers (grilled) with a side of Quinoa
SUN	Unsweetened Greek Yogurt with Berries & Flax Seeds	Large Salad with Hard-boiled Eggs, Avocado, & Mixed Greens	Rice cakes (unsweetened) with avocado, Green tea	Roasted Chicken Thighs (skinless) with Roasted Root Vegetables (carrots, parsnips)

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WEEK 2

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Scrambled Eggs (2) with Avocado & Sliced Tomato	Leftover Roasted Chicken & Root Vegetables	Apple slices with almond butter, Handful of walnuts	Turkey Meatballs (homemade, lean ground turkey) with Zucchini Noodles & Marinara (no added sugar)
TUE	Unsweetened Green Smoothie (spinach, banana, unsweetened almond milk, protein powder)	Large Salad with Grilled Shrimp & Olive Oil Dressing	Hard-boiled egg, Bell pepper strips	Baked Salmon with Steamed Asparagus & Wild Rice
WED	Steel-Cut Oats (unsweetened) with Sliced Almonds & Cinnamon	Leftover Baked Salmon & Veggies	Handful of almonds, Orange	Chicken & Vegetable Curry (coconut milk base, no added sugar) with Cauliflower Rice
THU	Scrambled Eggs (2) with Sautéed Mushrooms & Herbs	Leftover Chicken & Vegetable Curry	Celery sticks, Small handful of pumpkin seeds	Lentil & Veggie Chili (homemade, no added sugar)
FRI	Unsweetened Greek Yogurt with Berries & Hemp Seeds	Large Salad with Grilled Chicken, Avocado, & Mixed Greens	Handful of mixed nuts, Pear	Baked Cod with Roasted Broccoli & Quinoa
SAT	Spinach & Feta Omelet (2 eggs)	Leftover Baked Cod & Roasted Broccoli	Rice cakes (unsweetened) with avocado, Green tea	Lean Ground Beef (grass-fed) with Sautéed Spinach & Sweet Potato Mash
SUN	Chia Seed Pudding (unsweetened almond milk, chia, berries, hint of vanilla)	Large Salad with Tuna (in olive oil), Olives, & Cucumber	Apple, Handful of pecans	Roasted Turkey Breast with Roasted Brussels Sprouts & Brown Rice

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WEEK 3

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Scrambled Eggs (2) with Asparagus & Avocado	Leftover Roasted Turkey & Brussels Sprouts	Handful of almonds, Berries	Chicken Stir-fry with Mixed Veggies & Brown Rice (no added sugar sauce)
TUE	Unsweetened Berry & Spinach Smoothie	Large Salad with Chickpeas, Cucumber, Tomatoes, & Lemon-Tahini Dressing	Hard-boiled egg, Sliced bell peppers	Baked Salmon with Steamed Green Beans & Quinoa
WED	Steel-Cut Oats (unsweetened) with Walnuts & Cinnamon	Leftover Baked Salmon & Green Beans	Handful of cashews, Apple	Lean Ground Turkey & Vegetable Skillet (e.g., with zucchini, tomatoes, herbs)
THU	Scrambled Eggs (2) with Sautéed Bell Peppers & Onion	Leftover Turkey & Vegetable Skillet	Olives, Small handful of sunflower seeds	Hearty Vegetable Soup (homemade, no added sugar) with a side of sautéed kale
FRI	Unsweetened Greek Yogurt with Berries & Flax Seeds	Tuna Salad (made with olive oil mayo) on Lettuce Wraps with Carrot Sticks	Cucumber slices with hummus, Orange	Baked Cod with Roasted Asparagus & Sweet Potato
SAT	Spinach & Mushroom Omelet (2 eggs)	Leftover Baked Cod & Roasted Asparagus	Handful of pecans, Small bowl of blueberries	Grilled Chicken Thighs (skinless) with Large Mixed Green Salad & Avocado
SUN	Chia Seed Pudding (unsweetened almond milk, chia, berries, hint of vanilla)	Large Salad with Grilled Shrimp, Cucumber, & Tomatoes	Rice cakes (unsweetened) with avocado, Green tea	Lentil Shepherd's Pie (lentil base, veggie topping)

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WEEK 4

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Scrambled Eggs (2) with Sautéed Kale & Avocado	Leftover Lentil Shepherd's Pie	Apple slices with almond butter, Handful of walnuts	Baked Salmon with Roasted Broccoli & Brown Rice
TUE	Unsweetened Green Smoothie (spinach, banana, unsweetened almond milk, protein powder)	Large Salad with Grilled Chicken & Olive Oil Dressing	Hard-boiled egg, Carrot sticks	Lean Ground Beef (grass-fed) with Sautéed Spinach & Roasted Carrots
WED	Steel-Cut Oats (unsweetened) with Berries & Chia Seeds	Leftover Lean Ground Beef & Veggies	Handful of almonds, Pear	Turkey & Black Bean Burgers (homemade, no bun) with a large side salad
THU	Scrambled Eggs (2) with Sautéed Asparagus & Herbs	Leftover Turkey & Black Bean Burgers	Celery sticks, Small handful of pumpkin seeds	Baked Cod with Steamed Green Beans & Quinoa
FRI	Unsweetened Greek Yogurt with Berries & Hemp Seeds	Large Salad with Tuna (in olive oil), Olives, & Cucumber	Handful of mixed nuts, Orange	Chicken Breast (baked/grilled) with Roasted Brussels Sprouts & Sweet Potato
SAT	Spinach & Feta Omelet (2 eggs)	Leftover Chicken Breast & Roasted Veggies	Rice cakes (unsweetened) with avocado, Green tea	Shrimp Stir-fry with Mixed Veggies & Cauliflower Rice (no added sugar sauce)
SUN	Chia Seed Pudding (unsweetened almond milk, chia, berries, hint of vanilla)	Large Salad with Hard-boiled Eggs, Avocado, & Mixed Greens	Apple, Handful of pecans	Homemade Chicken & Vegetable Soup (no noodles, no added sugar)

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