



7-Day Anti-Inflammatory Meal Plan

Crafted by Christina Bailey, CCMP, to calm inflammation and nourish your body. Recipes and more at edibletimes.com and christinabailey.substack.com.

Day	Breakfast	Lunch	Dinner	Snack
Monday	Overnight oats with berries & walnuts or pecans	Veggie sandwich on whole grain bread and avocado spread or hummus	Roasted salmon with broccoli & quinoa	Apple slices with almond butter, banana
Tuesday	Yogurt parfait with fresh berries/fruit, topped with low-sugar granola, sliced almonds and chia seeds	Arugula or mixed green salad with chickpeas, cucumbers & olive oil, top with a little cooked chicken breast	Ground lean turkey (93% fat) stir-fry with colorful bell peppers, onions & brown rice or quinoa	Low-sugar trail mix, lightly salted popcorn
Wednesday	Low-sodium and low-sugar turkey or chicken sausage with a side of fruit and whole grain toast with peanut butter	Whole grain wrap with hummus, roasted veg & arugula	Bean & kale stew or veggie chili served with plain, low-salt corn chips	Sliced bell peppers with guacamole
Thursday	Oatmeal with cinnamon, banana & pecans	Tuna salad on whole grain crackers	Lemon and herb-marinated chicken thighs with roasted sweet potato	Fresh berries with a drizzle of honey, a small glass of low-sugar kefir
Friday	Greek yogurt (plain) with granola, blueberries & flaxseed	Minestrone soup with whole grain bread	Grilled mackerel with steamed asparagus & farro	Celery sticks with tahini or hummus,
Saturday	Veggie omelette or scrambled eggs with two vegetables: spinach, tomato, onion, bell peppers	Taco bowl or salad: lean ground beef, chipotles, corn kernels on brown rice or lettuce with avocado crema (avocado mashed or blended with a little water or cultured sour cream)	Baked white fish with lemon, and olive oil & roasted root vegetables such as squash, potatoes, side of sautéed spinach or kale	Mandarin orange and a small handful of nuts, veggie sticks with peanut butter or a little homemade ranch dip made with cultured sour cream or yogurt
Sunday	Whole grain pancakes or waffles with fresh fruit compote (fruit warmed with a little honey or maple syrup)	Tomato, bean and /or whole grain, non-dairy based soup with a mixed green salad drizzled with oil and vinegar.	Roasted or grilled (marinated) pork tenderloin with green beans & wild rice or baked potato (eat the skin!)	Dark chocolate (70%+) and walnuts

How to Use the Meal Plan

The meals are designed to be flexible and seasonally adaptable. Swap proteins of the same type (e.g. salmon for tilapia, chicken for turkey) or swap vegetables freely while keeping the cooking method the same. Take help from the store when you need it, just be mindful of the ingredient list. Oat-based pancake and waffle mixes, low-sodium pre-made soups and stews, and cooked chicken breast without preservatives and lots of salt are great ways to save time in the kitchen. Aim for at least half fresh ingredients with every meal.

Smart Shopping & Ingredient Swaps

- **Read labels carefully.** If a packaged food has more ingredients that you don't know than ones you'd find in a home kitchen, skip it.
- **Choose low-sodium or no salt added.** High salt diets can contribute to hypertension (high blood pressure). Look for low-sodium options, and rinse canned vegetables under water for a minute to reduce sodium levels.
- **Use olive oil, avocado oil, or canola oil** instead of butter or mystery vegetable oil.
- **Choose moist cooking methods** (poaching, steaming, braising) over dry-heat methods (grilling, broiling) to reduce AGE formation.
- **Marinate land animal proteins** (beef, chicken, pork, lamb, game) in lemon juice, wine, or vinegar-based marinades for at least an hour before cooking.
- **Aim for a colorful plate.** A variety of plant pigments means a variety of antioxidants.
- **Include at least one source of Omega-3 fatty acids daily:** salmon, sardines, walnuts, flaxseed, or chia seeds. Or supplement with a fish oil that is tested for purity.

On Dairy & Saturated Fat

The science continues to evolve on the effects of saturated fats on health from dairy versus meat sources. A little dairy goes a long way as a garnish. Sprinkle a little cheese or dollop cultured sour cream or yogurt on top a finished meal. Just don't go overboard. Aim for one to two tablespoons at the most (measure once to get the gist, then just eyeball it going forward).

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