



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 açai oatmeal with nuts & fruit	Veggie sandwich on whole grain bread and avocado spread or hummus	Roasted salmon with broccoli & quinoa or baked potato garnished with a little butter or olive oil and herbs	Apple slices with almond butter, or Berry & Almond Butter "Sushi"
Tuesday	Yogurt parfait with fresh berries/fruit, topped with low-sugar granola, sliced almonds and chia seeds	Italian chickpea (or white bean) salad over arugula or mixed greens, top with a little cooked chicken breast or salmon	Ground lean turkey (93% fat) or pork cabbage and peanut stir-fry	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 vegetables & arugula	Bean & kale stew or turkey 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 and sautéed greens	Fresh berries with a drizzle of honey, a small glass of no-sugar kefir
Friday	Greek yogurt (plain) with granola, blueberries & flaxseed	Minestrone soup with whole grain roll or crackers	Grilled mackerel with steamed or air-fried or roasted asparagus or broccoli & half a baked potato (eat the skin!)	Hummus and crudites (raw vegetables such as celery, radishes, bell peppers)
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)	Crispy white fish tacos with warm salsa verde, side of black beans on top of brown/wild rice or quinoa	Seasonal fruit or dried fruit (such as mango and apricots) and a small handful of nuts, carrot sticks with peanut butter

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 and beet salad drizzled with oil and vinegar.	Roasted or grilled (marinated) pork tenderloin with green beans & wild rice or seasoned potato wedges (leave on and eat the skin!)	Dark chocolate (70%+) and walnuts, or ants-on-a-log dip & raw veggies
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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 chilis, and cooked chicken breast without preservatives and heavy salt are great ways to save time in the kitchen. Aim for at least half fresh ingredients with every meal.

Smart Shopping & Ingredient Tips

- **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 to cook meat and garnish vegetables. A little sprinkle of salt, ground pepper, and drizzle of olive oil on cooked vegetables is quick and delicious.
- **Choose moist cooking methods** (poaching, steaming, braising) over dry-heat methods (grilling, broiling) to reduce AGE formation in meat.
- **Marinate land animal proteins** (beef, chicken, pork, lamb, game) in lemon juice, wine, or vinegar-based marinades for at least an hour before cooking. A good marinade starting point is one part lemon juice/vinegar to three parts oil, plus any herbs and seasonings you like. For a wine marinade, just submerge the meat in wine with herbs and a pinch of salt.
- **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.