

# ANTI-INFLAMMATORY 7-DAY MEAL PLAN

**ANTI-INFLAMMATORY  
7-DAY MEAL PLAN**



	BREAKFAST	LUNCH	SNACK	DINNER
1	<ul style="list-style-type: none"> <li>• Omelette with olive seeds, mushrooms, and a sprout of kale</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled salmon, mixed greens, sliced avocado, olive sprouts, and a sprout of kale</li> <li>• 1 slice of whole-grain bread</li> </ul>	<ul style="list-style-type: none"> <li>• Handful of walnuts</li> <li>• 1 orange</li> </ul>	<ul style="list-style-type: none"> <li>• Tomatoes, sliced chicken, roasted sweet potatoes, roasted Brussels sprouts, and a sprout of kale</li> </ul>
2	<ul style="list-style-type: none"> <li>• Green smoothie with pineapple, spinach, kale, almond milk, 1 banana, and 1 tablespoon of protein</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled lamb chops, mixed greens, tomato, mushrooms, olive sprouts, and 1/2 cup brown rice</li> <li>• 1/2 cup brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot sticks with hummus</li> </ul>	<ul style="list-style-type: none"> <li>• Baked cod with roasted Brussels sprouts and a sprout of kale</li> <li>• 1/2 cup brown rice</li> <li>• 1/2 cup brown rice</li> </ul>
3	<ul style="list-style-type: none"> <li>• Smoothie with frozen mixed berries, almond milk, a slice of kiwi, and 1 tablespoon of protein</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken, spinach, olive sprouts, and roasted sweet potatoes with olive oil and lemon dressing</li> <li>• 1 small baked sweet potato</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup almonds</li> <li>• 1 apple</li> </ul>	<ul style="list-style-type: none"> <li>• Baked salmon with a lemon-coriander marinade, roasted sweet potatoes, and roasted Brussels sprouts</li> </ul>
4	<ul style="list-style-type: none"> <li>• Smoothie with 1/2 cup almond milk, frozen mixed berries, kiwi, and 1 tablespoon of protein</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled 8 oz. salmon, sliced mixed greens, tomato, mushrooms, olive sprouts, and 1/2 cup brown rice</li> <li>• 1/2 cup brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed lentils with green beans</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled shrimp with garlic, spinach, and a sprout of kale with sweetener-free sauce</li> </ul>
5	<ul style="list-style-type: none"> <li>• One-boiling oatmeal with olive seeds, and a sprout of kale, and 1 tablespoon of protein</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled salmon, olive oil, and a sprout of kale</li> <li>• Roasted asparagus, olive oil, and a sprout of kale</li> </ul>	<ul style="list-style-type: none"> <li>• 1 small apple with almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken, roasted sweet potatoes, and roasted Brussels sprouts</li> </ul>
6	<ul style="list-style-type: none"> <li>• Smoothie with olive seeds, almond milk, and 1 tablespoon of protein</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled salmon, olive oil, and a sprout of kale</li> <li>• 1/2 cup brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• 1 small apple with a sprout of kale</li> </ul>	<ul style="list-style-type: none"> <li>• Baked cod with roasted sweet potatoes and roasted Brussels sprouts</li> </ul>
7	<ul style="list-style-type: none"> <li>• Omelette with olive seeds, mushrooms, and a sprout of kale</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken, olive oil, and a sprout of kale</li> <li>• 1/2 cup brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup brown rice</li> <li>• 1/2 cup brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled cod with roasted sweet potatoes and roasted Brussels sprouts</li> </ul>



# Simple Anti Inflammatory Diet Full Tutorial

**Christian G. Meyer**



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web apr 28 2012 lakukan uji korelasi spearman dengan spss dengan klik analyze correlate bivariate masukkan rangking x dan ranking y ke variables pada correlation coefficient ceklis spearman pada test of significance pilih 2 tailed jika 2 sisi atau 1 tailed jika 1 sisi klik ok

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web apr 27 2022 statistik uji apabila jumlah pasangan sampel x i dan y i n 30 gunakan rumus  $r_s = \frac{1}{n} \sum d^2$   $n^2 - 1$   $r_s$  koefisien korelasi spearman n jumlah pasangan sampel x i y i d i selisih rank x i rank y i apabila jumlah

pasangan sampel  $x_i$  dan  $y_i$   $n = 30$  gunakan rumus

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web koefisien korelasi spearman atau sering disebut juga sebagai spearman rank correlation coefficient digunakan untuk menghitung korelasi berdasarkan data yang berbentuk peringkat ranking berdasarkan kondisi dalam data terdapat dua cara dalam penghitungan koefisien korelasi spearman yaitu

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web jan 22 2021 korelasi rank spearman disebut juga rank order correlation atau rank difference correlation korelasi ini mengukur hubungan antara dua variabel yang digambarkan menurut fungsi monotonik umumnya digunakan untuk data dengan skala ordinal jika skalanya rasio atau interval maka diubah terlebih dahulu menjadi ordinal

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web uji korelasi charles spearman atau spearman s rank correlation coefficient atau spearman s rho adalah uji hipotesis untuk mengetahui hubungan 2 variabel uji koefisien korelasi spearman s rank adalah uji statistik untuk menguji 2 variabel yang berdata ordinal atau salah satu variabel berdata ordinal dan lainnya nominal maupun rasio

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web nov 19 2020 the null hypothesis is that the spearman correlation coefficient  $\rho$  rho is 0 a  $\rho$  of 0 means that the ranks of one variable do not covary with the ranks of the other variable in other words as the ranks of one variable increase the ranks of the other variable do not increase or decrease

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web apr 27 2021 korelasi spearman rho adalah metode statistik yang digunakan untuk menguji dugaan tentang adanya hubungan antara variabel apabila datanya berskala ordinal rangking atau berskala rasio interval namun tidak memenuhi asumsi normalitas

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web in statistics spearman s rank correlation coefficient or spearman s  $\rho$  named after charles spearman and often denoted by the greek letter rho or  $\rho$  as is a nonparametric measure of rank correlation statistical dependence between