

# 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 papaya, blueberries, olive sprout, olive oil and lemon dressing</li> <li>• Side of quinoa</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 broccoli, almond sprout</li> <li>• Side of roasted sprouts with garlic</li> </ul>
2	<ul style="list-style-type: none"> <li>• Green smoothie with pineapple, spinach, kale, almond milk, 1 banana, 1 kiwi</li> <li>• 1 hard-boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled tuna steak, mixed greens, tomato, cucumber, olive sprout, olive oil</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 broccoli</li> <li>• 1 kiwi</li> <li>• Side of quinoa with olive oil</li> </ul>
3	<ul style="list-style-type: none"> <li>• Smoothie with frozen mixed berries, almond milk, a slice of kiwi, banana, and spinach</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken, spinach, olive sprout, olive oil, roasted sweet potatoes with olive oil and lemon dressing</li> <li>• 1 hard-boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup almond milk</li> <li>• 1 kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• Baked salmon with a lemon-coriander marinade, roasted sweet potatoes, roasted broccoli</li> </ul>
4	<ul style="list-style-type: none"> <li>• Smoothie with 1/2 cup almond milk, frozen mixed berries, kiwi, and 1 banana</li> <li>• 1 boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Quinoa &amp; chicken salad, mixed greens, tomato, cucumber, olive sprout, olive oil</li> <li>• 1 kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed leafy greens with garbanzo</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted shrimp with garlic, spinach, and broccoli, served with sweet potato</li> </ul>
5	<ul style="list-style-type: none"> <li>• One-boiling almond milk, olive seeds, and a sprout of kale, kiwi, and banana</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled salmon, side of quinoa and roasted sweet potatoes</li> <li>• Broccoli sprout, olive oil, and olive oil dressing</li> </ul>	<ul style="list-style-type: none"> <li>• 1 small apple with almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• Quinoa, roasted chicken, roasted sweet potatoes, roasted broccoli</li> </ul>
6	<ul style="list-style-type: none"> <li>• Smoothie with olive seeds, olive seeds, almond milk, and a sprout of kale</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken, mixed greens, tomato, cucumber, olive sprout, olive oil</li> <li>• 1/2 cup brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• 1 small apple with a sprout of kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• Baked cod with roasted sweet potatoes, roasted broccoli, almond sprout</li> </ul>
7	<ul style="list-style-type: none"> <li>• Omelette with olive seeds, mushrooms, and a sprout of kale</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken, side of quinoa, mixed greens, olive sprout, olive oil</li> <li>• 1/2 cup brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup Greek yogurt with almonds and kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled cod with roasted sweet potatoes, roasted broccoli, almond sprout</li> </ul>



# Simple Anti Inflammatory Diet Full Tutorial

**Albert A Gayle**



## **Simple Anti Inflammatory Diet Full Tutorial:**

## **Simple Anti Inflammatory Diet Full Tutorial** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Simple Anti Inflammatory Diet Full Tutorial**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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