Anti Inflammatory Meal Plan Printable: 7 Days, Free PDF

Free printable. Full guide and tips: https://betterlifecarez.com/anti-inflammatory-meal-plan-printable/

Your 7 Day Anti Inflammatory Meal Plan Printable

Amounts serve one adult. Double the grocery list for two. Swap days freely.

Week 1: Daily Meals

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Oatmeal, berries, walnuts	Lentil soup, carrot sticks	Baked salmon, sweet potato, broccoli	Apple with almond butter
Day 2	Greek yogurt, berries, ground flax	Leftover salmon over spinach	Chickpea curry with brown rice	Carrots and hummus
Day 3	Spinach mushroom egg scramble, toast	Leftover curry, extra spinach	Sheet-pan chicken, peppers, onions	Orange and walnuts
Day 4	Overnight oats, chia, tart cherries	Chicken quinoa bowl, lemon dressing	Black bean tacos, slaw, avocado	Greek yogurt with cinnamon
Day 5	Berry spinach smoothie with flax	Leftover beans over kale salad	Tuna pasta, cherry tomatoes, spinach	Pear and pumpkin seeds
Day 6	Avocado toast with an egg	Lentil soup from the freezer	Shrimp stir-fry, broccoli, brown rice	Berries and dark chocolate
Day 7	Spinach, mushroom, pepper omelet	Kale salad, shrimp, tomatoes	Turkey and bean chili	Popcorn with olive oil

Prep Notes for the Week

- Before Day 1: cook lentil soup, brown rice and quinoa.
- Freeze half the soup for Day 6.
- Day 1: bake both salmon fillets.
- Day 3: roast extra chicken for Day 4.
- Day 4: save extra beans for Day 5.
- Day 6: cook extra shrimp for Day 7.

Grocery List: Produce

Item	Approx. amount	Used on
Mixed berries (frozen is fine)	2 bags	Days 1, 2, 5, 6
Frozen tart cherries	1 small bag	Day 4
Baby spinach	2 large tubs	Days 2, 3, 5, 7
Kale	1 bunch	Days 5, 7
Broccoli	2 heads	Days 1, 6
Bell peppers	4	Days 3, 6, 7
Sweet potatoes	2	Day 1
Red cabbage	1 small head	Day 4
Cherry tomatoes	2 pints	Days 5, 7
Carrots	1 bag (2 lb)	Days 1, 2, 6
Mushrooms	8 oz	Days 3, 7
Onions and garlic	3 onions, 1 head	Most days
Avocados	2	Days 4, 6
Apples, oranges, pears	2 of each	Snacks
Lemons	2	Dressings
Fresh ginger	1 small knob	Days 2, 6

Grocery List: Proteins and Dairy

Item	Approx. amount	Used on
Salmon fillets	2 (about 12 oz)	Days 1, 2
Chicken thighs or breasts	About 1 lb	Days 3, 4
Eggs	1 dozen	Days 3, 6, 7
Plain Greek yogurt	32 oz tub	Days 2, 4
Frozen shrimp	About 8 oz	Days 6, 7
Canned tuna or sardines	2 cans	Day 5
Ground turkey	About 1 lb	Day 7

Grocery List: Grains, Beans and Pantry

Item	Approx. amount	Used on
Rolled oats	1 canister	Days 1, 4
Brown rice	1 bag	Days 2, 6
Quinoa	1 small bag	Day 4
Whole-wheat pasta	1 box	Day 5
Whole-grain bread	1 loaf	Days 3, 6
Corn tortillas	1 pack	Day 4
Dried lentils	1 lb bag	Days 1, 6
Canned chickpeas	1 can	Day 2
Canned black beans	2 cans	Days 4, 5
Canned kidney beans	1 can	Day 7
Canned crushed tomatoes	3 cans	Days 2, 7
Low-sodium broth	1 carton (32 oz)	Day 1
Plain popcorn kernels	1 small bag	Day 7

Grocery List: Fats, Nuts and Flavor

Item	Approx. amount	Used on
Extra-virgin olive oil	1 bottle	Daily
Walnuts	1 small bag	Days 1, 3
Almond butter	1 jar	Day 1
Ground flaxseed	1 small bag	Days 2, 5
Chia seeds	1 small bag	Day 4
Pumpkin seeds	1 small bag	Day 5
Hummus	1 tub	Day 2
Turmeric, cumin, curry powder	1 jar each	Days 2, 7
Cinnamon	1 jar	Days 1, 4
Dark chocolate (70% or more)	1 bar	Day 6

Frozen fruit, frozen fish and canned beans all count. They're often cheaper and keep longer, which matters when your budget is tight.