



# Your Anti-Inflammatory 7-Day Meal Plan

*A Beginner's Guide to a Full Week of Healing Eating*

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## What's Inside This Guide

Complete grocery list

Sunday batch prep guide

Full 7-day meal plan with protein options

Daily protein guidance

Foods to eat & avoid

Budget tips & smart swaps

How to use this guide: Print it out, save it to your phone, or keep it open while you shop and cook. Everything you need is right here — no scrolling required.

## SECTION 1

## Complete Grocery List

**Proteins**

- Wild salmon (fresh or frozen): 2 servings — your 2 fatty fish meals for the week
- Canned sardines in olive oil: 1–2 cans (optional fatty fish swap)
- Canned tuna in olive oil: 1–2 cans (optional lean protein swap)
- Organic chicken breast: 3–4 servings, or chicken thighs for more flavor
- Ground turkey or turkey breast: 2–3 servings
- Organic eggs: 1 dozen
- Dried or canned lentils: 2 cans or 1 bag dried
- Canned chickpeas: 2 cans
- Canned black beans: 1 can
- Plain full-fat Greek yogurt: 1 large container
- Collagen or unflavored protein powder: 1 container (optional but recommended)

**Produce — Fresh or Frozen**

- Baby spinach and mixed leafy greens: 2 large bags
- Blueberries (fresh or frozen): 2–3 cups
- Frozen mango chunks: 1 bag — Day 2 smoothie
- Bananas: 3–4 ripe
- Sweet potatoes: 3–4 medium
- Broccoli: 1 large head or frozen bag
- Snap peas and red bell peppers: 1–2 each — Day 5 stir-fry
- Avocados: 4–5 ripe
- Cherry tomatoes and cucumber: 1 pint tomatoes, 1 cucumber
- Celery: 1 bunch
- Fresh ginger root: 1 hand
- Garlic: 1 bulb
- Lemons: 4–5
- Fresh herbs — parsley, cilantro, or basil: 1–2 bunches

**Milk of Choice — Pick One or Two**

- Unsweetened soy milk: Best for protein — complete amino acid profile
- Unsweetened almond milk: Light, mild, widely available
- Unsweetened oat milk: Creamy, works great in oatmeal
- Light coconut milk: Use sparingly — higher in saturated fat

### Healthy Fats & Pantry Staples

- Extra virgin olive oil: 1 quality bottle – your primary cooking fat
- Raw walnuts: 1 cup
- Raw almond butter: 1 jar
- Chia seeds: 1 bag
- Ground flaxseed: 1 bag
- Rolled oats: 1 bag
- Brown rice or quinoa: 2 cups dry – or one of each
- Tahini: 1 jar – dressings and grain bowls all week
- Dijon mustard: 1 small jar – batch dressing
- Raw honey: 1 small jar
- Dark chocolate 85%+ cacao: 1 bar
- Fresh salsa: 1 jar – Day 3 dinner

### Anti-Inflammatory Spices

- Ground turmeric: Always pair with black pepper to activate curcumin
- Black pepper: Essential – never use turmeric without it
- Ground ginger and ground cinnamon
- Garlic powder, dried rosemary, red pepper flakes
- Cumin: For seasoning turkey and chicken

Budget tip: Frozen berries, fish, and vegetables retain virtually identical nutrition to fresh. Build 50% of your produce shopping around frozen items to keep your weekly total around \$50.

## SECTION 2

## Foods to Prioritize &amp; Limit

**Prioritize Every Day**

Quality protein at every meal — chicken, turkey, eggs, Greek yogurt, legumes, fatty fish 2x/week

Leafy greens and colorful vegetables — antioxidant and magnesium-rich

Berries — polyphenol and flavonoid dense

Avocado and extra virgin olive oil — oleocanthal and healthy fat

Walnuts, chia seeds, flaxseed — omega-3 and fiber

Turmeric, ginger, garlic — curcumin, gingerol, and allicin

Fermented foods (Greek yogurt, kimchi) — gut microbiome support

**Limit This Week**

Added sugar and high-fructose corn syrup

Refined grains (white bread, white pasta)

Refined seed oils (soybean, corn, cottonseed)

Processed and packaged snacks

Alcohol

Processed meats

Grace Over Guilt: One off-plan meal does not undo your week. Inflammation is built over time — and so is healing. Return to your next scheduled meal without judgment.

Daily Protein Target: 0.8–1.2g per pound of body weight

Spread protein across every meal and snack. A 150-pound woman aiming for 1g/lb needs roughly 150g daily — which is why protein at every meal is non-negotiable.

Add 4–6 oz to every lunch and dinner. Choose from: salmon or sardines (2x/week recommended), chicken breast, ground turkey, hard-boiled eggs, Greek yogurt, lentils, or chickpeas.

## SECTION 3

## Your 7-Day Meal Plan

Every meal is built protein-first. Add 4–6 oz of your chosen protein to every lunch and dinner. Fatty fish is recommended 2x per week.

## Day 1 — Start Strong

<b>BREAKFAST</b>	Overnight oats with chia seeds, almond butter, blueberries, and cinnamon. Add Greek yogurt or protein powder on the side. Prep the night before.
<b>LUNCH</b>	Spinach salad with roasted sweet potato, cherry tomatoes, avocado, walnuts, lemon-olive oil dressing. Add 4–6 oz: hard-boiled eggs, grilled chicken, or ground turkey.
<b>DINNER</b>	Baked turmeric salmon (4–6 oz) — one of your 2 recommended fatty fish meals — with roasted sweet potato and steamed broccoli in olive oil and garlic. No fish? Swap for herb-baked chicken breast.
<b>SNACK</b>	Greek yogurt with fresh berries and a drizzle of honey.
<b>STAR</b>	<i>Turmeric salmon — always pair turmeric with black pepper to maximize curcumin absorption.</i>

## Day 2 — Build Your Gut Foundation

<b>BREAKFAST</b>	Turmeric golden smoothie with Greek yogurt, frozen mango, banana, turmeric, ginger, your milk of choice, and ground flaxseed. Add collagen or protein powder.
<b>LUNCH</b>	Lentil and vegetable soup — batch-cook a large pot. Add 4–6 oz on the side: grilled chicken, ground turkey, or 2 hard-boiled eggs.
<b>DINNER</b>	Quinoa bowl with 4–6 oz ground turkey or chicken (seasoned with garlic, cumin, turmeric), spinach, avocado, roasted chickpeas, and tahini-lemon dressing.
<b>SNACK</b>	Two hard-boiled eggs with sliced cucumber and red pepper flakes.
<b>STAR</b>	<i>Lentils — fiber-rich, protein-dense, and one of the most gut-nourishing foods in this plan.</i>

### Day 3 — Plants and Protein

<b>BREAKFAST</b>	Scrambled eggs (3) with sautéed spinach and garlic in olive oil, half an avocado, and red pepper flakes. Add a slice of turkey for more protein.
<b>LUNCH</b>	Protein power bowl — 4–6 oz of your choice over leafy greens with tomatoes, cucumber, avocado, lemon, and olive oil. Choose: sardines, canned tuna, shredded chicken, or ground turkey.
<b>DINNER</b>	Baked sweet potato stuffed with 4–6 oz seasoned ground turkey or chicken, topped with fresh salsa, avocado, and Greek yogurt in place of sour cream.
<b>SNACK</b>	Almond butter on celery sticks with a small handful of walnuts.
<b>STAR</b>	<i>Sardines at lunch completes your 2 recommended fatty fish servings — the rest of the plan uses lean poultry and plant proteins.</i>

### Day 4 — Midweek Reset

<b>BREAKFAST</b>	Chia seed pudding with your milk of choice (unsweetened soy boosts protein), banana, berries, and cinnamon. Prep the night before. Greek yogurt on the side.
<b>LUNCH</b>	Warm grain bowl — quinoa or brown rice with 4–6 oz shredded chicken or ground turkey, roasted broccoli, sweet potato, leafy greens, and tahini-lemon dressing.
<b>DINNER</b>	Herb-roasted chicken thighs (4–6 oz) with garlic, rosemary, and olive oil, alongside steamed leafy greens and brown rice. Swap for ground turkey patties if preferred.
<b>SNACK</b>	Greek yogurt with ground flaxseed, chia seeds, and blueberries.
<b>STAR</b>	<i>Chia seeds — two tablespoons deliver plant-based omega-3, fiber, calcium, and magnesium in one small serving.</i>

### Day 5 — Keep It Simple

<b>BREAKFAST</b>	Overnight oats (same as Day 1 — batch prep makes this zero-effort). Add Greek yogurt on the side or stir in protein powder.
<b>LUNCH</b>	Large protein salad — mixed greens with walnuts, avocado, roasted chickpeas, cherry tomatoes, lemon-olive oil dressing. Add 4–6 oz: turkey breast, grilled chicken, hard-boiled eggs, or canned tuna.
<b>DINNER</b>	Ginger garlic stir-fry with broccoli, red bell pepper, and snap peas over brown rice. Add 4–6 oz: chicken breast, ground turkey, or shrimp.
<b>SNACK</b>	A small handful of walnuts and two squares of dark chocolate (85%+ cacao).
<b>STAR</b>	<i>Ginger — gingerol directly reduces inflammatory markers and eases digestive discomfort.</i>

## Day 6 — Slow Down and Nourish

<b>BREAKFAST</b>	Turmeric protein oatmeal cooked in your milk of choice with turmeric, cinnamon, and ginger, topped with almond butter, walnuts, and berries. Greek yogurt on the side.
<b>LUNCH</b>	Lentil soup (batch-cooked Day 2) reheated. Add 4–6 oz on the side: sliced turkey, 2 hard-boiled eggs, or grilled chicken strips. Simple green salad with olive oil.
<b>DINNER</b>	Herb-baked chicken thighs or turkey tenderloin (4–6 oz) with roasted broccoli and garlic, alongside quinoa tossed in olive oil and fresh herbs.
<b>SNACK</b>	Greek yogurt with chia seeds, walnuts, and a drizzle of honey.
<b>STAR</b>	<i>Turkey — one of the leanest anti-inflammatory proteins, high in tryptophan which supports serotonin and sleep quality.</i>

## Day 7 — End the Week Strong

<b>BREAKFAST</b>	Protein smoothie bowl — Greek yogurt blended with frozen blueberries, spinach, ginger, and your milk of choice, topped with chia seeds, walnuts, and fresh berries.
<b>LUNCH</b>	Chickpea and avocado grain bowl — roasted chickpeas over quinoa with spinach, cherry tomatoes, avocado, and tahini-lemon dressing. Add 4–6 oz grilled chicken or turkey, or extra chickpeas to keep it plant-based.
<b>DINNER</b>	Celebration plate — your choice of protein (4–6 oz): grilled chicken, turkey tenderloin, baked cod, or shrimp, with roasted broccoli, warm lentils, and olive oil + lemon.
<b>SNACK</b>	Two hard-boiled eggs with sliced cucumber and herbal ginger tea.
<b>STAR</b>	<i>Seven days of protein-forward, anti-inflammatory eating. Notice how you feel today compared to Day 1.</i>

## SECTION 4

## Sunday Batch Prep — The Sunday Five

One focused Sunday afternoon on these five staples makes your entire week nearly effortless.

01	<p><b>A Cooked Grain</b> Large batch of brown rice or quinoa — stores 5 days refrigerated. Use in grain bowls, stir-fries, and alongside proteins all week.</p>
02	<p><b>A Roasted Vegetable</b> Two sheet pans: sweet potato cubes + broccoli + red bell peppers — toss in olive oil, garlic, and turmeric. Roast at 400°F for 25 minutes.</p>
03	<p><b>A Cooked Protein</b> Bake two salmon fillets. Cook a pot of lentils. Drain and rinse chickpeas. These three alone anchor 4–5 meals.</p>
04	<p><b>A Batch Dressing</b> Lemon juice + olive oil + garlic + Dijon mustard — shake in a jar. Lasts all week. Use on every salad and grain bowl.</p>
05	<p><b>Grab-and-Go Snacks</b> Hard-boil 6 eggs. Pre-portion walnuts into small bags. Prep 2 overnight oats + 1 chia pudding. Done.</p>

Time-saving shortcuts: Pre-washed greens, frozen berries, canned chickpeas, and hard-boiled eggs are your fastest anti-inflammatory protein tools. Use them freely all week.

## SECTION 5

## How to Assess Your Week

<b>Energy</b>	Do you wake up feeling more rested than 7 days ago?
<b>Digestion</b>	Has bloating or heaviness improved?
<b>Mental Clarity</b>	Less afternoon brain fog?
<b>Joint Comfort</b>	Even small reductions in stiffness are meaningful progress.
<b>Mood</b>	Many women feel calmer and more emotionally steady.
<b>Sleep</b>	Anti-inflammatory eating often improves sleep depth within the first week.

The 80/20 Rule Going Forward: Eat anti-inflammatory 80% of the time — with full, guilt-free permission for the other 20%. What matters is the overall pattern: most meals, most of the time, built around the proteins and foods that heal you.



## A Note From Me to You

I want you to take a moment right now and truly acknowledge yourself.

What you are doing — choosing to nourish your body with intention, learning to eat in a way that calms inflammation rather than fuels it, showing up for yourself even on the hard days — this is not small. This is one of the most loving, powerful things you can do for your health.

You may not feel the full results in just 7 days. Healing is not always dramatic — sometimes it is quiet. It is waking up one morning and realizing your joints don't ache as much. It is noticing your afternoon energy dip didn't hit as hard. It is feeling, for the first time in a while, like your body is working with you instead of against you.

That is what this plan is the beginning of. Not a quick fix. A foundation. A way of eating that honors your body's intelligence and gives it the raw materials it needs to heal.

You deserve to feel well. Not eventually — now. And you are already on your way.



If you are ready to take this further — with a plan built specifically around your body, your goals, and your life — I would love to connect with you.

As your NBC-HWC, Holistic Nutrition Coach, Weight Loss Specialist, and Gut Health Nutrition Specialist, I offer personalized coaching that goes deeper than any guide can. Whether your focus is gut healing, weight loss, or whole-body anti-inflammatory living — there is a path forward, and we can build it together.

[Book Your Free 30-Minute Discovery Consultation](#)



*With love and in health,*

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