

# WEEKLY ANTI-INFLAMMATORY MENU

Whole Foods & Healthy Fats & Plant-Forward

## **BREAKFAST**

Steel-cut oats with blueberries & walnuts

## **BREAKFAST**

Greek yogurt with chia seeds & raspberries

## **BREAKFAST**

Avocado toast on sprouted grain bread

## **BREAKFAST**

Turmeric ginger smoothie bowl

## **BREAKFAST**

Scrambled eggs with spinach & tomatoes

## **BREAKFAST**

Quinoa breakfast porridge with pears

## **LUNCH**

Quinoa salad with chickpeas & lemon

## **LUNCH**

Lentil soup with kale & carrots

## **LUNCH**

Mediterranean tuna salad (olive oil based)

## **LUNCH**

Roasted beet and goat cheese salad

## **LUNCH**

Miso glazed eggplant with brown rice

## **LUNCH**

Bean and rosemary soup

## **DINNER**

Baked salmon with steamed broccoli

## **DINNER**

Chicken and vegetable stir-fry in ginger

## **DINNER**

Sweet potato & black bean tacos

## **DINNER**

Baked cod with asparagus and herbs

## **DINNER**

Tofu curry with cauliflower & peas

## **DINNER**

Grilled chicken Mediterranean salad

## **APPROVED SNACKS**

Raw almonds, Walnuts, Green Tea, Apple slices with almond butter, Dark chocolate (80%+), Hummus with celery, Pumpkin seeds.