21-Day Vegetarian Anti-Inflammatory Diet Meal Plan

Three weeks of meals, 18 recipes and weekly shopping lists.

Vegetarian edition. Includes eggs and dairy; excludes meat and fish.

Use the daily schedule to decide what to eat, the recipe codes to find cooking steps, and the matching grocery list to shop for each week. All recipes and grocery quantities in this guide already match this edition.

How to use the plan

- Start with Week 1. B means breakfast, L lunch, D dinner and S an optional snack. Tap a meal code in the digital menu to open its recipe.
- Recipes make one starting portion for an adult. Multiply quantities for more people or larger portions, and add any extra ingredients to your shopping list.
- The 18 recipes recur across the three weeks so you can reuse ingredients. Shop one week at a time and check your pantry first.

Portions are not a calorie target or a daily limit. Adjust food amounts for your appetite, activity and individual needs. This general resource has not been personalized or nutritionally assessed for medical needs. Ask a registered dietitian or healthcare professional to adapt it if you need a prescribed diet or are pregnant. Check ingredients for your allergies.

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Sources

opryshok.com | English edition | November 2026

Week 1 - Days 1 to 7

One starting portion per meal. Optional snacks are described below the menu. Add food or increase portions when needed.

Day	Breakfast	Lunch	Dinner	Snack
1	B1 Berry and walnut overnight oats	L1 Quinoa chickpea salad	D1 Lemon tofu with broccoli and quinoa	S1 Apple and almonds
2	B2 Yogurt bowl with berries and oats	L2 Lentil vegetable soup with toast	D2 Tofu with sweet potato and broccoli	S2 Carrot sticks and hummus
3	B3 Spinach eggs on avocado toast	L3 Tofu hummus vegetable wrap	D3 Tofu vegetable stir-fry with brown rice	S3 Yogurt and berries
4	B4 Tofu scramble on whole-grain toast	L4 White bean toast plate	D4 Tomato lentil curry with brown rice	S1 Apple and almonds
5	B5 Banana chia oat pudding	L5 Hummus chickpea grain bowl	D5 White bean and vegetable whole-wheat pasta	S2 Carrot sticks and hummus
6	B6 Berry spinach smoothie with toast	L6 Black bean quinoa bowl	D6 Paprika tofu with brown rice and zucchini	S3 Yogurt and berries
7	B1 Berry and walnut overnight oats	L1 Quinoa chickpea salad	D4 Tomato lentil curry with brown rice	S1 Apple and almonds

Optional snacks - one serving

S1 - Apple and almonds: Apple, edible portion: 6.3 oz (180 g); Unsalted almonds: 25 g.

S2 - Carrot sticks and hummus: Carrot: 5.3 oz (150 g); Hummus: 2.1 oz (60 g).

S3 - Yogurt and berries: Plain low-fat Greek yogurt: 5.3 oz (150 g); Berries, fresh or frozen: 3.5 oz (100 g).

Week 2 - Days 8 to 14

One starting portion per meal. Optional snacks are described below the menu. Add food or increase portions when needed.

Day	Breakfast	Lunch	Dinner	Snack
8	B2 Yogurt bowl with berries and oats	L2 Lentil vegetable soup with toast	D3 Tofu vegetable stir-fry with brown rice	S2 Carrot sticks and hummus
9	B1 Berry and walnut overnight oats	L5 Hummus chickpea grain bowl	D1 Lemon tofu with broccoli and quinoa	S1 Apple and almonds
10	B4 Tofu scramble on whole-grain toast	L6 Black bean quinoa bowl	D5 White bean and vegetable whole-wheat pasta	S3 Yogurt and berries
11	B3 Spinach eggs on avocado toast	L1 Quinoa chickpea salad	D2 Tofu with sweet potato and broccoli	S2 Carrot sticks and hummus
12	B6 Berry spinach smoothie with toast	L3 Tofu hummus vegetable wrap	D4 Tomato lentil curry with brown rice	S1 Apple and almonds
13	B5 Banana chia oat pudding	L4 White bean toast plate	D6 Paprika tofu with brown rice and zucchini	S3 Yogurt and berries
14	B2 Yogurt bowl with berries and oats	L2 Lentil vegetable soup with toast	D3 Tofu vegetable stir-fry with brown rice	S2 Carrot sticks and hummus

Optional snacks - one serving

S1 - Apple and almonds: Apple, edible portion: 6.3 oz (180 g); Unsalted almonds: 25 g.

S2 - Carrot sticks and hummus: Carrot: 5.3 oz (150 g); Hummus: 2.1 oz (60 g).

S3 - Yogurt and berries: Plain low-fat Greek yogurt: 5.3 oz (150 g); Berries, fresh or frozen: 3.5 oz (100 g).

Week 3 - Days 15 to 21

One starting portion per meal. Optional snacks are described below the menu. Add food or increase portions when needed.

Day	Breakfast	Lunch	Dinner	Snack
15	B4 Tofu scramble on whole-grain toast	L5 Hummus chickpea grain bowl	D4 Tomato lentil curry with brown rice	S1 Apple and almonds
16	B5 Banana chia oat pudding	L1 Quinoa chickpea salad	D5 White bean and vegetable whole-wheat pasta	S3 Yogurt and berries
17	B1 Berry and walnut overnight oats	L2 Lentil vegetable soup with toast	D1 Lemon tofu with broccoli and quinoa	S2 Carrot sticks and hummus
18	B2 Yogurt bowl with berries and oats	L6 Black bean quinoa bowl	D3 Tofu vegetable stir-fry with brown rice	S1 Apple and almonds
19	B3 Spinach eggs on avocado toast	L4 White bean toast plate	D6 Paprika tofu with brown rice and zucchini	S3 Yogurt and berries
20	B6 Berry spinach smoothie with toast	L3 Tofu hummus vegetable wrap	D2 Tofu with sweet potato and broccoli	S2 Carrot sticks and hummus
21	B4 Tofu scramble on whole-grain toast	L5 Hummus chickpea grain bowl	D5 White bean and vegetable whole-wheat pasta	S1 Apple and almonds

Optional snacks - one serving

S1 - Apple and almonds: Apple, edible portion: 6.3 oz (180 g); Unsalted almonds: 25 g.

S2 - Carrot sticks and hummus: Carrot: 5.3 oz (150 g); Hummus: 2.1 oz (60 g).

S3 - Yogurt and berries: Plain low-fat Greek yogurt: 5.3 oz (150 g); Berries, fresh or frozen: 3.5 oz (100 g).

Week 1 shopping list

Recipe-use totals for one adult, including one optional snack per day. Buy suitable package sizes; add an allowance for produce trimming. Grains and pasta are weighed dry, beans and lentils cooked and drained, tofu drained.

Metric quantities are the reference; US measures are approximate. Subtract ingredients for skipped snacks and add ingredients for extra portions. Water and discretionary seasonings are not included.

Fruit and vegetables

Apple, edible portion: 19.0 oz (540 g)

Avocado flesh: 3.5 oz (100 g)

Banana, peeled: 7.8 oz (220 g)

Bell pepper: 10.6 oz (300 g)

Berries, fresh or frozen: 22.9 oz (650 g)

Broccoli: 19.4 oz (550 g)

Carrot: 20.5 oz (580 g)

Cucumber: 17.6 oz (500 g)

Fresh parsley: 15 g

Garlic, peeled: 7 small cloves approximately (21 g)

Lemon juice: 8 tbsp approximately (120 g)

Onion: 7.8 oz (220 g)

Spinach: 18.7 oz (530 g)

Sweet potato: 8.8 oz (250 g)

Tomato: 26.5 oz (750 g)

Zucchini: 12.3 oz (350 g)

Grains and bread

Brown rice, dry: 10.6 oz (300 g)

Quinoa, dry: 8.5 oz (240 g)

Rolled oats, dry: 5.8 oz (165 g)

Whole-grain bread: 10 slices

Whole-grain wrap, about 8 inches: 1 wrap

Whole-wheat pasta, dry: 2.6 oz (75 g)

Protein and dairy

Firm tofu, drained: 31.7 oz (900 g)

Large eggs: 2 eggs

Plain low-fat Greek yogurt: 30.0 oz (850 g)

Unsweetened milk or fortified soy milk: 3.2 US cups (760 ml)

Beans and pantry

Black beans, cooked and drained: 5.3 oz (150 g)

Chickpeas, cooked and drained: 12.7 oz (360 g)

Hummus: 8.1 oz (230 g)

Lentils, cooked and drained: 20.5 oz (580 g)

Low-sodium vegetable broth: 1.1 US cups (250 ml)

No-salt-added chopped canned tomatoes: 26.5 oz (750 g)

Olive oil: 0.51 US cups (120 ml)

Tomato paste: 15 g

White beans, cooked and drained: 13.8 oz (390 g)

Nuts and seeds

Chia seeds: 1.1 oz (30 g)

Ground flaxseed: 20 g

Unsalted almonds: 3.2 oz (90 g)

Unsalted walnuts: 1.6 oz (45 g)

Seasonings

Dried oregano: 1 tsp approximately (1 g)

Ground black pepper: 0.17 tsp approximately (0.4 g)

Ground cinnamon: 0.75 tsp approximately (1.5 g)

Ground cumin: 2.8 tsp approximately (5.5 g)

Ground turmeric: 0.75 tsp approximately (1.5 g)

Paprika: 1.5 tsp approximately (3 g)

Week 2 shopping list

Recipe-use totals for one adult, including one optional snack per day. Buy suitable package sizes; add an allowance for produce trimming. Grains and pasta are weighed dry, beans and lentils cooked and drained, tofu drained.

Metric quantities are the reference; US measures are approximate. Subtract ingredients for skipped snacks and add ingredients for extra portions. Water and discretionary seasonings are not included.

Fruit and vegetables

Apple, edible portion: 12.7 oz (360 g)

Avocado flesh: 3.5 oz (100 g)

Banana, peeled: 7.8 oz (220 g)

Bell pepper: 14.1 oz (400 g)

Berries, fresh or frozen: 24.7 oz (700 g)

Broccoli: 24.7 oz (700 g)

Carrot: 32.1 oz (910 g)

Cucumber: 14.1 oz (400 g)

Fresh parsley: 10 g

Garlic, peeled: 8 small cloves approximately (24 g)

Lemon juice: 8 tbsp approximately (120 g)

Onion: 7.8 oz (220 g)

Spinach: 16.9 oz (480 g)

Sweet potato: 8.8 oz (250 g)

Tomato: 22.9 oz (650 g)

Zucchini: 12.3 oz (350 g)

Grains and bread

Brown rice, dry: 10.6 oz (300 g)

Quinoa, dry: 6.3 oz (180 g)

Rolled oats, dry: 5.5 oz (155 g)

Whole-grain bread: 12 slices

Whole-grain wrap, about 8 inches: 1 wrap

Whole-wheat pasta, dry: 2.6 oz (75 g)

Protein and dairy

Firm tofu, drained: 37.0 oz (1050 g)

Large eggs: 2 eggs

Plain low-fat Greek yogurt: 33.5 oz (950 g)

Unsweetened milk or fortified soy milk: 2.5 US cups (580 ml)

Beans and pantry

Black beans, cooked and drained: 5.3 oz (150 g)

Chickpeas, cooked and drained: 8.1 oz (230 g)

Hummus: 10.2 oz (290 g)

Lentils, cooked and drained: 19.8 oz (560 g)

Low-sodium vegetable broth: 2.1 US cups (500 ml)

No-salt-added chopped canned tomatoes: 24.7 oz (700 g)

Olive oil: 0.49 US cups (115 ml)

Tomato paste: 15 g

White beans, cooked and drained: 13.8 oz (390 g)

Nuts and seeds

Chia seeds: 1.1 oz (30 g)

Ground flaxseed: 1.1 oz (30 g)

Unsalted almonds: 2.8 oz (80 g)

Unsalted walnuts: 1.1 oz (30 g)

Seasonings

Dried oregano: 1 tsp approximately (1 g)

Ground black pepper: 0.17 tsp approximately (0.4 g)

Ground cinnamon: 0.5 tsp approximately (1 g)

Ground cumin: 3.2 tsp approximately (6.5 g)

Ground turmeric: 0.5 tsp approximately (1 g)

Paprika: 1.5 tsp approximately (3 g)

Week 3 shopping list

Recipe-use totals for one adult, including one optional snack per day. Buy suitable package sizes; add an allowance for produce trimming. Grains and pasta are weighed dry, beans and lentils cooked and drained, tofu drained.

Metric quantities are the reference; US measures are approximate. Subtract ingredients for skipped snacks and add ingredients for extra portions. Water and discretionary seasonings are not included.

Fruit and vegetables

Apple, edible portion: 19.0 oz (540 g)

Avocado flesh: 3.5 oz (100 g)

Banana, peeled: 7.8 oz (220 g)

Bell pepper: 14.1 oz (400 g)

Berries, fresh or frozen: 19.4 oz (550 g)

Broccoli: 19.4 oz (550 g)

Carrot: 24.0 oz (680 g)

Cucumber: 17.6 oz (500 g)

Fresh parsley: 10 g

Garlic, peeled: 7 small cloves approximately (21 g)

Lemon juice: 8 tbsp approximately (120 g)

Onion: 7.1 oz (200 g)

Spinach: 20.5 oz (580 g)

Sweet potato: 8.8 oz (250 g)

Tomato: 22.9 oz (650 g)

Zucchini: 17.6 oz (500 g)

Grains and bread

Brown rice, dry: 10.6 oz (300 g)

Quinoa, dry: 6.3 oz (180 g)

Rolled oats, dry: 4.1 oz (115 g)

Whole-grain bread: 12 slices

Whole-grain wrap, about 8 inches: 1 wrap

Whole-wheat pasta, dry: 5.3 oz (150 g)

Protein and dairy

Firm tofu, drained: 37.0 oz (1050 g)

Large eggs: 2 eggs

Plain low-fat Greek yogurt: 26.5 oz (750 g)

Unsweetened milk or fortified soy milk: 2.5 US cups (580 ml)

Beans and pantry

Black beans, cooked and drained: 5.3 oz (150 g)

Chickpeas, cooked and drained: 11.6 oz (330 g)

Hummus: 10.2 oz (290 g)

Lentils, cooked and drained: 13.4 oz (380 g)

Low-sodium vegetable broth: 1.1 US cups (250 ml)

No-salt-added chopped canned tomatoes: 26.5 oz (750 g)

Olive oil: 0.49 US cups (115 ml)

Tomato paste: 1.1 oz (30 g)

White beans, cooked and drained: 19.0 oz (540 g)

Nuts and seeds

Chia seeds: 1.1 oz (30 g)

Ground flaxseed: 20 g

Unsalted almonds: 3.2 oz (90 g)

Unsalted walnuts: 1.1 oz (30 g)

Seasonings

Dried oregano: 2 tsp approximately (2 g)

Ground black pepper: 0.17 tsp approximately (0.4 g)

Ground cinnamon: 0.5 tsp approximately (1 g)

Ground cumin: 2.5 tsp approximately (5 g)

Ground turmeric: 0.75 tsp approximately (1.5 g)

Paprika: 1.5 tsp approximately (3 g)

Recipes for the meal plan

Each recipe makes one starting portion. Prep and cooking times are estimates. Follow package directions for grains, and use safe cooking temperatures where specified. One US teaspoon is about 5 ml; one US tablespoon is about 15 ml. Use a scale for the reference gram weights, or the approximate spoon measures for small quantities.

Breakfast recipes

B1 - Berry and walnut overnight oats

Makes 1 starting portion. Time: 10 minutes plus overnight chilling.

Ingredients

- Rolled oats, dry: 1.8 oz (50 g)
- Unsweetened milk or fortified soy milk: 0.76 US cups (180 ml)
- Plain low-fat Greek yogurt: 3.5 oz (100 g)
- Berries, fresh or frozen: 3.5 oz (100 g)
- Unsalted walnuts: 15 g
- Ground cinnamon: 0.25 tsp approximately (0.5 g)

1. Stir the oats, milk, yogurt and cinnamon in a covered container. Refrigerate overnight.
2. In the morning, add the berries and chopped walnuts. Add a splash of water if you prefer a looser texture.

B2 - Yogurt bowl with berries and oats

Makes 1 starting portion. Time: 5 minutes.

Ingredients

- Plain low-fat Greek yogurt: 7.1 oz (200 g)
- Berries, fresh or frozen: 5.3 oz (150 g)
- Rolled oats, dry: 1.4 oz (40 g)
- Ground flaxseed: 10 g
- Unsalted almonds: 15 g

1. Spoon the yogurt into a bowl and stir in the oats and ground flaxseed.
2. Top with berries and chopped almonds. Let the oats soften for a few minutes, or refrigerate the bowl overnight.

B3 - Spinach eggs on avocado toast

Makes 1 starting portion. Time: 15 minutes.

Ingredients

- Large eggs: 2 eggs
- Whole-grain bread: 2 slices
- Spinach: 2.1 oz (60 g)
- Tomato: 3.5 oz (100 g)
- Avocado flesh: 1.8 oz (50 g)
- Olive oil: 1 tsp (5 ml)
- Ground black pepper: a small pinch (about 0.2 g)

1. Toast the bread. Mash the avocado and spread it over the toast.
2. Warm the oil in a skillet. Cook the spinach and chopped tomato for 3 to 4 minutes.
3. Beat in the eggs and stir until set. Cook egg dishes to 160 F (71 C). Add pepper and serve on the toast.

B4 - Tofu scramble on whole-grain toast

Makes 1 starting portion. Time: 20 minutes.

Ingredients

- Firm tofu, drained: 5.3 oz (150 g)
- Whole-grain bread: 2 slices
- Spinach: 2.1 oz (60 g)
- Bell pepper: 3.5 oz (100 g)
- Onion: 1.4 oz (40 g)
- Olive oil: 1 tsp (5 ml)
- Ground turmeric: 0.25 tsp approximately (0.5 g)
- Ground cumin: 0.25 tsp approximately (0.5 g)

1. Pat the tofu dry and crumble it. Chop the pepper and onion.

2. Warm the oil in a skillet. Cook the onion and pepper for 6 to 8 minutes, adding a splash of water if needed.

3. Add tofu, turmeric and cumin. Cook for 5 minutes, then add the spinach and stir until wilted. Serve with toasted bread.

B5 - Banana chia oat pudding

Makes 1 starting portion. Time: 10 minutes plus at least 4 hours chilling.

Ingredients

- Chia seeds: 1.1 oz (30 g)
- Rolled oats, dry: 25 g
- Unsweetened milk or fortified soy milk: 0.85 US cups (200 ml)
- Banana, peeled: 4.2 oz (120 g)
- Unsalted walnuts: 15 g
- Ground cinnamon: 0.25 tsp approximately (0.5 g)

1. Stir the chia, oats, milk and cinnamon in a covered container. Stir again after 10 minutes to break up clumps.

2. Refrigerate for at least 4 hours or overnight. Top with sliced banana and chopped walnuts before eating.

B6 - Berry spinach smoothie with toast

Makes 1 starting portion. Time: 10 minutes.

Ingredients

- Unsweetened milk or fortified soy milk: 0.85 US cups (200 ml)
- Plain low-fat Greek yogurt: 5.3 oz (150 g)
- Banana, peeled: 3.5 oz (100 g)
- Berries, fresh or frozen: 3.5 oz (100 g)
- Spinach: 1.1 oz (30 g)
- Ground flaxseed: 10 g
- Whole-grain bread: 2 slices

1. Blend milk, yogurt, banana, berries, spinach and ground flaxseed until smooth. Add water if needed.

2. Serve with two slices of whole-grain toast. The toast is part of this breakfast, rather than an optional garnish.

Lunch recipes

L1 - Quinoa chickpea salad

Makes 1 starting portion. Time: 30 minutes.

Ingredients

Quinoa, dry: 2.1 oz (60 g)
Chickpeas, cooked and drained: 4.6 oz (130 g)
Cucumber: 3.5 oz (100 g)
Tomato: 3.5 oz (100 g)
Spinach: 1.4 oz (40 g)
Fresh parsley: 5 g
Olive oil: 2 tsp (10 ml)
Lemon juice: 1 tbsp approximately (15 g)

1. Rinse the quinoa. Cook it with water according to its package, then let it cool slightly.

2. Dice the cucumber and tomato. Toss with chickpeas, spinach, chopped parsley and quinoa.

3. Dress with olive oil and lemon juice. Serve now, or refrigerate promptly for a later meal.

L2 - Lentil vegetable soup with toast

Makes 1 starting portion. Time: 30 minutes.

Ingredients

Lentils, cooked and drained: 6.3 oz (180 g)
Carrot: 3.5 oz (100 g)
Onion: 2.1 oz (60 g)
No-salt-added chopped canned tomatoes: 5.3 oz (150 g)
Spinach: 1.8 oz (50 g)
Low-sodium vegetable broth: 1.1 US cups (250 ml)
Garlic, peeled: 1 small clove approximately (3 g)
Olive oil: 1 tsp (5 ml)
Ground cumin: 0.5 tsp approximately (1 g)
Whole-grain bread: 2 slices

1. Chop the carrot, onion and garlic. Warm the oil in a saucepan and soften the onion and carrot for 5 minutes.

2. Add garlic and cumin, then tomatoes, broth and lentils. Bring to a boil, reduce the heat and simmer for 15 minutes, or until the carrot is tender.

3. Stir in spinach until wilted. Serve with the bread. Add water if the soup is too thick.

L3 - Tofu hummus vegetable wrap

Makes 1 starting portion. Time: 25 minutes.

Ingredients

Whole-grain wrap, about 8 inches: 1 wrap
Hummus: 1.8 oz (50 g)
Spinach: 1.4 oz (40 g)
Tomato: 3.5 oz (100 g)
Cucumber: 3.5 oz (100 g)
Olive oil: 1 tsp (5 ml)
Paprika: 0.5 tsp approximately (1 g)
Firm tofu, drained: 5.3 oz (150 g)

1. Pat the tofu dry and cut it into small strips. Warm the olive oil in a skillet. Add tofu and paprika, and pan-cook for 8 to 10 minutes, turning until heated through and lightly browned.

2. Slice the tomato and cucumber. Spread hummus over the wrap, then add spinach, vegetables and cooked tofu.

3. Fold the wrap and serve.

L4 - White bean toast plate

Makes 1 starting portion. Time: 10 minutes.

Ingredients

White beans, cooked and drained: 8.5 oz (240 g)
Tomato: 3.5 oz (100 g)
Cucumber: 3.5 oz (100 g)
Fresh parsley: 5 g
Olive oil: 1 tsp (5 ml)
Lemon juice: 1 tbsp approximately (15 g)
Whole-grain bread: 2 slices

1. Use 240 g cooked and drained white beans in total. Chop the tomato, cucumber and parsley.
2. Toss the beans and vegetables with olive oil and lemon juice. Serve with toasted whole-grain bread.

L5 - Hummus chickpea grain bowl

Makes 1 starting portion. Time: 35 minutes.

Ingredients

Brown rice, dry: 2.1 oz (60 g)
Hummus: 2.1 oz (60 g)
Chickpeas, cooked and drained: 3.5 oz (100 g)
Carrot: 3.5 oz (100 g)
Cucumber: 3.5 oz (100 g)
Spinach: 1.4 oz (40 g)
Lemon juice: 1 tbsp approximately (15 g)

1. Cook the brown rice in water following the package instructions.
2. Grate the carrot and dice the cucumber. Arrange rice, chickpeas, carrot, cucumber and spinach in a bowl.
3. Stir lemon juice into the hummus, adding a little water to thin it. Spoon over the bowl.

L6 - Black bean quinoa bowl

Makes 1 starting portion. Time: 30 minutes.

Ingredients

Quinoa, dry: 2.1 oz (60 g)
Black beans, cooked and drained: 5.3 oz (150 g)
Bell pepper: 3.5 oz (100 g)
Tomato: 3.5 oz (100 g)
Avocado flesh: 1.8 oz (50 g)
Olive oil: 1 tsp (5 ml)
Lemon juice: 1 tbsp approximately (15 g)
Ground cumin: 0.5 tsp approximately (1 g)

1. Cook the rinsed quinoa in water according to the package.
2. Dice the bell pepper and tomato. Warm the drained beans in a small pan with cumin and a splash of water.
3. Serve quinoa and beans with the vegetables and avocado. Add olive oil and lemon juice.

Dinner recipes

D1 - Lemon tofu with broccoli and quinoa

Makes 1 starting portion. Time: 40 minutes.

Ingredients

Broccoli: 7.1 oz (200 g)

Quinoa, dry: 2.1 oz (60 g)

Olive oil: 2 tsp (10 ml)

Lemon juice: 1 tbsp approximately (15 g)

Garlic, peeled: 1 small clove approximately (3 g)

Ground black pepper: a small pinch (about 0.2 g)

Firm tofu, drained: 5.3 oz (150 g)

1. Heat the oven to 400 F (200 C). Cook the rinsed quinoa in water according to its package.

2. Pat the tofu dry and slice it. Cut broccoli into small florets. Toss broccoli with half the oil and brush the tofu with the remaining oil. Arrange on a lined sheet pan.

3. Roast for about 25 to 30 minutes in total, turning halfway through. Add lemon juice, minced garlic and black pepper for the last 10 minutes. Serve when tofu is heated through and broccoli is tender, with the cooked quinoa.

D2 - Tofu with sweet potato and broccoli

Makes 1 starting portion. Time: 40 minutes.

Ingredients

Sweet potato: 8.8 oz (250 g)

Broccoli: 7.1 oz (200 g)

Olive oil: 2 tsp (10 ml)

Paprika: 0.5 tsp approximately (1 g)

Garlic, peeled: 1 small clove approximately (3 g)

Firm tofu, drained: 5.3 oz (150 g)

1. Heat the oven to 425 F (220 C). Cut the sweet potato into 1/2-inch cubes, toss with half the oil and paprika, and roast on a lined tray for 10 minutes.

2. Pat tofu dry and cut into cubes. Toss tofu and broccoli with the remaining oil and minced garlic. Add to the tray with the sweet potato.

3. Roast for about 20 to 25 minutes more, turning halfway through, until tofu is heated through and lightly browned and the vegetables are tender.

D3 - Tofu vegetable stir-fry with brown rice

Makes 1 starting portion. Time: 40 minutes.

Ingredients

Firm tofu, drained: 5.3 oz (150 g)
Brown rice, dry: 2.1 oz (60 g)
Bell pepper: 3.5 oz (100 g)
Broccoli: 5.3 oz (150 g)
Carrot: 2.8 oz (80 g)
Olive oil: 2 tsp (10 ml)
Garlic, peeled: 1 small clove approximately (3 g)
Lemon juice: 1 tbsp approximately (15 g)
Ground cumin: 0.5 tsp approximately (1 g)

1. Cook the rice in water according to its package. Pat the tofu dry and cut into cubes.

2. Warm half the oil in a skillet. Cook tofu for 8 to 10 minutes, turning to brown several sides. Transfer to a plate.

3. Add the remaining oil, chopped vegetables and minced garlic. Stir-fry for 6 to 8 minutes, adding water as needed, until tender-crisp.

4. Return the tofu, add cumin and lemon juice, and heat through. Serve with rice.

D4 - Tomato lentil curry with brown rice

Makes 1 starting portion. Time: 40 minutes.

Ingredients

Lentils, cooked and drained: 7.1 oz (200 g)
Brown rice, dry: 2.1 oz (60 g)
No-salt-added chopped canned tomatoes: 7.1 oz (200 g)
Onion: 2.1 oz (60 g)
Spinach: 2.1 oz (60 g)
Olive oil: 2 tsp (10 ml)
Garlic, peeled: 1 small clove approximately (3 g)
Ground cumin: 0.5 tsp approximately (1 g)
Ground turmeric: 0.25 tsp approximately (0.5 g)

1. Cook the rice in water following its package instructions.

2. Chop the onion and garlic. Warm oil in a saucepan and soften the onion for 5 minutes. Add garlic, cumin and turmeric and stir briefly.

3. Add tomatoes, lentils and 1/4 cup (60 ml) water. Simmer for 12 to 15 minutes, adding water if needed. Stir in spinach until wilted and serve with rice.

D5 - White bean and vegetable whole-wheat pasta

Makes 1 starting portion. Time: 30 minutes.

Ingredients

Whole-wheat pasta, dry: 2.6 oz (75 g)

White beans, cooked and drained: 5.3 oz (150 g)

No-salt-added chopped canned tomatoes: 7.1 oz (200 g)

Zucchini: 5.3 oz (150 g)

Spinach: 1.8 oz (50 g)

Olive oil: 2 tsp (10 ml)

Garlic, peeled: 1 small clove approximately (3 g)

Dried oregano: 1 tsp approximately (1 g)

Tomato paste: 15 g

1. Cook pasta in water following the package. Reserve a little cooking water before draining.

2. Warm oil in a skillet. Cook diced zucchini for 5 to 7 minutes, then add minced garlic, oregano and tomato paste.

3. Add tomatoes and beans and simmer for 8 to 10 minutes. Stir in spinach, then pasta. Loosen with reserved pasta water if needed.

D6 - Paprika tofu with brown rice and zucchini

Makes 1 starting portion. Time: 40 minutes.

Ingredients

Brown rice, dry: 2.1 oz (60 g)

Zucchini: 7.1 oz (200 g)

Tomato: 5.3 oz (150 g)

Olive oil: 2 tsp (10 ml)

Lemon juice: 1 tbsp approximately (15 g)

Paprika: 0.5 tsp approximately (1 g)

Firm tofu, drained: 5.3 oz (150 g)

1. Heat the oven to 400 F (200 C). Start cooking the rice in water according to its package.

2. Pat tofu dry and slice it. Slice zucchini and tomato. Toss vegetables with half the oil, and brush tofu with the remaining oil. Spread in a lined baking dish and sprinkle with paprika.

3. Roast for about 25 to 30 minutes in total, turning halfway through, until tofu is heated through and the vegetables are tender. Add lemon juice for the last 10 minutes, then serve with rice.

Meal preparation and food storage

Check what you already have before shopping. Wash produce you will use soon and decide which meals to cook fresh. Prepare a second small batch midway through the week or freeze portions promptly; a seven-day menu does not mean cooked food should stay refrigerated for seven days.

- Keep the refrigerator at 40 F (4 C) or below. Refrigerate cooked food within 2 hours, or within 1 hour above 90 F (32 C). Use shallow containers.
- Use refrigerated cooked leftovers within 3 to 4 days, or freeze them sooner. Follow any shorter storage directions on ingredient labels.
- Cook egg dishes to 160 F (71 C) and reheat leftovers to 165 F (74 C). Check with a food thermometer. [4, 5]

Frozen vegetables, canned beans and precooked grains can reduce preparation work. Follow package directions. If you substitute cooked grains for a recipe dry weight, calculate the cooked amount from the package yield rather than using equal dry and cooked weights.

Planning a varied vegetarian diet

This edition keeps eggs and dairy. Vary your protein foods and pay attention to iron, vitamin B12 and other nutrients. Plant sources of omega-3 are not identical to the omega-3 fats in oily fish. Individual needs may require further planning with a dietitian. [3]

What is an anti-inflammatory diet

An anti-inflammatory eating pattern centers everyday meals on vegetables, fruit, whole grains, beans, nuts, seeds and unsaturated oils. This guide uses a Mediterranean-style pattern adapted to a vegetarian menu with tofu, eggs and dairy. The overall pattern matters more than a single ingredient. [1, 2]

The 21 days are a planning window, not a medically established deadline for lowering inflammation. This particular menu has not been tested as a treatment and cannot guarantee symptom relief, weight loss or a change in blood tests.

Foods to include

- Vegetables and fruit in a variety of colors, using fresh, frozen or suitable canned options.
- Whole grains and starchy foods such as oats, brown rice, quinoa, whole-grain bread and whole-wheat pasta.
- Beans, lentils, tofu, eggs and plain yogurt. Olive oil, unsalted nuts, seeds, lemon, herbs and spices add flavor. [1]

Foods to limit

Build meals so sugary drinks, frequent sweets and foods high in saturated fat take up less of the routine. Packaged staples such as plain oats, canned beans and frozen vegetables can fit the plan. [1]

Olive oil is used here for simplicity. Other unsaturated cooking oils, including canola, soybean and sunflower oils, can also fit a healthy pattern. [6]

Frequently asked questions

Is this vegetarian plan vegan?

No. It contains eggs and dairy, while all menu meals and grocery lists are free of meat and fish. A vegan version needs additional changes and is not specified here.

Is this a calorie-controlled plan?

No calorie target is assigned. These are starting portions, not a calculation of your daily requirements. Adjust meal sizes and snacks for your needs. Use an individually assessed plan for prescribed calorie or nutrient targets.

What if I am still hungry?

Increase portions or add a meal component or snack. Extra grains, beans, yogurt, fruit or nuts may be practical additions depending on your needs and allergies. Add their quantities to your shopping list.

Is this plan gluten-free or dairy-free?

No. Bread, wraps and pasta may contain gluten, and several meals contain yogurt or milk. Check ingredient labels, including oats. Further adaptations change shopping quantities and nutrient content.

Will I feel better after 21 days?

There is no promised result or timetable. Use these three weeks to learn which meals fit your routine. Persistent or changing symptoms need appropriate medical assessment.

Can I drink alcohol on the plan?

Alcohol is not included or needed. Do not start drinking for supposed health benefits. The American Heart Association does not recommend alcohol to improve heart health. [7]

How can I make the plan easier to afford?

Check your pantry first, use frozen produce and canned or batch-cooked beans, and compare store-brand staples. Buy quantities you can use or store safely.

What should I do after Day 21?

Keep meals you enjoyed, change inconvenient ones, and build the next week around your preferred recipes. Review what you used before shopping again.

Sources

These sources support the general food-pattern and food-safety information. They do not endorse or validate this particular menu or its recipes. Links checked November 25, 2026.

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