

21-Day Anti-Inflammatory Diet Meal Plan

Along with this dietary framework, a consistent hydration schedule and regular physical activities will significantly aid in managing inflammation.

Day 1 <ul style="list-style-type: none">- Breakfast: Berry and Spinach Smoothie- Lunch: Quinoa Salad with Grilled Chicken- Dinner: Broiled Salmon with a side of Steamed Broccoli- Snacks: A handful of Almonds	Day 2 <ul style="list-style-type: none">- Breakfast: Avocado and Egg Toast- Lunch: Vegetable Stir-fry with Brown Rice- Dinner: Baked Tofu with a side of Green Salad- Snacks: Greek Yogurt topped with Fresh Berries
Day 3 <ul style="list-style-type: none">- Breakfast: Overnight Oats with Mixed Berries- Lunch: Lentil Soup with a Whole Grain Roll- Dinner: Grilled Mackerel with a side of Roasted Veggies- Snacks: A Banana	Day 4 <ul style="list-style-type: none">- Breakfast: Quinoa Porridge with Nuts and Seeds- Lunch: Chickpea Salad with an Olive-Oil Dressing- Dinner: Vegetable Curry with Brown Rice- Snacks: Orange Slices
Day 5 <ul style="list-style-type: none">- Breakfast: Spinach and Tomato Omelet- Lunch: Grilled Turkey Sandwich with a Whole-grain Bread- Dinner: Baked Cod with Asparagus- Snacks: Raw Carrots with Hummus	Day 6 <ul style="list-style-type: none">- Breakfast: Chia Seed Pudding with Berries and a sprinkle of Cinnamon- Lunch: Quinoa Tabouli- Dinner: Chicken Stir-fry with a side of Mixed Greens Salad- Snacks: Apple Slices
Day 7 <ul style="list-style-type: none">- Breakfast: Scrambled Eggs with Avocado and Salsa- Lunch: Vegetable Soup with a Whole Grain Roll- Dinner: Grilled Salmon with a side of Sweet Potato Mash- Snacks: A handful of Walnuts	Day 8 <ul style="list-style-type: none">- Breakfast: Greek Yogurt with Fresh Berries and a Spoonful of Flaxseed- Lunch: Grilled Vegetables with a Balsamic Glaze- Dinner: Lemon and Dill Roasted Salmon with a side of Sautéed Spinach- Snacks: A handful of Walnuts

<p>Day 9</p> <ul style="list-style-type: none"> - Breakfast: Whole Grain Cereal with Almond Milk - Lunch: Chicken Salad with Olives, Tomatoes and Cucumbers - Dinner: Chickpea Curry with a side of Brown Rice - Snacks: Sliced Apples 	<p>Day 10</p> <ul style="list-style-type: none"> - Breakfast: Bananas and Blueberries with Almond Butter - Lunch: Lentil Soup with Whole Grain Bread - Dinner: Grilled Trout with a side of Quinoa Salad - Snacks: Celery Sticks with Hummus
<p>Day 11</p> <ul style="list-style-type: none"> - Breakfast: Toasted Whole Grain Bread with Avocado and Poached Eggs - Lunch: Tuna Salad with a Mix of Green Leaves and Lemon Dressing - Dinner: Stuffed Eggplant with a side of Couscous - Snacks: Orange Slices 	<p>Day 12</p> <ul style="list-style-type: none"> - Breakfast: Green Smoothie (Spinach, Banana, and Chia Seeds) - Lunch: Beans Salad with a Dijon Mustard Dressing - Dinner: Grilled Chicken with a side of Steamed Asparagus - Snacks: A handful of Almonds
<p>Day 13</p> <ul style="list-style-type: none"> - Breakfast: Oatmeal with Fresh Berries and a sprinkle of Cinnamon - Lunch: Quinoa Stuffed Bell Peppers - Dinner: Seafood Paella - Snacks: Greek Yogurt with Fresh Berries 	<p>Day 14</p> <ul style="list-style-type: none"> - Breakfast: Scrambled Tofu with Avocado on a Whole Grain Toast - Lunch: Chicken and Vegetable Stir-fry - Dinner: Zucchini Spaghetti with a side of Grilled Salmon - Snacks: A Banana
<p>Day 15</p> <ul style="list-style-type: none"> - Breakfast: Berry and Spinach Smoothie - Lunch: Grilled Chicken and Quinoa Salad - Dinner: Baked Trout with Lemon, Garlic and Herb Dressing - Snacks: A handful of Mixed Nuts 	<p>Day 16</p> <ul style="list-style-type: none"> - Breakfast: Oven Baked Avocado Egg - Lunch: Mixed Bean Salad - Dinner: Turmeric and Ginger Infused Stir Fry with Brown Rice - Snacks: A piece of fresh Fruit
<p>Day 17</p> <ul style="list-style-type: none"> - Breakfast: Cinnamon and Apple Oatmeal - Lunch: Lentil and Vegetable Soup 	<p>Day 18</p> <ul style="list-style-type: none"> - Breakfast: Scrambled Tofu with Spinach and Mushrooms - Lunch: Quinoa, Avocado, and Black Bean Salad

<ul style="list-style-type: none"> - Dinner: Oven-Roasted Salmon with Steamed Broccoli - Snacks: Sunflower Seeds 	<ul style="list-style-type: none"> - Dinner: Grilled Chicken with a side of Sweet Potato Mash - Snacks: Greek Yogurt topped with Berries
<p>Day 19</p> <ul style="list-style-type: none"> - Breakfast: Buckwheat Pancakes with Berries - Lunch: Tuna Salad with Olives, Tomatoes and Cucumbers - Dinner: Baked Cod with Lemon and Dill served with Steamed Asparagus - Snacks: Carrot Sticks with Hummus 	<p>Day 20</p> <ul style="list-style-type: none"> - Breakfast: Chia Seed Pudding with Mango and Coconut - Lunch: Grilled Vegetable and Chicken Wrap - Dinner: Lentil and Vegetable Curry with Brown Rice - Snacks: A Banana
<p>Day 21</p> <ul style="list-style-type: none"> - Breakfast: Avocado and Poached Egg Toast - Lunch: Chickpea and Vegetable Stir-fry - Dinner: Baked Turmeric Salmon with a side of Quinoa - Snacks: Greek Yogurt with Honey and Almonds 	

A Shopping List For The First Week

Remember to choose fresh and organic items over processed ones wherever possible. Happy shopping and cooking!

Fresh Produce <ol style="list-style-type: none">1. Blueberries, strawberries, and other mixed berries2. Fresh Spinach3. Lemons4. Avocados5. Bell Peppers6. Broccoli7. Tomatoes8. Carrots9. Bananas10. Oranges11. Apples12. Zucchini	Protein <ol style="list-style-type: none">1. Fresh Salmon (2–3 fillets)2. Chicken Breasts (4–6 pieces)3. Tofu (2 blocks)4. Canned Tuna (2 cans)5. Eggs (1 dozen) Dairy and Alternatives <ol style="list-style-type: none">1. Greek Yogurt2. Almond Milk
Grains <ol style="list-style-type: none">1. Quinoa2. Brown Rice3. Whole Grain Bread4. Whole Grain Cereal5. Oats	Canned Goods and Pantry Items <ol style="list-style-type: none">1. Chickpeas2. Lentils3. Olives4. Black Beans
Nuts and Seeds <ol style="list-style-type: none">1. Almonds2. Walnuts3. Flaxseed4. Chia Seeds	Condiments and Spices <ol style="list-style-type: none">1. Olive Oil2. Balsamic Vinegar3. Dijon Mustard4. Turmeric5. Ginger6. Cinnamon