



# ANTI-INFLAMMATORY DIET: YOUR GUIDE TO BETTER HEALTH

## What is Inflammation?

Inflammation is the body's natural response to injury, infection, or harmful stimuli. It helps to protect and heal the body by sending immune cells to the affected area. While acute inflammation is a normal and necessary part of the healing process, chronic inflammation can be harmful. Over time, chronic inflammation may contribute to the development of illnesses such as heart disease, diabetes, and autoimmune disorders.

## Why Choose an Anti-inflammatory Diet?

An anti-inflammatory diet offers numerous benefits that can help you achieve and maintain overall health and well-being:

- **Reduced Risk of Chronic Diseases:** By minimizing inflammation, you can lower your risk of developing conditions such as heart disease, diabetes, and certain cancers.
- **Improved Energy Levels:** Nourishing your body with anti-inflammatory foods can lead to more stable energy throughout the day, reducing fatigue and sluggishness.
- **Enhanced Mental Health:** Certain anti-inflammatory foods, like those rich in omega-3 fatty acids, can improve mood and cognitive function while reducing symptoms of depression and anxiety.
- **Healthier Aging:** Reducing chronic inflammation can slow down the aging process and promote better joint, skin, and brain health.
- **Stronger Immune System:** A balanced diet that prioritizes anti-inflammatory foods helps support your body's natural defense mechanisms, making you less susceptible to illness.

## Core Principles of the Anti-inflammatory Diet

1. **Focus on Whole Foods**
  - Emphasize fresh fruits, vegetables, whole grains, nuts, seeds, and lean proteins.
2. **Prioritize Healthy Fats**
  - Include omega-3 fatty acids (e.g., fatty fish, walnuts, chia seeds) and monounsaturated fats (e.g., olive oil, avocado).
3. **Limit Pro-inflammatory Foods**
  - Reduce or avoid refined sugars, processed foods, trans fats, and red or processed meats.
4. **Balance Your Plate**
  - Incorporate a variety of colors and textures to ensure diverse nutrients.
5. **Rethink Snacks**
  - Simplify your snack options by choosing fruits, vegetables, nuts and seeds, and homemade dips and spreads.
6. **Include Fruits and Veggies in Every Meal**
  - Using fresh and frozen fruits and veggies helps you include them in every meal and snack. Aim to include 2 cups of fruit per day and 3 cups of vegetables per day in your diet.

## Lifestyle Tips to Support an Anti-inflammatory Diet

1. **Stay Active:** Regular moderate exercise reduces inflammation. The US Department of Health and Human Services' recommended guidelines for physical activity are 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity, plus two days of strength training every week.
2. **Manage Stress:** Practice mindfulness, meditation, or yoga. Spend time with friends and family, spending quality time alone, getting outside, exercising, deep breathing, or getting mental health support.
3. **Get Quality Sleep:** Aim for 8-9 hours per night. Lack of sleep may lead to inflammation as well as increased body weight and lowered immune response.
4. **Focus on gut health:** Our improved understanding of the importance of a healthy microbiome (bacteria) in the digestive tract, especially the lower intestines and colon has revealed the vast role the microbiome has on inflammation, weight, mood, immune health, etc. Anti-inflammatory diets may help foster a healthy digestive tract due to the high fiber, antioxidant rich nature of the foods included in it.
5. **Hydrate:** Drink plenty of water throughout the day. The National Academy of Medicine recommends 2.7 liters per day for adult females and 3.7 liters per day for adult males.
6. **Reduce toxic exposure.** Buildup of toxic substances like heavy metals, air pollutants, BPA, dioxins, phthalates, and others may create an inflammatory toxic load in some people.

## Quick Tips for Success

- Shop the perimeter of the grocery store for fresh produce and lean proteins.
- Meal prep to save time and stay consistent.
- Experiment with herbs and spices to add flavor without relying on salt or sugar



## 7 Day Inflammation Fighting Meal Plan



(Calories: ~1,800/day, Protein: ~100–120g/day)

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Spinach Egg Scramble with Avocado Slices (300 cal, 20g protein)	Quinoa Breakfast Bowl with Berries and Almond Butter (320 cal, 15g protein)	Veggie Omelette with Sautéed Mushrooms (310 cal, 18g protein)	Poached Eggs on Sweet Potato Toast with Avocado (330 cal, 17g protein)	Sautéed Kale and Eggs with Sliced Apples (290 cal, 19g protein)	Breakfast Salad with Arugula and Hard-Boiled Egg (300 cal, 20g protein)	Smoothie Bowl with Spinach, Banana, and Almond Butter (310 cal, 15g protein)
Lunch	Grilled Chicken Salad with Olive Oil Dressing (400 cal, 35g protein)	Lentil and Veggie Soup with a Side Salad (380 cal, 22g protein)	Quinoa Tabbouleh Salad with Hummus (390 cal, 18g protein)	Turkey Lettuce Wraps with Avocado and Tomato (400 cal, 30g protein)	Lemon Herb Salmon with Roasted Vegetables (410 cal, 35g protein)	Grilled Zucchini and Chicken Bowls (400 cal, 34g protein)	Quinoa Salad with Roasted Veggies and Lemon Dressing (390 cal, 18g protein)
Snack	Sliced Cucumber with Guacamole (150 cal, 3g protein)	Apple Slices with Almond Butter (170 cal, 4g protein)	Baby Carrots with Tahini Dip (160 cal, 5g protein)	Handful of Raw Mixed Nuts and Seeds (180 cal, 6g protein)	Fresh Veggie Sticks with Olive Tapenade (150 cal, 4g protein)	Celery Sticks with Sunflower Seed Butter (170 cal, 5g protein)	Mixed Berries with Coconut Whipped Cream (140 cal, 3g protein)
Dinner	Baked Cod with Steamed Broccoli and Quinoa (450 cal, 40g protein)	Lemon Herb Chicken with Roasted Asparagus (440 cal, 42g protein)	Grilled Salmon with Cauliflower Rice and Green Beans (450 cal, 42g protein)	Roasted Veggie Bowl with Chickpeas and Tahini Dressing (420 cal, 18g protein)	Garlic-Lime Shrimp with Zucchini Noodles (430 cal, 38g protein)	Baked Chicken Thighs with Brussels Sprouts (440 cal, 40g protein)	Lamb and Vegetable Stew (450 cal, 35g protein)

### Anti-Inflammatory Diet Recipes



#### Breakfast Recipes

##### Spinach Egg Scramble with Avocado Slices

###### *Ingredients:*

- 2 large eggs
- 1 cup fresh spinach, roughly chopped
- 1/4 cup onion, diced
- 1/2 avocado, sliced
- 1-2 tablespoons olive oil
- Sea salt and black pepper, to taste

###### *Instructions:*

1. In a bowl, whisk the eggs with a pinch of sea salt and black pepper until smooth. 2. Heat olive oil in a non-stick skillet over medium heat. 3. Add the diced onion and sauté until translucent. 4. Add the chopped spinach and cook until wilted. 5. Pour the egg mixture over the vegetables and gently stir until the eggs are scrambled and cooked to your liking. 6. Serve immediately, topped with sliced avocado.

## **Quinoa Breakfast Bowl with Berries and Almond Butter**

### *Ingredients:*

- 1 cup cooked quinoa
- 1/2 cup strawberries, hulled and sliced
- 1/2 cup raspberries
- 1/2 cup blueberries
- 1 tablespoon almond butter
- 1/4 cup unsweetened almond milk
- 1 teaspoon maple syrup (optional)
- 1 tablespoon sliced almonds
- 1 teaspoon hemp or flax seeds

### *Instructions:*

1. Place cooked quinoa in a bowl. 2. Pour almond milk over the quinoa and stir to combine. 3. Top with sliced strawberries, raspberries, and blueberries. 4. Drizzle almond butter and maple syrup (if using) over the top. 5. Sprinkle with sliced almonds and hemp or flax seeds. 6. Serve immediately.

## **Veggie Omelet with Sautéed Mushrooms**

### *Ingredients:*

- 2 large eggs
- 1/4 cup mushrooms, sliced
- 1/4 cup bell peppers, diced
- 1/4 cup onions, diced
- 1/4 cup spinach, chopped
- 1 tablespoon olive oil
- Sea salt and black pepper, to taste

### *Instructions:*

1. In a bowl, whisk the eggs with a pinch of sea salt and black pepper until well combined. 2. Heat olive oil in a non-stick skillet over medium heat. 3. Add the onions and bell peppers; sauté until softened. 4. Add the mushrooms and cook until tender. 5. Stir in the spinach and cook until wilted. 6. Pour the egg mixture over the vegetables, tilting the pan to spread it evenly. 7. Cook until the eggs are set, then fold the omelet in half. 8. Serve hot.

## **Poached Eggs on Sweet Potato Toast with Avocado**

### *Ingredients:*

- 2 large eggs
- 1 medium sweet potato
- 1/2 avocado, mashed
- 1 teaspoon olive oil
- Sea salt and black pepper, to taste
- Optional: red pepper flakes for garnish

### *Instructions:*

1. Slice the sweet potato lengthwise into 1/4-inch thick slices. 2. Toast the sweet potato slices in a toaster or oven until tender and slightly crispy. 3. While the sweet potato is toasting, bring a pot of water to a gentle simmer. 4. Crack each egg into a small bowl, then gently slide them into the simmering water to poach until the whites are set but the yolks are still runny. 5. Spread the mashed avocado onto the toasted sweet potato slices. 6. Top each slice with a poached egg. 7. Drizzle with olive oil and season with sea salt, black pepper, and red pepper flakes if desired. 8. Serve immediately.



## **Sautéed Kale and Eggs with Sliced Apples**

### *Ingredients:*

- 2 large eggs
- 1 cup kale, chopped
- 1/2 apple, thinly sliced
- 1 tablespoon olive oil
- Sea salt and black pepper, to taste

### *Instructions:*

1. Heat olive oil in a skillet over medium heat. 2. Add the chopped kale and sauté until wilted and tender. 3. Push the kale to the side of the skillet and crack the eggs into the pan. 4. Cook the eggs to your desired doneness (sunny-side up or over-easy). 5. Season with sea salt and black pepper. 6. Serve the eggs over the sautéed kale, accompanied by sliced apples on the side.

## **Breakfast Salad with Arugula and Hard-Boiled Egg**

### *Ingredients:*

- 2 cups arugula
- 1 hard-boiled egg, sliced
- 1/4 avocado, sliced
- 1/4 cup cherry tomatoes, halved
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Sea salt and black pepper, to taste

### *Instructions:*

1. In a bowl, combine arugula, cherry tomatoes, and avocado slices. 2. In a small bowl, whisk together olive oil, lemon juice, sea salt, and black pepper to make the dressing. 3. Drizzle the dressing over the salad and toss gently to combine. 4. Top the salad with sliced hard-boiled egg. 5. Serve immediately.

## **Smoothie Bowl with Spinach, Banana, and Almond Butter**

### *Ingredients:*

- 1 banana, frozen
- 1/2 cup fresh spinach leaves
- 1/2 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1 teaspoon chia seeds
- Toppings: sliced fresh fruit, nuts, seeds, or granola (optional)

### *Instructions:*

1. In a blender, combine the frozen banana, spinach, almond milk, almond butter, and chia seeds. 2. Blend until smooth and creamy. 3. Pour the smoothie into a bowl. 4. Top with your choice of sliced fresh fruit, nuts, seeds, or granola. 5. Serve immediately.



## **Grilled Chicken Salad with Olive Oil Dressing**

### *Ingredients:*

- 2 grilled chicken breasts, sliced
- 4 cups mixed greens
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cucumber, sliced
- 1/4 cup red onion, thinly sliced
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Sea salt and black pepper, to taste

### *Instructions:*

1. Grill chicken breasts until cooked through. Let them rest for 5 minutes, then slice.
2. In a large bowl, combine mixed greens, cherry tomatoes, cucumber, and red onion.
3. In a small bowl, whisk olive oil, lemon juice, salt, and pepper to make the dressing.
4. Toss the salad with the dressing, then top with grilled chicken slices. Serve immediately.

## **Lentil and Veggie Soup**

### *Ingredients:*

- 1 cup dry lentils
- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 4 cups vegetable broth
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon turmeric
- 1 cup diced tomatoes
- Sea salt and black pepper, to taste

### *Instructions:*

1. Rinse lentils and set aside.
2. Heat olive oil in a large pot over medium heat. Add onion, carrots, and celery, and sauté until softened.
3. Stir in garlic, cumin, paprika, and turmeric, and cook for 1 minute.
4. Add vegetable broth, lentils, and diced tomatoes. Bring to a boil, then reduce heat and simmer for 25-30 minutes until lentils are tender.
5. Season with salt and pepper. Serve hot.

## **Lemon Herb Chicken with Roasted Asparagus**

### ***Ingredients:***

- 2 chicken breasts
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 lemon, juiced
- 1 bunch asparagus, trimmed
- Sea salt and black pepper, to taste

### ***Instructions:***

1. Preheat oven to 400°F (200°C).
2. Rub chicken breasts with olive oil, oregano, garlic powder, lemon juice, salt, and pepper.
3. Place chicken and asparagus on a baking sheet lined with parchment paper.
4. Roast for 20-25 minutes until chicken is fully cooked and asparagus is tender. Serve immediately.

## **Roasted Veggie Bowl with Chickpeas and Tahini Dressing**

### ***Ingredients:***

- 1 cup cooked quinoa
- 1 cup broccoli florets
- 1 cup diced sweet potato
- 1/2 cup chickpeas, drained and rinsed
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- Sea salt and black pepper, to taste
- 2 tablespoons tahini
- 1 tablespoon lemon juice
- 1 tablespoon water (to thin dressing)

### ***Instructions:***

1. Preheat oven to 425°F (220°C).
2. Toss broccoli, sweet potato, and chickpeas with olive oil, paprika, salt, and pepper.
3. Spread on a baking sheet and roast for 20-25 minutes until vegetables are tender.
4. In a small bowl, whisk tahini, lemon juice, and water to make the dressing.
5. Assemble the bowl: place quinoa as a base, add roasted veggies and chickpeas, and drizzle with tahini dressing.

## **Garlic-Lime Shrimp with Zucchini Noodles**

### ***Ingredients:***

- 1 pound shrimp, peeled and deveined
- 2 medium zucchini, spiralized
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 lime, juiced
- 1/2 teaspoon chili flakes
- Sea salt and black pepper, to taste

### ***Instructions:***

1. Heat olive oil in a large skillet over medium heat.
2. Add garlic and chili flakes, and sauté for 1 minute until fragrant.
3. Add shrimp and cook for 2-3 minutes on each side until pink and opaque.
4. Stir in lime juice and remove shrimp from the skillet.
5. In the same skillet, sauté zucchini noodles for 2-3 minutes until tender.
6. Serve shrimp over zucchini noodles, garnished with lime wedges.

## **Baked Chicken Thighs with Brussels Sprouts**

### ***Ingredients:***

- 4 chicken thighs
- 1 pound Brussels sprouts, halved
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon rosemary
- Sea salt and black pepper, to taste

### ***Instructions:***

1. Preheat oven to 400°F (200°C).
2. Toss Brussels sprouts with 1 tablespoon olive oil, garlic powder, salt, and pepper.
3. Place chicken thighs on a baking sheet and rub with remaining olive oil, rosemary, salt, and pepper.
4. Add brussels sprouts to the same baking sheet.
5. Roast for 30-35 minutes until chicken is cooked through and Brussels sprouts are golden.

## **Lamb and Vegetable Stew**

### ***Ingredients:***

- 1 pound lamb shoulder, cubed
- 2 tablespoons olive oil
- 1 medium onion, diced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 3 garlic cloves, minced
- 4 cups vegetable broth
- 1 cup diced tomatoes
- 1 teaspoon thyme
- 1 teaspoon rosemary
- Sea salt and black pepper, to taste

Lamb and Vegetable Stew cont.

***Instructions:***

1. Heat olive oil in a large pot over medium-high heat. Add lamb and sear until browned on all sides. Remove and set aside.
2. In the same pot, sauté onion, carrots, celery, and garlic until softened.
3. Return lamb to the pot and add vegetable broth, tomatoes, thyme, rosemary, salt, and pepper.
4. Bring to a boil, then reduce heat and simmer for 45-60 minutes until lamb is tender.
5. Serve hot with optional fresh parsley garnish.

**Quinoa Tabbouleh Salad with Hummus**

***Ingredients:***

- 1 cup cooked quinoa
- 1 cup parsley, finely chopped
- 1/2 cup mint leaves, finely chopped
- 1/2 cup diced cucumber
- 1/2 cup diced tomatoes
- 1/4 cup red onion, finely diced
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/4 cup hummus
- Sea salt and black pepper, to taste

***Instructions:***

1. In a large bowl, combine cooked quinoa, parsley, mint, cucumber, tomatoes, and red onion.
2. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper to make the dressing.
3. Pour the dressing over the salad and toss to combine.
4. Serve with a dollop of hummus on the side.

**Turkey Lettuce Wraps with Avocado and Tomato**

***Ingredients:***

- 1/2 pound ground turkey
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Sea salt and black pepper, to taste
- 6 large lettuce leaves (e.g., romaine or butter lettuce)
- 1 avocado, sliced
- 1 tomato, diced

***Instructions:***

1. Heat olive oil in a skillet over medium heat. Add ground turkey, garlic powder, onion powder, salt, and pepper. Cook until fully browned.
2. Wash and dry the lettuce leaves.
3. Spoon cooked turkey into each lettuce leaf and top with avocado slices and diced tomato.
4. Serve immediately.



## **Grilled Zucchini and Chicken Bowls**

### ***Ingredients:***

- 2 grilled chicken breasts, sliced
- 2 medium zucchini, sliced
- 1 cup cooked brown rice or quinoa
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- Sea salt and black pepper, to taste

### ***Instructions:***

1. Heat a grill or grill pan over medium-high heat.
2. Brush zucchini slices with olive oil, sprinkle with smoked paprika, salt, and pepper, and grill until tender.
3. Slice the grilled chicken and prepare the bowl by layering cooked brown rice or quinoa, grilled zucchini, and chicken slices.
4. Serve immediately.

## **Quinoa Salad with Roasted Veggies and Lemon Dressing**

### ***Ingredients:***

- 1 cup cooked quinoa
- 1 cup diced sweet potato
- 1 cup broccoli florets
- 1/4 cup red onion, thinly sliced
- 1 tablespoon olive oil
- 1 teaspoon cumin
- Sea salt and black pepper, to taste
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard

### ***Instructions:***

1. Preheat oven to 400°F (200°C).
2. Toss sweet potato, broccoli, and red onion with olive oil, cumin, salt, and pepper. Spread on a baking sheet and roast for 20-25 minutes.
3. In a small bowl, whisk together lemon juice, Dijon mustard, and a pinch of salt and pepper for the dressing.
4. Combine cooked quinoa, roasted veggies, and dressing in a large bowl. Toss well to combine and serve.

## **Baked Cod with Steamed Broccoli and Quinoa**

### ***Ingredients:***

- 2 cod fillets
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Sea salt and black pepper, to taste
- 2 cups broccoli florets
- 1 cup cooked quinoa

Baked Cod with Steamed Broccoli and Quinoa cont.

***Instructions:***

1. Preheat oven to 375°F (190°C).
2. Place cod fillets on a baking sheet lined with parchment paper. Brush with olive oil and season with garlic powder, paprika, salt, and pepper.
3. Bake for 12-15 minutes, or until the cod is cooked through and flakes easily with a fork.
4. Steam broccoli in a pot with 1-2 inches of boiling water for 5 minutes until tender.
5. Serve cod with steamed broccoli and cooked quinoa.

**Grilled Salmon with Cauliflower Rice and Green Beans**

***Ingredients:***

- 2 salmon fillets
- 1 tablespoon olive oil
- 1 teaspoon dill
- 1 lemon, juiced
- Sea salt and black pepper, to taste
- 1 cup cauliflower rice
- 1 cup green beans, trimmed

***Instructions:***

1. Preheat grill to medium-high heat.
2. Brush salmon fillets with olive oil and season with dill, lemon juice, salt, and pepper.
3. Grill salmon for 4-5 minutes per side until cooked through.
4. Steam green beans and cauliflower rice in separate pots until tender.
5. Serve salmon with cauliflower rice and green beans.

**Lamb and Vegetable Stew**

***Ingredients:***

- 1 pound lamb shoulder, cubed
- 2 tablespoons olive oil
- 1 medium onion, diced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 3 garlic cloves, minced
- 4 cups vegetable broth
- 1 cup diced tomatoes
- 1 teaspoon thyme
- 1 teaspoon rosemary
- Sea salt and black pepper, to taste

***Instructions:***

1. Heat olive oil in a large pot over medium-high heat. Add lamb and sear until browned on all sides. Remove and set aside.
2. In the same pot, sauté onion, carrots, celery, and garlic until softened.
3. Return lamb to the pot and add vegetable broth, tomatoes, thyme, rosemary, salt, and pepper.
4. Bring to a boil, then reduce heat and simmer for 45-60 minutes until lamb is tender.
5. Serve hot with optional fresh parsley garnish.