

21 Day Anti-Inflammatory Diet (1st Week)



DAY 1

Breakfast:
Oatmeal topped with cherries
Coconut flakes

Snacks:

Cashews roasted at home

Lunch:

Pumpkin soup
1 whole wheat bread
Mixed raw greens

Dinner:

Potato curry
Eggs



DAY 2

Breakfast:
Oatmeal porridge
Handful of flaxseeds

Lunch:

Beans (white)
Tuna in water salad

Brunch:

1 carrot
2 celery sticks
Nuts dip

Dinner:

Broccoli
Grilled-chicken



DAY 3

Breakfast:
Scrambled eggs
Whole wheat toast
Fresh Avocado

Lunch:

Kale Salad
Chicken quinoa salad

Brunch:

Kefir mixed with raspberries

Dinner:

Sheet-Pan Mediterranean Chicken
Brussels Sprouts
Gnocchi



DAY 4

Breakfast:
Protein mocha drink
5 almonds

Lunch:

Avocado salad
Hot chocolate

Brunch:

Dried walnuts

Dinner:

Lemon chicken
Potatoes
Kale



DAY 5

Breakfast:
Smoothie or shake
One toast

Lunch:

Hummus
Greek salad

Brunch:

Greek yogurt
Handful of chia seeds
Blueberries

Dinner:

Baked Eggs
Tomato Sauce
Kale
A slice of whole-wheat



DAY 6

Breakfast:
Gingerbread toast made with oatmeal

Lunch:

Slow-cooked turkey

Brunch:

Dry peanuts

Dinner:

Chicken lemon soup with kale



DAY 7

Breakfast:
Fruit smoothie

Lunch:

Henton's potato salad

Brunch:

1 avocado

Dinner:

Chickpea curry

21 Day Anti-Inflammatory Diet (2nd Week)



DAY 8

Breakfast:

Oatmeal
Cherries
Coconut Shaving

Lunch:

Luna salad
Beans (green)

Dinner:

Grilled salmon

Snacks:

Roasted nuts



DAY 9

Breakfast:

Oatmeal porridge
Handful of flax seeds

Lunch:

Green salad (mix)
Pumpkin soup

Brunch:

One raw tomato

Dinner:

Grilled Chicken



DAY 10

Breakfast:

Scrambled eggs
Avocado toast

Lunch:

Salad (chicken and green mix)

Brunch:

Smoothie

Dinner:

Kefir or low-fat Greek yogurt
Handful of chia seeds



DAY 11

Breakfast:

Fruit smoothie

Lunch:

Protein Shake

Brunch:

Toast 3

Dinner:

Tuna salad
Chicken puree



DAY 12

Breakfast:

Fruit smoothie

Lunch:

Protein Shake

Brunch:

Toast 3

Dinner:

Tuna salad
Chicken puree



DAY 13

Breakfast:

Toast
Scrambled eggs

Lunch:

Smoothie

Brunch:

1 coffee in chocolate

Dinner:

Lemon chicken with spinach



DAY 14

Breakfast:

One tea
One toast
One egg boiled

Lunch:

Coffee

Brunch:

Fruit Shake

Dinner:

Tuna soup

21 Day Anti-Inflammatory Diet (3rd Week)



DAY 15

Breakfast:

Mocha berry

Lunch:

Greek salad

Brunch:

1 pear sliced

Dinner:

Henton's potato salad



DAY 16

Breakfast:

Egg salad
Avocado spread
Toast

Lunch:

Unsalted roasted almonds (dry)

Brunch:

Mix green salad in a cup

Dinner:

Grilled Chicken



DAY 17

Breakfast:

Oatmeal cereal

Lunch:

One plate of green salad

Brunch:

One citrus

Dinner:

Lemon and chicken puree



DAY 18

Breakfast:

Coconut flour pancakes

Lunch:

Chili and garlic cauliflower risotto

Brunch:

One chocolate (small)

Dinner:

Soup (tuna)



DAY 19

Breakfast:

Raspberry smoothie

Lunch:

1 large pear

Brunch:

Kimchi

Dinner:

Vegan chickpea curry



DAY 20

Breakfast:

Raspberry-Kefir Power Smoothie

Lunch:

Bean and veggie salad

Brunch:

1 medium orange

Dinner:

Nuts and seeds smoothie



DAY 21

Breakfast:

One bowl kefir
1 toast

Lunch:

Bean and veggie salad

Brunch:

1 salad mix greens

Dinner:

Grilled tuna