

Meals maker



7-DAY ANTI-INFLAMMATORY DIET PLAN

WEEK 1

THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

SPECIAL NOTES: (PLEASE READ)

NOTE 1: Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

NOTE 2: Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



Meals maker

DAY 1

Breakfast:

**VEGGIE BREAKFAST
SCRAMBLE**

Lunch:

**BROCCOLI AND
MUSHROOMS**

Dinner:

LOADED SWEET POTATO

DAY 2

Breakfast:

YOGURT FRUIT PARFAIT

Lunch:

**ROASTED SALMON WITH
VEGETABLES**

Dinner:

TOFU AND SPINACH

DAY 3

Breakfast:

TOMATO OMELET

Lunch:

**AVOCADO CHICKPEA AND
CHICKEN SALAD**

Dinner:

**QUINOA, BROCCOLI AND
TILAPIA**

DAY 4

Breakfast:

PAPAYA YOGURT BOWL

Lunch:

TOFU AND EGGPLANT

Dinner:

**CHICKPEA, BEAN AND
VEGETABLE SOUP**

DAY 5

Breakfast:

ASPARAGUS OMELET

Lunch:

CHICKEN SALAD

Dinner:

**OVEN BAKED CHICKEN WITH
ASPARAGUS**

DAY 6

Breakfast:

**STRAWBERRY BANANA
OATMEAL**

Lunch:

**BROCCOLI, ASPARAGUS,
AND BERRY SALAD**

Dinner:

**TILAPIA WITH CHERRY
TOMATOES**

DAY 7

Breakfast:

EGG MUFFINS

Lunch:

**SALMON WITH SPINACH
SALAD**

Dinner:

TOFU AND BROCCOLI STIR FRY

WEEKLY Notes



VEGGIE BREAKFAST SCRAMBLE

Prep Time: 15 min.

Cook Time: 10 min.

Total Time: 25 min.

Ingredients:

3 eggs
2 bell peppers, sliced
½ cup of cherry tomatoes
1 ½ cup of kale
3 tbsp. of mint leaves, chopped, garnish
Olive oil
1 tsp. salt
1 tsp. pepper
1 tbsp. garlic powder
1 tbsp. cumin powder
1 tbsp. paprika powder

Instructions:

1. Grease a large skillet with olive oil.
2. Add the bell peppers and the tomatoes to the skillet. Cover and cook for 2 minutes.
3. Crack the egg in, season with salt, garlic powder, cumin powder, paprika powder, and pepper. Combine everything together and cook for 4 minutes.
4. Add in the kale, combine and cook for 4 minutes or until the leaves have wilted.
5. Once done, transfer to a serving plate and garnish using the chopped mint leaves.





**SUBSCRIBE TO VIEW ALL
21 MEAL RECIPES**



WEEK 1

NECESSARY STAPLES



Day 1: Breakfast

- 1 Tbsp. extra virgin olive oil
- Salt
- Pepper
- 2 Tbsp. smoked paprika
- 1 Tbsp. seasoned salt

Day 1: Lunch:

- 2 ¼ Tbsp. olive oil
- ½ Tbsp. ground cumin
- ½ Tbsp. paprika
- ¼ Tbsp. garlic powder
- ¼ Tbsp. salt
- ¼ Tbsp. black pepper
- ¼ cup chopped walnuts
- 3 Tbsp. nutritional yeast

Day 1: Dinner

- 1 ½ qt. vegetable or peanut oil
- 2 ½ cups of cornstarch
- ½ cup all-purpose flour
- ½ tbsp. baking powder
- Salt
- ½ cup cold water
- ¼ cup vegetable stock
- 2 tsp. soy sauce
- 2 tsp. sugar
- 1 tbsp. toasted sesame oil
- 2 tsp. lemon juice
- 1 tbsp. minced or grated fresh ginger
- 2 tsp. toasted sesame seeds

Day 2: Breakfast

- 2 Tbsp. vegetable oil
- ½ red bell pepper
- ½ cup water
- ¼ cup soy milk
- 3 Tbsp. nutritional yeast
- 1 tsp. maple syrup
- 1 tsp. onion powder
- 1 tsp. salt
- ¼ tsp. basil
- ¼ tsp. turmeric
- ¼ tsp. paprika
- Pepper

Day 2: Lunch

- 1 tbsp. Worcestershire Sauce
- 2 tsp. nutritional yeast
- 1 tbsp. dried oregano
- 1 tbsp. dried parsley
- ½ tsp. salt
- ½ tsp. pepper

Day 2: Dinner

- 2 tsp. vegetable oil
- 1 tsp. soy sauce
- 1 tbsp. toasted sesame oil
- Ground white pepper

Day 3: Breakfast

- 1 tbsp. sea salt
- 3 tsp. chai seeds
- 3 tsp. maple syrup
- 1 tbsp. apple cider vinegar
- 1 tbsp. cinnamon
- 1 tbsp. pure vanilla extract

Day 3: Lunch

- 1 tbsp. chopped fresh oregano
- ¼ tsp. ground pepper

Day 3: Dinner

- Salt
- Black pepper
- 8 oz. pasta

Day 4: Breakfast

- 2 tsp. baking powder
- 2 tsp. unsweetened almond

Day 4: Lunch

- 1 cup...
- ¼ cup...

Day 4: Dinner

- ¼ cup rice vinegar
- 1 tbsp. sesame oil
- 1 tbsp. brown sugar

- 1 tbsp. minced ginger

Day 5: Dinner

- Kosher salt
- Extra-virgin olive oil
- ½ cup ricotta cheese
- Black pepper
- Mint leaves

Day 6: Breakfast

- 4 tbsp. maple syrup
- ½ cup vegetable oil
- 1 tbsp. vanilla extract
- 1 cup all-purpose flour
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground nutmeg
- 2 cups cooked quinoa
- Muffin tin

Day 6: Lunch

- ½ oz. feta cheese
- ½ oz. of raisins
- ¼ tbsp. lemon juice
- ¼ tbsp. honey
- 2 tsp. olive oil
- ¼ tsp. cumin, ground
- ¼ tsp. salt
- ¼ tsp. dried cayenne pepper

- ¼ cup...
- ¼ cup...
- ¼ cup...
- ¼ cup...
- ¼ cup...

Day 6: Dinner

- 1 tsp. canola oil
- 1 tsp. olive oil
- 1 tsp. garlic
- 1 tsp. ginger
- 2 tsp. red pepper flakes

Day 7: Breakfast

- 1 tbsp. extra virgin olive oil
- 1 tbsp. grated Parmesan cheese
- Salt
- Pepper

Day 7: Lunch

- 2 Tbsp. garlic hummus
- 2 Tbsp. hemp Seeds

Day 7: Dinner

- ¼ cup thinly sliced basil
- Balsamic glaze
- ¼ cup extra-virgin olive oil
- 3 tsp. red wine vinegar
- 1 tsp. Italian seasoning
- 1 clove garlic
- Kosher salt
- Black Pepper



SUBSCRIBE TO VIEW ALL 21 MEAL RECIPES



WEEK 1

GROCERY LIST



Produce:

6 red potatoes
Extra-virgin olive oil
Mushrooms: 1 container
Baby spinach: 2 bags
Green onions: 1 Bag
1 Large sweet potato
Leafy greens: 2 bags
3 Avocados
Broccoli: 2 large florets
10 garlics
Fresh Ginger Root: 7 pieces
Scallions also known as green onion: 5 bundles
Red bell pepper: 3
Large onion: 3
Long carrots: 1 bag
Baby Swiss chard: 1 bundle
Mango: 1
Ginger bag: 1
Yellow bell pepper: 1
Snap peas: 1 bag
1 container of blueberries (to use as the mixed berries in Day 4: Breakfast recipe)
1 container of strawberries (to use as the mixed berries in Day 4: Breakfast recipe)
Asparagus: 2 bags
Fresh mint: 1 bundle
Bananas: 3
Romaine lettuce: 1 bundle
Red onion: 1
Grape tomatoes: 1 container
Fresh basil: 1 bundle
Limes: 1 bag of limes
Lemons: 5

Refrigerated:

Vegan sour cream
Firm Tofu: 2 Packages
Extra Firm Tofu: 1 Package
1 dozen eggs
4 oz. goat cheese
4 oz. ricotta cheese
Salsa: 1 container
Pesto sauce: 1 bottle
Garlic Hummus: 1 container
8 oz. Ciliegine, or also known as fresh mozzarella cheese

Frozen:

Vegan breakfast sausage
Frozen peas: 1 bag
Frozen raspberries: 1 small bag
Frozen broccoli florets: 1 bag
Frozen peas and carrots: 1 bag

Canned and Packaged:

White rice: 1 bag
Brown rice: 1 bag
Quinoa: 1 bag
Fusilli Pasta: 1 bag
Black Beans: 2 cans
Dried Lentils: 1 bag
Pinto Beans: 2 cans
Organic Rolled oats: 1 bag
Worcestershire Sauce (a)
tomatoes: 1 can
Fusilli pasta: 1 bag



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21 MEAL RECIPES**

Bakery and Deli:

Sandwich break: 1 loaf

Oils, condiments, herbs, and Spices:

Extra Virgin Olive oil: 1 bottle
Salt: 1 bottle
Pepper: 1 bottle
Black Pepper: 1 bottle
Paprika: 1 bottle
Ground cumin: 1 bottle
Garlic powder: 1 bottle
Vegetable oil: 1 bottle
Baking powder: 1 box
Vegetable stock: 1 box

Soy sauce: 1 bottle
Fermented black bean sauce: 1 can
Sugar: 1 bag
Toasted sesame oil: 1 bottle
Maple syrup: 1 bottle
Onion powder: 1 bottle
Turmeric: 1 bottle
Oregano: 1 bottle
1 bottle of dried parsley
Ground white pepper: 1 bottle
Sea salt: 1 bottle
Chai Seeds: 1 bag
Apple cider vinegar: 1 bottle
Cinnamon: 1 bottle
Pure vanilla extract: 1 bottle
Acai Powder: 1 bag
Rice Vinegar: 1 bottle
Sesame oil: 1 bottle
Gochujang: 1 bottle
Cornstarch: 1 box
Grapeseed oil: 1 bottle
Unsweetened cocoa powder: 1 bag
Coconut sugar: 1 bag
Hemp seeds: 1 bag
Kosher salt: 1 bottle

Maple syrup
Apple Cider Vinegar: 1 bottle
Lemon Juice: 1 bottle
Peanut Butter: 1 bottle
White Vinegar: 1 bottle
Olive Oil: 1 bottle
Red pepper flakes: 1 bottle
Grated Parmesan cheese: 1 bottle
Balsamic glaze: 1 bottle
Red wine vinegar: 1 bottle
Italian seasoning: 1 bottle
Chopped walnuts: 1 bag
Nutritional yeast seasoning: 1 bottle

Miscellaneous:

Muffin Tin

Liquids:

Almond milk: 1 container
Coconut milk: 1 container
Soy milk: 1 container

