



Anti-Inflammatory Diet: Budget-Friendly Sample Week Meal Plan

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	<ul style="list-style-type: none"> Oatmeal with frozen blueberries, nuts, banana Green tea or coffee 	<ul style="list-style-type: none"> Scrambled eggs or tofu with veggies Multigrain toast Green tea or coffee 	<ul style="list-style-type: none"> Low glycemic index granola Banana Yogurt* Green tea or coffee 	<ul style="list-style-type: none"> Fried potatoes with veggies Banana/orange/apple Green tea or coffee 	<ul style="list-style-type: none"> Scrambled eggs or tofu with veggies Toast Green tea or coffee 	<ul style="list-style-type: none"> Oatmeal with frozen blueberries, nuts, banana Green tea or coffee 	<ul style="list-style-type: none"> Veggie and fruit smoothie with peanut butter and protein powder Green tea or coffee
Lunch	<ul style="list-style-type: none"> Vegetable soup with lentils Multigrain crackers Green or herbal tea 	<ul style="list-style-type: none"> Canned sardines/ anchovies/salmon with whole grain crackers and Dijon mustard Carrots and hummus Green or herbal tea 	<ul style="list-style-type: none"> Lentil soup Celery and hummus Green or herbal tea 	<ul style="list-style-type: none"> Black bean tacos on corn tortilla Cucumber slices Apple Green or herbal tea 	<ul style="list-style-type: none"> Salad (greens, tomatoes, cucumber, carrots, sunflower seeds, avocado with olive oil and vinegar dressing) Banana and peanut butter Green or herbal tea 	<ul style="list-style-type: none"> Tuna salad sandwich on multigrain bread Berries and coconut cream Green or herbal tea 	<ul style="list-style-type: none"> Black bean tacos on corn tortilla Mixed veggies Mixed fresh/frozen berries and coconut cream Green or herbal tea
Dinner	<ul style="list-style-type: none"> Baked frozen salmon Steamed broccoli or greens Brown rice Herbal tea 	<ul style="list-style-type: none"> Stuffed pepper Brown rice Black beans Mixed fresh/frozen berries and coconut cream Herbal tea 	<ul style="list-style-type: none"> Tofu stir fry with mushrooms Steamed broccoli/carrots Brown rice Herbal tea 	<ul style="list-style-type: none"> Baked chicken Salad with homemade dressing Herbal tea 	<ul style="list-style-type: none"> Chicken curry Black beans Brown rice Salad with homemade dressing Herbal tea 	<ul style="list-style-type: none"> Baked chicken Broccoli Baked sweet potato Herbal tea 	<ul style="list-style-type: none"> Baked frozen salmon Steamed rice Steamed vegetables Herbal tea
Snacks	<ul style="list-style-type: none"> Almonds Celery sticks and peanut butter/hummus 	<ul style="list-style-type: none"> Whole grain crackers Apple Yogurt* 	<ul style="list-style-type: none"> Celery sticks Peanut butter 	<ul style="list-style-type: none"> Yogurt* Boiled egg Crackers 	<ul style="list-style-type: none"> Yogurt* Pumpkin/sunflower seeds 	<ul style="list-style-type: none"> Orange Almonds Whole grain crackers 	<ul style="list-style-type: none"> Apple with peanut butter Yogurt* Carrots and hummus

*non-dairy options such as coconut yogurt can be substituted

Disclaimer: This material is *not* intended to diagnose or treat any condition and is not a substitute for medical or other professional advice. Discuss with your health care provider.