



Anti-Inflammatory Diet: Sample Meal Plan - 1 Day

BREAKFAST	Calories	Protein	Fat	Fiber
1 c high-fiber cereal	120	8 gms	1 gms	10 gms
1 c of blueberries	80	1 gms	0 gms	4gms
Soy lowfat milk (8 oz)	120	5 gms	2 gms	0 gms
One orange	80	1.5 gms	0 gms	3.6 gms
LUNCH				
Salad 1 c spinach leaves	10	< 1 gms	0 gms	<1 gms
Chopped veggies: carrots, broccoli, tomato, peppers, purple onion	15	1 gms	0 gms	4 gms
Balsamic vinaigrette dressing	75	0 gms	7 gms	0 gms
1/3 c kidney beans	70	6 gms	0 gms	7 gms
1/3 c cottage cheese	80	12 gms	2 gms	0 gms
2 tbsp soy nuts	150	6 gms	7 gms	2 gms
1 medium pear	100	0 gms	0 gms	4 gms
SNACK				
String cheese (1 oz)	90	7 gms	4.5 gms	0 gms
6 whole almonds	45	2 gms	4 gms	<1 gms
1 medium apple	80	1 gms	0 gms	4 gms
DINNER				
Salmon (4 oz.)	300	28 gms	11 gms	0 gms
Small sweet potato	100	<1 gms	0 gms	3 gms
1/2 c Broccoli	25	2 gms	0 gms	3 gms
Romaine with: chopped vegetables (carrots, tomatoes, red peppers)	25	<1 gms	0 gms	2 gms
Balsamic vinaigrette dressing	75	0 gms	7 gms	0 gms
TOTALS (allows some calories for fun)	1640	80 gms	46 gms	46 gms

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