



The Anti-Inflammatory Diet: Sample Meal Plan



	CALORIES	PROTEIN	FAT	FIBER
BREAKFAST				
1 cup high-fiber cereal	120	8 g	1 g	10 g
1 cup blueberries	80	1 g	0 g	4 g
8 oz lowfat soy milk	120	5 g	2 g	0 g
4 oz orange juice with calcium	60	1 g	1 g	0 g
LUNCH				
Salad with 1 cup Spinach	10	<1 g	0 g	<1 g
Chopped Veggies: carrots, tomatoes, peppers etc	15	1 g	0 g	4 g
Balsamic Vinegar Dressing	75	0 g	7 g	0 g
1/3 cup Kidney Beans	70	6 g	0 g	7 g
1/3 cup Cottage Cheese	80	12 g	7 g	2 g
2 tbsp Soy Nuts	150	6 g	7 g	2 g
1 medium Pear	100	0g	0 g	4 g
SNACK				
1oz String Cheese	90	7 g	4 g	0 g
6 Whole Almonds	45	2 g	4 g	<1 g
1 Medium Apple	80	1 g	0 g	4 g
DINNER				
4 oz Salmon	300	28 g	11 g	0 g
Small Sweet Potato	100	<1 g	0 g	3 g
1/2 cup Broccoli	25	2 g	0 g	3 g
Romaine with Vegetable (carrots, tomatoes, red peppers)	25	<1 g	0 g	2 g
Balsamic Vinaigrette	75	0 g	7 g	0 g