



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 fortified with calcium	60	1 g	0 g	0 g
Lunch				
Salad with 1 cup spinach leaves	10	< 1 g	0 g	< 1 g
Chopped veggies: carrots, broccoli, tomato, peppers, purple onion	15	1 g	0 g	4 g
Balsamic vinaigrette 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	< 0 g	0 g	4 g
Snack				
String cheese (1 oz)	90	7 g	4.5 g	0 g
6 whole almonds	45	2 g	4 g	< 1 g
1 medium apple	80	1 g	0 g	4 g
Dinner				
Salmon (4 oz)	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 chopped vegetables (carrots, tomatoes, red peppers)	25	< 1 g	0 g	2 g
Balsamic vinaigrette dressing	75	0 g	7 g	0 g
Totals*	1620	80 g	46 g	43 g

* allows some calories for fun