



7-Day Anti-Inflammatory Meal Plan for Joint Pain

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Day 1

Breakfast: Oatmeal with chia seeds, walnuts, and sliced pear

Lunch: Grilled salmon salad with mixed greens, cherry tomatoes, avocado, and olive oil vinaigrette

Dinner: Lentil and vegetable stew with turmeric and cumin, served with quinoa

Add: Turmeric & Omega-3s: Supplement or add ½ tsp turmeric + 1 tbsp ground flaxseed or fish oil

Day 2

Breakfast: Smoothie with spinach, banana, frozen berries, flaxseeds, and almond milk

Lunch: Chickpea and roasted red pepper wrap with arugula and hummus

Dinner: Baked cod with lemon, garlic, and steamed broccoli + sweet potato mash

Add: Berries & Leafy Greens: Rich in antioxidants to reduce oxidative stress

Day 3

Breakfast: Avocado toast on whole-grain bread with hemp seeds and cherry tomatoes

Lunch: Quinoa salad with cucumbers, parsley, olive oil, lemon juice, and grilled chicken

Dinner: Stuffed bell peppers with ground turkey, brown rice, and black beans

Add: Magnesium-Rich Foods: Add pumpkin seeds or cooked spinach to reduce joint stiffness

Day 4

Breakfast: Chia pudding made with coconut milk, topped with kiwi and almonds

Lunch: Lentil and beet salad with walnuts and apple cider vinaigrette

Dinner: Grilled shrimp stir-fry with bok choy, bell peppers, ginger, and tamari over wild rice

Add: Ginger & Green Tea: Grated ginger or green tea to reduce inflammation

Day 5

Breakfast: Greek yogurt with flaxseed, sliced apple, and cinnamon

Lunch: Roasted veggie bowl with tahini dressing and lentils

Dinner: Baked chicken with rosemary and garlic, sautéed kale and mashed cauliflower

Add: Probiotics & Polyphenols: Include fermented foods or green tea

Day 6

Breakfast: Sweet potato and black bean hash with spinach and a soft-boiled egg

Lunch: Grilled chicken and mango salad with avocado and lime vinaigrette

Dinner: Zucchini noodles with pesto and cherry tomatoes

Add: Vitamin C & Healthy Fats: Citrus fruits and avocados support collagen and joint health

Day 7

Breakfast: Turmeric-spiced quinoa porridge with almond milk, cinnamon, and blueberries

Lunch: Buddha bowl with brown rice, roasted chickpeas, broccoli, carrots, and tahini sauce

Dinner: Herb-crusted baked trout with garlic green beans and roasted butternut squash

Add: Curcumin + Antioxidants: Use turmeric or add colorful vegetables

Recommended Reading:

For more guidance, recipes, and tips, check out the book 'Anti-Inflammatory Diet for Beginners' at:

<https://www.healthyeasyrecipes.com/anti-inflammatory-diet-for-beginners/>