## Anti-Inflammatory Diet Plan

| Name <br> Suzanne Smith | Date <br> $16 / 11 / 2023$ |
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| Age <br> 41 | F |

## Purpose

Reduce inflammation, maintain a well-balanced diet
Medical History
Family history of heart disease

## General Guidelines

Emphasize whole, minimally processed foods and beverages

## Food and Beverage Items to Limit

Saturated and trans fats: e.g., sausages, margarine
Processed and fried foods: e.g., fried chicken and pies
Dairy products: e.g., full-fat milk and cheese
Alcohol: e.g., wine and beer
Refined carbohydrates: e.g., plain-white bread and candy

## Food and Beverage Items to Include

Whole grains: e.g., oats and brown rice
Fruits: e.g., blueberries and apples
Vegetables: e.g., bell peppers and brussel sprouts
Legumes: e.g., lentils and black beans
Nuts and seeds: e.g., walnuts and chia seeds
Fatty fish: e.g., tuna and salmon
Healthy fats: e.g., avocadoes and olive oil
Lean proteins: e.g., edamame and skinless chicken

## Customized Plan

## Breakfast

Option 1: oats with peanut butter, banana, and chia seeds
Option 2: whole-grain bread (toasted), with avocado and eggs
Option 3: berry and banana smoothie

## Snack

Option 1: whole fruit (orange, apple, banana)
Option 2: chia seed pudding with fruit
Option 3: tuna and whole-grain crackers

## Lunch

Option 1: cooked lentils with brown rice
Option 2: grilled salmon with brown rice, broccoli and avocado
Option 3: greek tuna salad (e.g., with olives, tomatoes, leafy greens)

## Dinner

Option 1: black bean and corn tacos with whole-grain wraps, salsa and cabbage
Option 2: lentil and coconut curry, with brown rice
Option 3: grilled moroccan-spiced chicken, with quinoa and vegetables

## Hydration

Options include: water, herbal teas (ginger or turmeric), green tea, iced or hot coffee

## Weekly Grocery List Items

Whole grains: Oats, brown rice, quinoa (purchase as required)
Fruit: frozen berries, bananas, apples
Vegetables: broccoli, spinach, corn, bell peppers (can be frozen)
Legumes: black beans, lentils, garbanzo beans
Nuts and seeds: walnuts, chia seeds, almonds
Fatty fish: tuna, salmon
Healthy fats: peanut butter, avocadoes, olive oil (purchase as required)
Lean protein: chicken, tofu, edamame
Additional items may include: whole-grain crackers, herbal teas, low-fat coconut milk, herbs and spices (turmeric, paprika, rosemary)

## Additional Notes

Some of the items in the grocery list, such as brown rice and oats, can be sold in bulk, thus Suzanne may just purchase them as required.

Suzanne also notes that her meal plans and grocery list are an initial guide to her journey. She seeks to try new recipes that follow similar formats, and thus can substiture similar food items as she progresses.

