

21-DAY ANTI-INFLAMMATORY DIET PLAN

JUSTFIT!

BREAKFAST

LUNCH

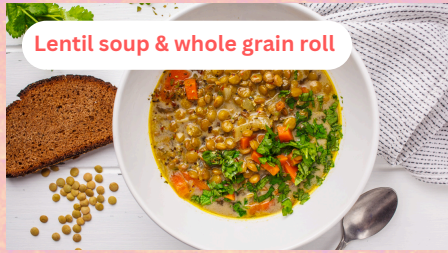
DINNER

DAY 1

Egg & avocado toast



Lentil soup & whole grain roll



Grilled salmon & steamed vegetables



DAY 2

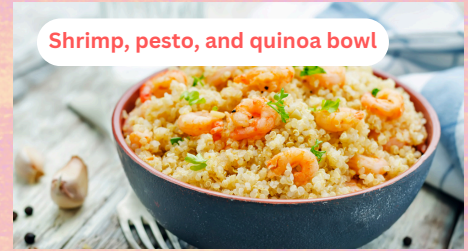
Mango turmeric smoothie



Chicken stir fry with mixed greens



Shrimp, pesto, and quinoa bowl



DAY 3

Oats with almonds and blueberries



Grilled chicken with steamed broccoli



Brown rice with chickpea curry

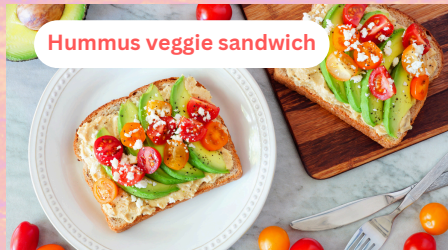


DAY 4

Spinach and tomato omelet



Hummus veggie sandwich



Spinach salad with tuna and carrots



DAY 5

Banana and date smoothie



Lemon garlic chicken & vegetables



Beans salad with mustard dressing



DAY 6

Peanut butter & banana sandwich



Chicken fajitas



Seafood paella



DAY 7

Whole grain cereal with almond milk



Basil pesto pasta with veggies



Brown rice, white fish & ginger curry

