



Health Beet

7-DAY ANTI-INFLAMMATORY MEAL PLAN

1500 Calories

	Breakfast	AM Snack	Lunch	PM Snack	Dinner
SUN	2 ¾ cups Breakfast Hash with Ground Turkey, Zucchini, Carrots and Peppers	2 pcs medium-size Banana	1 cup Paleo Chicken Patties with Sweet Potato Fries and Fresh Cucumber Slices	1 oz Pumpkin seeds	1 ½ cup Vegan Roasted Cauliflower and Broccoli with Mixed Seeds and Spinach
MON	1 slice Vegan Avocado Tofu Toast	1 ½ cup Cinnamon Roasted Sweet Potato Fries	1 ¾ cup Sweet Potato Ground Beef Stew with Tomato	1 oz Sunflower seeds	2 cups Chicken and Mushroom over Cauliflower Rice
TUE	1 slice Vegan Avocado Tofu Toast	1 cup Plain Soy Yogurt Sunflower Seeds	2 cups Chicken and Mushroom over Cauliflower Rice	¾ cup Cinnamon Roasted Sweet Potato Fries	1 ¾ cup One-pan chicken Breast, Carrots, and Quinoa
WED	1 cup Plain Soy Yogurt 1 handful Blueberries	1 medium Pear	1 ¼ cup Baked Garlic Salmon and Zucchini	1 cup Plain Soy Yogurt 4 tbsp Flaxseed, ground	2 servings Air Fried Lemon Salmon with Potatoes and Zucchini
THU	1 slice Vegan Avocado Tofu Toast	1 cup Plain Soy Yogurt 1 oz Sunflower Seeds	2 cups Chicken and Mushroom over Cauliflower Rice	2 medium Plum	1 ¾ cup Vegan Seitan Bolognese
FRI	1 ¼ cup Vegan Breakfast Potatoes with Spinach and Tofu	2 cups Mango	1 ¾ cup Vegan Seitan Bolognese	1 oz Pumpkin Seeds	1 serving Herbed Baked Salmon with Cucumber and Celery Salad
SAT	1 slice Vegan Avocado Tofu Toast	1 cup Blackberries	1 serving Paleo Chicken, Zucchini, and Sweet Potatoes Bake	1 ¼ oz Apricot, dried	2 servings Turkey Skillet Supper





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7 DAY MEAL PLAN SHOPPING LIST

1500 Anti Inflammatory Diet

Beverage	Canned and Jarred	Cereal Grains and Pasta	Fats and Oils	Fruits
Water, 1 cup	Tomato Paste, 3 oz Canned Tomatoes, 7 oz	Quinoa, 1 ½ oz Spaghetti, 4 oz Whole Wheat Bread, 4 ½ oz	Olive Oil, 13 tbsp	Apricot, 5 oz Avocado, 8 oz Banana, 8 ½ oz Blackberries, Blueberries, 2 ½ oz Lemon, 2 oz Mango, 11 oz Pear, 6 ½ oz Plum, 5 oz

Protein	Seeds	Soups	Spices and Herbs	Vegetables
Block Tofu, 10 ½ oz Chicken Breasts, 34 oz Ground Chicken, 4 oz Ground Turkey, 8 oz Lean Ground Beef, 4 oz Plain Soy Yogurt, 31 ¾ oz Salmon, 18 oz Seitan, 10 oz	Flaxseed, 1 oz ¼ oz Hemp seeds, ¼ oz Pumpkin seeds, 2 ¼ oz Sunflower seeds, 3 oz	Chicken broth, 1 ¾ oz Vegetable broth, 10 ½ oz	Apple Cider Vinegar, ½ tbsp Basil, 5 tsp Dill, ¼ tsp Garlic Powder, 1 tsp Ground Cinnamon, ¼ tsp Onion Powder, ¼ tsp Oregano, ¾ tsp Paprika, ¾ tsp Pepper Flakes, ¼ tsp Pepper, ½ tsp Salt & Pepper 3 tsp Salt, 3 tsp Thyme, 1 tsp Turmeric, ½ tsp	Baby Spinach, 1 ¾ oz Bell Peppers, 5 ¼ oz Broccoli, 5 ⅛ oz Carrots, 5 ½ oz Cauliflower 33 ⅛ oz Celery, 1 ¼ oz Cucumbers, 7 ¾ oz Garlic, 1 oz Mushrooms, 24 oz Onion, 3 oz Parsley, 2 oz Potatoes, 27 oz Spinach leaves ½ oz Sweet Potatoes, 30 ½ oz Tomatoes, 4 oz Zucchini, 17.5 oz





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FOODS TO AVOID

FOODS TO CONSUME

Bacon	Margarine
Bagels	Microwave Popcorn
Biscuits	Palm Oil
Buns	Pancakes
Butter	Pancetta
Chorizo	Pastries
Coconut Oil	Pies
Cookies	Pizza Dough
Corn chips	Pretzels
Crackers	Rolls
Cured meats	Salami
English Muffins	Sausages
Fatty Cuts of Meat	Suet
Foods low in Antioxidants and fibers	Sugar and High Fructose Corn Syrup
Foods low in Omega 3 fatty acids	Sweetened Beverages
French Fries	Too much red meat
Fried foods	Waffles
Ghee	White Bread
Italian bread	White flour
Lard	White rice
	Wraps

Almonds	Olive Oil
Anchovies	Oranges
Avocados	Peppers
Blackberries	Portobello Mushrooms
Blueberries	Raspberries
Broccoli	Salmon
Cherries	Sardines
Collards	Shiitake Mushrooms
Dark Chocolate and Cocoa	Spinach
Extra Virgin Olive Oil	Strawberries
Fatty Fish	Tomatoes
Grapes	Truffles
Green Tea	Unsaturated Fats
Green Leafy Vegetables	Vegetables
Herring	Walnuts
Kale	Whole Grains
Lean Chicken	
Lean Meat	
Legumes	
Mackerel	
Nuts	



BREAKFAST HASH WITH GROUND TURKEY, ZUCCHINI, CARROTS AND PEPPERS

30 mins; 4 servings

Per serving: 300 kcal, 30g Protein, 10g Fats, 25g Carbs

Ingredients:

Oregano, 1/2 teaspoon
Paprika, 1/2 teaspoon
Potatoes, 2 cups
Carrots, 1 cup
Ground Turkey, 1 lb
Parsley, 1/2 cup
Olive Oil, 2 tablespoons
Zucchini, 1 cup
Bell Peppers, 1 cup
Salt and Pepper, 1 tsp



Instructions:

1. Heat Olive oil in a large skillet over medium heat.
2. Add ground meat and cook until browned, breaking it up into crumbles.
3. Remove the cooked meat from the skillet and set aside
4. Add the diced potatoes in the same skillet and cook for 5 minutes or until they soften.
5. Add the bell peppers, zucchini, and carrots to the skillet. Cook for another 5 minutes or until vegetables are tender.
6. Return the cooked ground meat and potatoes to the skillet and mix with the vegetables.
7. Add the olive oil, dried oregano, paprika, salt, and pepper. Stir to combine.
8. Cook for 2-3 minutes to allow the flavors to meld together.
9. Remove from heat and sprinkle with chopped parsley
10. Serve hot and enjoy!



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Anti Inflammatory Recipes

PALEO CHICKEN PATTIES WITH SWEET POTATO FRIES AND FRENCH CUCUMBER SLICES

40 mins; 4 servings

Per serving: 383 kcal, 22g Protein, 13g Fats, 22g Carbs

Ingredients:

Basil, 1 teaspoon
Oregano, 1 teaspoon
Salt, 1/2 teaspoon
Paprika, 1/2 teaspoon
Cucumbers, 1 large
Olive oil, 1 tablespoon
Onion, 1/4 cup
Garlic, 2 cloves
Sweet Potatoes, 1 large
Ground Chicken 1 lb
Pepper, 1/4 teaspoon
Garlic Powder, 1 teaspoon
Parsley, 2 tablespoons



Instructions:

1. Preheat the oven to 425 °F or (220 °C).
2. Combine the ground chicken, almond flour, chopped onion, minced garlic, dried oregano, dried basil, paprika, salt, and black pepper in a mixing bowl. Mix well until all ingredients are evenly incorporated.
3. Shape the chicken mixture into patties of the desired size.
4. Toss the sweet potato fries in a separate bowl with olive oil, garlic powder, paprika, salt, and black pepper until evenly coated.
5. Spread sweet potato fries in a single layer on a baking sheet and bake for 20-25 minutes or until crispy and golden brown.
6. Heat a skillet over medium heat while the sweet potato fries are baking, and add a drizzle of olive oil.
7. Cook the chicken patties for about 4-5 minutes per side or until cooked through and nicely browned.
8. Once the chicken patties and sweet potato fries are cooked, serve them alongside fresh cucumber slices.
9. Garnish with fresh parsley and enjoy!



VEGAN ROASTED CAULIFLOWER AND BROCCOLI WITH MIXED SEEDS AND SPINACH

35 mins; 4 servings

Per serving: 247 kcal, 12g Protein, 16g Fats, 20g Carbs

Ingredients:

Onion Powder, 1 teaspoon
Salt, 1 teaspoon
Paprika 1/2 teaspoon
Cauliflower, 1 medium
Broccoli, 1 head
Olive Oil, 2 tablespoons
Pumpkin seeds, 2 tablespoons
Garlic Powder, 1 teaspoon
Pepper, 1 teaspoon
Hemp seeds, 2 tablespoons
Spinach leaves, 2 cups



Instructions:

1. Preheat the oven to 425 °F (220 °C).
2. Combine the cauliflower and broccoli florets in a large bowl with olive oil, garlic powder, onion powder, paprika, salt, and pepper. Toss until well coated.
3. Spread the seasoned cauliflower and broccoli on a baking sheet in a single layer.
4. Roast in the oven for 20-25 minutes or until the vegetables are tender and lightly browned.
5. While the vegetables are roasting, heat a small skillet over medium heat. Add the mixed seeds and toast them for a few minutes until they become fragrant and lightly golden. Set aside.
6. Once the roasted cauliflower and broccoli are done, remove them from the oven and transfer them to a serving dish.
7. Add the fresh spinach leaves to the hot baking sheet and let them wilt slightly from the residual heat.
8. Place the wilted spinach leaves on top of the roasted vegetables. Sprinkle the mixed seeds over the dish. Serve immediately and enjoy!



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Anti Inflammatory Recipes

VEGAN AVOCADO TOFU TOAST

10 mins; 2 servings

Per serving: 274 kcal, 10g Protein, 19g Fats, 20g Carbs

Ingredients:

Avocado, 1 small

Olive oil, 1 tablespoon

Salt and Pepper 1 teaspoon

Tofu, 3.5 oz

Whole Wheat Bread, 2 slices



Instructions:

1. Toast the bread slices until golden brown.
2. In a small bowl, mash the ripe avocado with a fork until smooth.
3. Cut the firm tofu into thin slices.
4. Heat a non-stick pan over medium heat. Add the oil and cook the tofu slices for 2-3 minutes on each side until lightly browned.
5. Remove the tofu from the pan and sprinkle with salt and pepper.
6. Spread the mashed avocado evenly onto the toasted bread slices.
7. Top each slice with the cooked tofu slices.
8. Serve immediately and enjoy,





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CINNAMON ROASTED SWEET POTATO FRIES

20 mins; 4 servings

Per serving: 207 kcal, 3g Protein, 7g Fats, 35g Carbs

Ingredients:

Olive Oil, 2 tablespoon

Sweet potatoes, 2 large

Ground Cinnamon, 1 teaspoon

Pepper, 1/4 teaspoon



Instructions:

1. Preheat the oven to 425 °F (220 °C).
2. Peel the sweet potato strips with olive oil, ground cinnamon, salt, and black pepper until well coated.
3. Spread the seasoned sweet potato fries in a single layer on a baking sheet lined with parchment paper.
4. Roast in the oven for 15-20 minutes or until the fries are crispy and golden brown.
5. Remove from the oven and let them cool for a few minutes before serving.
6. Serve the cinnamon-roasted sweet potato fries as a delicious dish or snack.



SWEET POTATO GROUND BEEF STEW WITH TOMATO

20 mins; 4 servings

Per serving: 253 kcal, 28g Protein, 4g Fats, 26g Carbs

Ingredients:

Vegetable stock, 4 cups

Sweet Potatoes, 2 medium

Lean ground beef, 1 lb

Salt, 1 teaspoon

Tomato, 1 cup, diced



Instructions:

1. In a large pot, brown the ground beef over medium heat until fully cooked.
2. Add diced tomatoes until cooked.
3. Then add sweet potatoes and vegetable stock to the pot. Bring to a boil.
4. Reduce heat to low and simmer for 10 minutes until the sweet potatoes are tender.
5. Season with salt and pepper to taste.
6. Serve hot and enjoy!

CHICKEN AND MUSHROOM OVER CAULIFLOWER RICE

30 mins; 2 servings

Per serving: 218 kcal, 31g Protein, 6g Fats, 12g Carbs

Ingredients:

Salt, 1/2 teaspoon

Thyme, 1 teaspoon

Cauliflower, 1 small head

Chicken broth, 1 tablespoon

Mushrooms, 8 oz

Olive Oil, 1 teaspoon

Garlic, 2 clove

Pepper, 1/4 teaspoon

Parsley, 2 tablespoons

Chicken breasts, 8 oz



Instructions:

1. Heat olive oil in a large skillet over medium heat.
2. Add minced garlic and sliced mushrooms to the skillet. Cook until mushrooms are tender and slightly browned, about 5 minutes. Remove from skillet and set aside.
3. Season chicken breasts with dried thyme, salt, and black pepper.
4. In the same skillet, cook chicken breasts for 6-7 minutes per side or until cooked through. Remove from skillet and let rest for a few minutes before slicing into strips.
5. While the chicken is resting, steam the riced cauliflower until tender, about 5 minutes.
6. Return the cooked mushrooms to the skillet and add the steamed cauliflower rice. Stir in low-sodium chicken broth and cook for an additional 2-3 minutes, until everything is heated through,
7. Serve the chicken and mushroom mixture over the cauliflower rice.
8. Garnish with fresh parsley and enjoy.

ONE-PAN CHICKEN BREAST, CARROTS AND QUINOA

20 mins; 2 servings

Per serving: 289 kcal, 30g Protein, 6g Fats, 30g Carbs

Ingredients:

Water, 2 cups

Quinoa, 1/2 cup

Salt and Pepper, 2 teaspoon

Chicken Breast, 8 oz

Carrots, sliced 1 medium



Instructions:

1. In a large pan, heat some oil over medium-high heat.
2. Season the chicken breasts with salt and pepper, then add to the pan. Cook for 4-5 minutes on each side or until cooked through. Remove the chicken from the pan and set aside.
3. In the same pan, add the sliced carrots and cook for about 2-3 minutes, until slightly tender.
4. Meanwhile, rinse the quinoa under cold water and drain well.
5. Add the quinoa and water to the pan with the carrots. Bring to a boil, then reduce the heat to low and cover the pan. Cook for about 15 minutes, or until the quinoa is cooked and the water is absorbed.
6. Slice the cooked chicken breasts into thin strips.
7. Divide the quinoa and carrots mixture between two plates, and top with the sliced chicken breasts.
8. Serve hot and enjoy!



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BAKED GARLIC SALMON AND ZUCCHINI

20 mins; 2 servings

Per serving: 386 kcal, 35g Protein, 25g Fats, 5g Carbs

Ingredients:

Water, 2 cups

Quinoa, 1/2 cup

Salt and Pepper, 2 teaspoon

Chicken Breast, 8 oz

Carrots, sliced 1 medium



Instructions:

1. Preheat the oven to 400 °F (200 °C).
2. Place the salmon fillets on a baking sheet lined with foil or parchment paper.
3. Drizzle the salmon with 1 tablespoon of olive oil and sprinkle with garlic, salt and pepper.
4. Slice the zucchini and arrange them around the salmon on the baking sheet.
5. Drizzle the zucchini with the remaining tablespoon of olive oil and season with salt and pepper.
6. Bake in the preheated oven for 12-15 minutes or until the salmon is cooked through and the zucchini is tender.
7. Serve hot and enjoy!



AIR FRIED LEMON SALMON WITH POTATOES AND ZUCCHINI

20 mins; 4 servings

Per serving: 230 kcal, 20g Protein, 6g Fats, 25g Carbs

Ingredients:

Lemon, 1 piece

Potatoes, 18 ounces

Salmon, 12 ounces

Salt and pepper, 2 teaspoons

Zucchini, 1 small or 4 ounces



Instructions:

1. Preheat your air fryer to 400 °F (200 °C).
2. Slice the potatoes into small wedges and slice the zucchini.
3. Season the salmon fillets with salt and pepper, and squeeze the juice of half a lemon over them.
4. Place the seasoned salmon fillets, potato wedges, and zucchini into the air fryer basket.
5. Cook for 12-15 minutes or until the salmon is cooked through and the potatoes are crispy.
6. Squeeze the juice of the remaining half lemon over the cooked salmon, potatoes, and zucchini.
7. Serve hot and enjoy!



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VEGAN SEITAN BOLOGNESE

30 mins; 4 servings

Per serving: 455 kcal, 40g Protein, 7g Fats, 62g Carbs

Ingredients:

Basil, 1.5 ounce
Vegetable broth, 1 cup
Oregano, 1 teaspoon
Salt, 1/2 teaspoon
Canned tomatoes, 14 ounces
Olive oil, 1 tablespoon
Onion, 1 medium
Garlic, 2 teaspoons
Seitan, 4 cups
Tomato paste, 6 ounces
Pepper, 1.4 teaspoon
Pepper flakes, 1/4 teaspoon
Spaghetti, 1.2 lb



Instructions:

1. In a large skillet, heat the olive oil over medium heat.
2. Add the diced onion and minced garlic to the skillet and sauté until the onion becomes translucent, for about 5 minutes.
3. Add the crumbled seitan to the skillet and cook for another 3-4 minutes, until it starts to brown slightly.
4. Stir in the crushed tomatoes, tomato paste, vegetable broth, dried oregano, salt, black pepper, and red pepper flakes (if using).
5. Reduce the heat to low and let the sauce simmer for 15-20 minutes, stirring occasionally.
6. While the sauce is simmering, cook the spaghetti or pasta according to the package instructions.
7. Once the pasta is cooked, drain it and add it to the skillet with the bolognese sauce. Toss well to coat the pasta with the sauce. Serve the vegan seitan bolognese hot, garnished with fresh basil leaves.
8. Enjoy!





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VEGAN BREAKFAST POTATOES WITH SPINACH AND TOFU

10 mins; 2 servings

Per serving: 304 kcal, 13g Protein, 19g Fats, 23g Carbs

Ingredients:

Turmeric, 1/2 teaspoon

Paprika, 1 teaspoon

Potatoes, 7 ounces, 2 portions

Olive oil, 2 tablespoons

Onion 1/2 small

Garlic, 2 cloves

Salt and Pepper, 1 teaspoon

Block tofu, 1/2 portions or 7 ounces

Baby spinach, 3.5 ounces



Instructions:

1. Heat olive oil in a large skillet over medium heat.
2. Add diced potatoes and cook for about 5 minutes, until they soften.
3. Add diced onion and minced garlic to the skillet and cook for 2 minutes.
4. Crumble the tofu into the skillet and mix well with the potatoes and onions.
5. Season with paprika, turmeric, salt and pepper. Stir to evenly coat the ingredients.
6. Add spinach to the skillet and cook for another 3-4 minutes, until the spinach is wilted.
7. Remove from heat
8. Serve hot and enjoy!



HERBED BAKED SALMON WITH CUCUMBER AND CELERY SALAD

30 mins; 4 servings

Per serving: 395 kcal, 35g Protein, 25g Fats, 5g Carbs

Ingredients:

Onion powder, 1 teaspoon
Dill, 2 tablespoons
Apple cider vinegar, 2 tablespoons
Salt, 1 teaspoon
Celery, 4 stalk
Cucumbers, 2 medium
Olive oil, 3 3/4 tablespoons
Salmon, 24 ounces
Parsley, 2 tablespoons
Garlic powder, 1 teaspoon



Instructions:

1. Preheat the oven to 400 °F (200 °C).
 2. Combine the chopped parsley, dill, olive oil, garlic, onion powder, and salt in a small bowl. Mix well to create a herbed marinade.
 3. Place the salmon in the oven for 15-20 minutes or until cooked through and flaky.
 4. While the salmon is baking, prepare the cucumber and celery salad. Combine the sliced cucumbers, celery, apple cider vinegar, olive oil, dill, and salt in a medium bowl. Toss well to combine.
 5. Once the salmon is cooked, remove it from the oven and let it cool slightly.
 6. Serve the herbed-baked salmon with the cucumber and celery salad on the side.
- Enjoy!



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Anti Inflammatory Recipes

PALEO CHICKEN, ZUCCHINI, AND SWEET POTATO BAKE

30 mins; 2 servings

Per serving: 432 kcal, 41g Protein, 12g Fats, 40g Carbs

Ingredients:

Paprika, 1 teaspoon

Thyme, 1 teaspoon

Olive oil, 1 tablespoon

Zucchini, 2 medium or 14 ounces

Sweet Potatoes, 2 small or 11 ounces

Chicken Breasts, 12 ounces

Garlic Powder, 1 teaspoon

Salt and Pepper, 1 teaspoon



Instructions:

1. Preheat oven to 400 °F (200 °C).
2. In a large baking dish, combine the sliced zucchini and cubed potatoes.
3. Drizzle with olive oil and sparkle with garlic powder, paprika, dried thyme, salt, and pepper. Toss to coat evenly.
4. Push the vegetables to one side of the baking dish and place the chicken breasts on the other side.
5. Drizzle the chicken with olive oil and season with salt, pepper and additional dried thyme.
6. Bake in the preheated oven for 20-25 minutes or until the chicken is cooked through and the vegetables are tender.
7. Remove from the oven and let it rest for a few minutes before serving.
8. Serve hot and enjoy!



TURKEY SKILLET SUPPER

30 mins; 4 servings

Per serving: 348 kcal, 25g Protein, 17g Fats, 27g Carbs

Ingredients:

Oregano, 1 teaspoon
Thyme, 1 teaspoon
Potatoes, 2 cups
Carrots, 1 cup
Zucchini, 1 cup
Tomatoes, 1 cup
Bell Peppers, 1 cup
Salt and Pepper, 1 teaspoon
Parsley, 2 tablespoons
Olive oil, 2 tablespoons
Ground Turkey, 1 lb



Instructions:

1. Heat a large skillet over medium and add the garlic-infused oil.
2. Add the ground turkey and cook until browned then remove from the skillet and set aside.
3. In the same skillet, add the diced potatoes and carrots. Cook for about 5 minutes or until slightly tender.
4. Add the bell peppers, zucchini, and tomatoes to the skillet. Cook for another 5 minutes.
5. Return the cooked ground turkey to the skillet and mix well with the vegetables.
6. Sprinkle the dried oregano, thyme, salt, and pepper over the mixture. Stir to combine.
7. Cover the skillet and let it simmer for about 10 minutes or until the vegetables are cooked.
8. Garnish with fresh parsley before serving.
9. Enjoy your turkey skillet supper!