

Grocery List

Category	Item	Category	Item
Protein	Salmon (2-3 fillets)	Fats, Nuts & Seeds	Avocados
Protein	Chicken thighs (4)	Fats, Nuts & Seeds	Olive oil
Protein	Chicken breasts (4)	Fats, Nuts & Seeds	Tahini
Protein	Lean ground turkey (1 lb)	Fats, Nuts & Seeds	Almond butter
Protein	Cod (2 fillets)	Fats, Nuts & Seeds	Peanut butter
Protein	Firm tofu (2 blocks)	Fats, Nuts & Seeds	Walnuts
Protein	Eggs (1-2 dozen)	Fats, Nuts & Seeds	Pumpkin seeds
Protein	Sardines (2 tins)	Fats, Nuts & Seeds	Chia seeds
Protein	Shrimp (1 lb)	Fats, Nuts & Seeds	Flaxseed
Protein	Greek yogurt (large tub)	Fats, Nuts & Seeds	Cacao nibs
Protein	Cottage cheese (1 tub)		
Protein	Whey/plant protein powder	Pantry & Flavor	Beans (for chili)
		Pantry & Flavor	Lentils
Whole Grains & Starches	Quinoa (2 cups dry)	Pantry & Flavor	Hummus
Whole Grains & Starches	Brown rice (2 cups dry)	Pantry & Flavor	Low-sodium stock
Whole Grains & Starches	Buckwheat flour	Pantry & Flavor	Lemon
Whole Grains & Starches	Old-fashioned oats	Pantry & Flavor	Garlic
Whole Grains & Starches	Sweet potatoes (4-6)	Pantry & Flavor	Herbs & spices
Whole Grains & Starches	Whole-grain bread/toast	Pantry & Flavor	Dark chocolate (70%+)
Whole Grains & Starches	Rice cakes	Pantry & Flavor	Tahini
		Pantry & Flavor	Sesame seeds
Vegetables	Leafy greens (spinach, arugula)	Pantry & Flavor	Soy/coconut aminos
Vegetables	Broccoli		
Vegetables	Asparagus	Beverages	Green tea
Vegetables	Mixed stir-fry veg	Beverages	Coffee (unsweetened)
Vegetables	Brussels sprouts	Beverages	Almond milk (unsweetened)
Vegetables	Carrots		
Vegetables	Cauliflower rice (frozen or fresh)		
Vegetables	Zucchini (3-4)		
Vegetables	Cucumber		
Vegetables	Tomatoes		
Fruits	Blueberries		
Fruits	Strawberries		
Fruits	Raspberries		
Fruits	Pineapple		
Fruits	Kiwi		
Fruits	Clementines		
Fruits	Apple		
Fruits	Pear		
Fruits	Frozen berries		

Anti-Inflammatory Meal Plan

Day	Breakfast	Lunch	Dinner	Snack	Prep Notes
Day 1	Greek yogurt (unsweetened) + chia & blueberries; green tea	Salmon salad bowl (leafy greens, quinoa, cucumber, olive oil/lemon)	Turkey chili (beans) with side salad	Apple + 2 tbsp almond butter	Cook quinoa for Days 1–3. Make turkey chili batch for leftovers.
Day 2	Veggie omelette (2–3 eggs) + avocado; coffee (unsweetened)	Lentil soup + mixed greens with tahini dressing	Grilled chicken thighs, roasted sweet potato, broccoli	Carrot sticks + hummus	Roast extra sweet potatoes for Day 3 lunch.
Day 3	Overnight oats (oats, chia, almond milk) + raspberries	Chicken & sweet potato box + arugula	Baked cod, herbed brown rice, asparagus	Cottage cheese + pineapple	Bake extra cod for Day 4 lunch; cook rice for Days 3–4.
Day 4	Protein smoothie (whey/plant), spinach, frozen berries, flax	Leftover cod over rice & greens, olive oil drizzle	Tofu stir-fry (mixed veg) over cauliflower rice	Handful of walnuts + clementine	Chop stir-fry veg in advance. Make 2 portions tofu for Day 5 lunch.
Day 5	Buckwheat pancakes (2) + Greek yogurt & strawberries	Tofu bowl (leftovers) with edamame & sesame	Lean beef & veggie kebabs, quinoa tabbouleh	Rice cakes + peanut butter	Marinate kebabs in the morning; cook extra quinoa for Day 6.
Day 6	Chia pudding (almond milk) + kiwi & cacao nibs	Sardine salad on whole-grain toast + tomatoes	Sheet-pan chicken breasts, brussels sprouts, carrots	Greek yogurt + pumpkin seeds	Sheet-pan 4 servings to cover Day 7 lunch.
Day 7	Scrambled eggs + smoked salmon + sautéed greens	Leftover sheet-pan chicken bowl + brown rice	Shrimp & veggie skillet with zucchini noodles	Dark chocolate (1–2 squares) + pear	Spiralize zucchini ahead; cook extra shrimp for freezer.