



# Anti-Inflammatory Starter Guide

## 7 Days to Lower Inflammation & Reclaim Your Vitality

Just Breathe ❤️ - Live Well With Julie

### Welcome to Your Healing Journey

Chronic inflammation is often the root cause of pain, fatigue, and brain fog. The good news? Food is your most powerful medicine. This 7-day guide is designed to help you cool inflammation, soothe your system, and nourish your body with evidence-based whole foods.

“Food is not just calories, it is information. It talks to your DNA and tells it what to do.” — Dr. Mark Hyman

### The Core Principles

1. **Eat the Rainbow:** Aim for 75% of your plate to be colorful vegetables (kale, broccoli, peppers, berries). These are packed with phytonutrients that fight inflammation.
2. **Healthy Fats are Friends:** Omega-3s are crucial. Incorporate fatty fish, olive oil, avocados, and nuts daily.
3. **Ditch the Triggers:** For these 7 days, strictly avoid refined sugars, processed meats, and refined grain flours.
4. **Spice It Up:** Use turmeric, ginger, and garlic generously. They are nature’s anti-inflammatories.

# Your 7-Day Meal Plan

**Day 1: The Reset** \* **Breakfast:** Green Smoothie (Spinach,  $\frac{1}{2}$  avocado, blueberries, collagen protein, water). \* **Lunch:** Large mixed green salad with grilled chicken, pumpkin seeds, and olive oil vinaigrette. \* **Dinner:** Baked Salmon with roasted asparagus and sweet potato. \* **Snack:** Handful of walnuts.

**Day 2: Gut Soother** \* **Breakfast:** Chia seed pudding made with coconut milk and raspberries. \* **Lunch:** Leftover salmon over arugula and quinoa. \* **Dinner:** Turmeric Chicken Stir-fry with broccoli, bell peppers, and ginger. \* **Snack:** Sliced apple with almond butter.

**Day 3: Energy Boost** \* **Breakfast:** 2 Poached eggs over sautéed spinach and mushrooms. \* **Lunch:** Lentil soup with a side of fermented sauerkraut (great for gut health!). \* **Dinner:** Grass-fed beef burger (no bun) with roasted Brussels sprouts. \* **Snack:** Carrot sticks with hummus.

**Day 4: Brain Power** \* **Breakfast:** Oatmeal topped with flaxseeds, walnuts, and cinnamon. \* **Lunch:** Sardine salad (or tuna) wrapped in lettuce leaves with avocado. \* **Dinner:** Zucchini noodles with pesto and grilled shrimp. \* **Snack:** A cup of bone broth.

**Day 5: Deep Nourishment** \* **Breakfast:** Berry smoothie bowl with hemp seeds. \* **Lunch:** Roasted vegetable bowl with chickpeas and tahini dressing. \* **Dinner:** Slow-cooked beef stew with carrots, celery, and onions. \* **Snack:** Dark chocolate (70%+) – just one square!

**Day 6: Weekend Wellness** \* **Breakfast:** Veggie omelet (peppers, onions, spinach). \* **Lunch:** Grilled chicken breast with a side of roasted cauliflower. \* **Dinner:** White fish (cod or halibut) with steamed green beans and lemon butter. \* **Snack:** Handful of pumpkin seeds.

**Day 7: Celebration** \* **Breakfast:** Coconut flour pancakes with fresh strawberries. \* **Lunch:** Big kale salad with avocado, sunflower seeds, and lemon dressing. \* **Dinner:** Roast chicken with root vegetables (carrots, parsnips). \* **Snack:** Herbal tea and a few almonds.

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## Anti-Inflammatory Grocery List

**Produce:** \* Spinach, Kale, Arugula \* Broccoli, Cauliflower, Brussels Sprouts \* Avocados (3-4) \* Berries (Blueberries, Raspberries) \* Sweet Potatoes \* Onions, Garlic, Ginger \* Lemons

**Proteins:** \* Wild-caught Salmon \* Sardines or Canned Tuna \* Pasture-raised Chicken \* Grass-fed Beef \* Eggs (Pasture-raised)

**Pantry & Fats:** \* Extra Virgin Olive Oil \* Coconut Oil \* Walnuts, Almonds, Pumpkin Seeds \* Chia Seeds, Flaxseeds \* Quinoa, Lentils \* Turmeric, Cinnamon, Black Pepper

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Disclaimer: This guide is for educational purposes only. Always consult your doctor before making significant dietary changes.

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