



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.
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Your 7-Day Meal Plan

Day 1: The Reset * **Breakfast:** Green Smoothie (Spinach, ½ 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.

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

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

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