



An anti-inflammatory (3 meals) dietary plan

Please keep in mind:

1. As your day's vary so should your meals.
2. The meal plan below is assuming a sedentary morning and a more physical afternoon.
3. The reason there is no information for snacking is because I believe snacking doesn't belong to a healthy diet. Having said that, if you do not feel like eating much at some point you can turn a meal into a snack (by reducing the portion) or skip it all together.

A day's Meal plan

Breakfast: 2 sliced avocados, 50 grams of roasted cashews, 100 grams of baby spinach with cold press olive oil & Himalayan salt.

Lunch: 5 Greek (it has to be) style meatballs, 5 pieces of roasted cauliflower & parsnip, 50 grams of olive pate.

Dinner: A BIG salad with a mix of rocket, watercress, lettuce, flaxseeds, pumpkin seed oil.

Or

Breakfast: 100grams of olives with 100 grams of walnuts & a ginger shot.

Lunch: 2 slices of alaskan salmon with 50 grams of ground pistachios and a steamed kale salad.

Dinner: A mix of grilled greens: 2 pak choi roots, 200 grams of broccoli, half a courgette. For a side dish mushroom pate & a ball of ice-cream!

How to build your Meal plan

Before planning each meal make sure:

1. you prepare or purchase something you enjoy eating. Eating is one of the pleasures in life & there is no reason to deprive yourself from it.
2. you make time for it. Eating in peace or in the company of friends will help your health multiple times more than consuming biodynamically grown cabbage eaten under time pressure.
3. you are not afraid to skip a meal.
4. your dietary intake matches your lifestyle. While in a demanding day you may have higher demands for energy you may also have less time for digestion. Take all factors into



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consideration.

Breakfast: Start your day with foods you can easily digest but contain adequate amount of fat. Nuts, avocado, eggs, fish / meat can be a great way to give your body energy in a slow releasing way. As each one's digestive system is different you do not want to include foods that slow your digestive system & yourself down.

Avocados or eggs with nuts is a great combination. Try different ways to cook eggs and vary the spices & herbs you season your avocado with. Alternate the nuts you use as well. At least initially do not mix them. Many people are slightly allergic to some nuts. By eating them separately they can identify which ones are good for you and which not. [Remember to always keep the nuts in the fridge]

Lunch: This is the meal you should aim to get the most nutrients from. You still have plenty of time for digestion until the end of the day. Protein requires time to break down so now's the time to consume most of your vegetarian or animal protein. Do not be shy with eating protein.

Fish and Meat (as well as meat organs) have highly bioavailable protein but if you are on a vegetarian diet (either temporarily or permanently) that's when you should be having your legumes or grains. Accompany your protein with salad. Aim for a 70% of salad in terms of portion size.

Dinner: Your digestion has slowed down so whatever you will eat now will likely be processed the next morning. I encourage you to take this opportunity and explore vegetarianism. Green leafy salads can be very tasteful once you discover the varieties of veggies available in your local grocery shop. Oils can give the salad lots of texture + antioxidants so add them freely together with spices.

"I hope the meal plan above will help you make small changes towards improving your relationship with food. Every meal we eat is an opportunity to either promote health or challenge it."

