

Anti-Inflammatory

7 DAY MEAL PLAN





INTRODUCTION

The anti-inflammatory diet is a useful approach for people experiencing symptoms linked to chronic inflammation, such as joint pain, fatigue, bloating, skin flare-ups, or other metabolic and digestive concerns. Chronic, low-grade inflammation is influenced by many factors including diet, stress, sleep and gut health, and it plays a key role in the development and progression of many common health conditions.

This ebook introduces you to the foundations of an anti-inflammatory way of eating and includes a 7-day meal plan to help you get started with simple, nourishing meals.

A structured anti-inflammatory diet, especially when combined with other lifestyle strategies like stress management and regular movement, can help reduce inflammation and support your health. Because chronic inflammation can have a range of underlying drivers, including gut health and nutrient deficiencies, it's best followed under the guidance of a qualified health practitioner.



WHAT IS INFLAMMATION?

Inflammation is a natural part of your immune system's response to injury, infection, or irritation, helping to heal damaged tissue and fight off harmful microbes.

Problems arise when inflammation becomes chronic and low-grade, meaning it stays switched on even when there's no injury or infection to fight.

This persistent state can quietly damage tissues and has been linked to a range of conditions, including:

- Joint pain and arthritis
- Digestive issues such as bloating or inflammatory bowel conditions
- Hormonal and metabolic problems like insulin resistance
- Cardiovascular disease
- Skin concerns such as acne, eczema, or psoriasis
- Fatigue, brain fog, and cognitive concerns
- Depression and anxiety

Many factors influence inflammation in the body. The most common include:

- **Dietary patterns:** Excess added sugars, refined carbs, highly processed foods, and unhealthy fats
- **Gut health:** Gut bacteria imbalance (dysbiosis) and leaky gut
- **Environmental stressors:** Exposure to pollution, smoking, alcohol, or other toxins
- **Lifestyle habits:** Ongoing stress, poor sleep, and inactivity



ANTI-INFLAMMATORY DIET

Areas of focus:

Eat whole, unprocessed foods

Prioritise unprocessed, whole foods like fruits, vegetables, nuts, seeds, wholegrains, eggs, wild-caught fish, organic meats and full-fat dairy.



Balance Macronutrients

Include a healthy balance of proteins, fats and carbohydrates in each meal to keep you satiated and help to sustain your blood sugar levels throughout the day.



Keep It Simple

Nutrition doesn't need to be complicated so don't overthink it. Focus on quality over quantity, eat real, whole foods, listen to your body and aim for balance.





FOODS TO AVOID

Ultra-processed foods

Chips, biscuits, instant noodles and soups, frozen meals, ie. frozen pizza, processed snacks

Refined carbs & sugar

Soft drinks, energy drinks, fruit juices, lollies, chocolates, cakes, white bread, white pasta, white rice, breakfast cereals

Unhealthy fats & fried foods

Deep fried chicken or fish, fries, vegetable oils like soybean, canola, corn or sunflower, margarines and shortenings, pastries

Processed & excessive red meat

Bacon, sausages, hot dogs, ham, salami and other deli meats. Large amounts of unprocessed red meat (beef, lamb, pork)

Alcohol

Avoid all alcoholic drinks



A BALANCED PLATE



Begin with the protein

Include a palm-sized portion at each meal.

Choose from:

Animal protein: eggs, halloumi, feta, Greek yoghurt, fish (salmon, sardines, mackerel), chicken, turkey, grass fed meats

Plant protein: tempeh, tofu, beans, lentils, chickpeas, edamame, quinoa, buckwheat, protein powder, nuts & seeds.



Add your vegetables

Aim for half your plate to be full of veg.

Choose from:

Cruciferous veg: broccoli, Brussels sprouts, cauliflower, cabbage

Leafy greens: kale, silverbeet, spinach, bok choy

Colourful veg: carrots, capsicum, radish, onion, tomato, pumpkin, beetroot, asparagus, fennel, green beans

A BALANCED PLATE



Add your carbs

Aim for 1/4 of your plate to be complex carbs. Choose from:

Wholegrains & legumes: oats, brown rice, quinoa, buckwheat, beans, lentils, chickpeas, rye, spelt, polenta

Fruit & veg: potato, sweet potato, pumpkin, beetroot, parsnip, corn, berries, banana, pineapple, dates, mango, kiwi, stonefruit



Add your healthy fats

Aim for 1-2 tablespoons of healthy fats at every meal. Choose from:

Good quality extra virgin olive oil, coconut oil, coconut cream, avocado oil, flax oil

Nuts & seeds: walnuts, almonds, cashews, Brazil nuts, hempseeds flaxseeds, pepitas

Oily fish: salmon, sardines, mackerel, tuna, trout



7 DAY MEAL PLAN

	Breakfast	Lunch	Dinner	Snacks
Mon	Green smoothie	Quinoa & bean salad	Baked cod & veggies	Beetroot hummus & seedy crackers Bliss balls Walnuts
Tues	Turmeric overnight oats	Leftover baked cod & veggies	Coconut chickpea curry	Chia oat parfait Nori & almonds
Wed	Smoked salmon omelette	Leftover coconut chickpea curry	Baked chicken & veg	Beetroot hummus & seedy crackers Bliss balls Walnuts
Thurs	Green smoothie	Leftover baked chicken & veg	Falafel bowl	Chia oat parfait Nori & almonds
Fri	Turmeric overnight oats	Leftover falafel bowl	Zucchini noodles with salmon	Beetroot hummus & seedy crackers Bliss balls Walnuts
Sat	Smoked salmon omelette	Leftover zucchini noodles with salmon	Tempeh & veg stir fry	Chia oat parfait Nori & almonds
Sun	Quinoa breakfast bowl	Leftover tempeh & veg stir fry	Lentil halloumi salad	Beetroot hummus & seedy crackers Bliss balls Walnuts



GROCERY LIST

Fruit & veg

- 2 bananas
- 5 cups baby spinach
- 1/2 cup frozen pineapple
- Small knob fresh ginger
- 1 naval orange
- 1 avocado
- 2 tbsp chives
- 3 lemons
- 1 cup kale
- 1 1/2 cucumber
- 2 red onion
- 1 brown onion
- 1/2 cup cabbage
- 2 red capsicums
- 1 cup Brussels sprouts
- 3 zucchini
- 8 cloves garlic
- 1 cup pumpkin or sweet potato
- 2 cup broccoli florets
- 1 small bunch asparagus or green beans
- 3 carrots
- 2 cups mixed greens
- 3 cups rocket
- 1 cup basil leaves
- 1 cup cherry tomatoes
- 1 beetroot
- 1 cup cauliflower
- 1 1/2 cup frozen mango
- 1 cup fresh herbs (parsley, coriander, mint)
- 1/4 cup blueberries or raspberries
- 3 nori sheets

Baking/condiments

- 2 1/2 tsp dried turmeric
- 1/2 tsp dried cinnamon
- 14 tbsp quality extra-virgin olive oil
- 2 tsp honey
- 3 tbsp tamari
- 1 tbsp apple cider vinegar
- 1 tin diced tomatoes
- 1 cup coconut milk
- 1 tbsp mixed Italian seasoning
- 2 tsp smoked paprika
- 4 tbsp maple syrup
- 2 tablespoons tahini
- 1 1/2 teaspoon ground cumin
- 2 tbsp curry powder
- 3 tsp vanilla extract
- 1/2 cup unsweetened shredded coconut
- 2 tbsp natural peanut butter (or almond butter)
- 2 tbsp coconut oil, melted

Grains, nuts, seeds

- 7 tbsp hemp seeds
- 2 tbsp flax seeds
- 2 3/4 cups rolled oats
- 1 cup + 4 tsp chia seeds
- 1 cup quinoa
- 1 tin cannellini beans
- 1/2 cup + 2 tbsp pumpkin seeds
- 2 tin chickpeas
- 1 1/2 cups brown rice (cooked)
- 6-8 premade falafels
- 1 cup cous cous (cooked)
- 1 cup sunflower seeds
- 150g dry soba noodles
- 1 tin lentils
- 2 tbsp sesame seeds
- 6 tbsp almonds
- 24 walnut halves

Protein

- 6 large eggs
- 60g smoked salmon
- 2 cod fillets
- 2 chicken breasts
- 2 salmon fillets
- 300g tempeh
- 2 serves protein powder

Dairy/alternatives

- 2 cups coconut water
- 1 cup almond milk
- 2 tsp butter
- 1/4 cup Tzatziki
- 150g halloumi
- 3 cups milk of choice (coconut, almond, oat)



GREEN SMOOTHIE

Serves 1

Ingredients:

1 tbsp hemp seeds
1 tbsp flax seeds
1 banana
1 cup coconut water
1 cup baby spinach
1/4 cup frozen pineapple
1 serve protein powder
1 tsp sized knob fresh ginger

Instructions:

1. Add the hemp & flax seeds to your blender first and pulse them until they are finely ground.
2. Add rest of ingredients and blend until smooth and creamy.
3. Enjoy!

TURMERIC OVERNIGHT OATS

Serves 1

Ingredients:

1/2 cup rolled oats
1/2 cup almond milk
1/2 tsp dried turmeric
1/4 tsp dried cinnamon
2 tsp chia seeds
1/2 naval orange
1 tbsp hempseeds

Instructions:

1. Add oats, turmeric, cinnamon, and chia seeds to a container with the juice and zest of 1/4 orange.
2. Stir well, cover, and refrigerate overnight.
3. In the morning, top with remaining orange and hempseeds.
4. Enjoy!



SMOKED SALMON OMELETTE

Serves 1

Ingredients:

- 2 large eggs
- 1 1/2 cup spinach
- 1 tsp butter
- 30g smoked salmon
- 1/2 avocado (sliced)
- 1 tbsp chives (chopped)

Instructions:

1. Whisk eggs, salt, and pepper.
2. Heat butter in a pan, sauté spinach until wilted.
3. Pour the egg mixture into the pan and cook until set.
4. Fold in half, and finish cooking for 1 minute.
5. Serve with smoked salmon, avocado and chives.

QUINOA BREAKFAST BOWL

Serves 1

Ingredients:

- 1/2 cup quinoa (dry)
- 1/2 tsp turmeric
- 1 tsp ginger (fresh)
- 1/2 lemon (zest & juice)
- 1 cups kale (finely chopped)
- 2 eggs
- 2 tbsp coriander (chopped)

Instructions:

1. Cook quinoa according to packet directions along with the turmeric, ginger and lemon zest.
2. Meanwhile, add the kale to a pot with 2 tbsp water, cover and steam for 2-3 minutes, adding more water if needed.
3. Poach eggs in another pot of gently simmering water for 3-4 minutes.
4. Serve quinoa and top with poached eggs, kale and coriander.
5. Season to taste and enjoy!



QUINOA BEAN SALAD

Serves 1

Ingredients:

1/2 cup quinoa (dry)
1 tin cannellini beans (drained)
1/2 cucumber (sliced)
1/4 red onion (chopped)
1/2 cup cabbage (shredded)
1/4 red capsicum (diced)
2 tbsp pepitas

For the dressing:

1 tbsp olive oil
1 tsp honey
1 tbsp tamari
1 tbsp apple cider vinegar

Instructions:

1. Cook quinoa according to packet directions.
2. Prepare dressing ingredients and whisk until combined.
3. In a large bowl combine the quinoa, beans and veggies. Add the dressing and toss to combine.

BAKED COD & VEG

Serves 2

Ingredients:

2 cod fillets
1 tbsp olive oil
2 lemon wedges
1 cup Brussels sprouts (halved)
1 zucchini (sliced)
1/2 red onion (wedges)
1 red capsicum (sliced)

Instructions:

1. Preheat the oven to 200°C (400°F). Assemble vegetables and cod on a tray, drizzle over olive oil and season with salt and pepper.
2. Bake for 15-18 minutes until fish is cooked through and vegetables are tender.
3. Serve with lemon wedges.



CHICKPEA CURRY

Serves 2

Ingredients:

1 onion (diced)
3 cloves garlic
1 tbsp fresh ginger (finely chopped)
Spices: 2 tbsp curry powder, 1 tsp
cumin, 1tsp turmeric
2 tbsp olive oil
1 cup cauliflower (chopped)
1 zucchini (sliced)
1 tin chickpeas
1 tin diced tomatoes
1 cup coconut milk
1 1/2 cups brown rice (cooked)

Instructions:

1. In a large pan add onion and oil and saute for 5 minutes.
2. Add garlic, ginger & spices and cook for 1 min.
3. Add tin tomatoes, cauliflower, zucchini, chickpeas & coconut milk.
4. Reduce heat & cook for 25 mins.
5. Serve with rice and fresh herbs.

BAKED CHICKEN & VEG

Serves 2

Ingredients:

2 chicken breasts
1 tbsp olive oil
1 tbsp mixed Italian seasoning
2 tsp smoked paprika
1 cup pumpkin or sweet potato (cubed)
1/2 red onion (cut into wedges)
1 cup broccoli florets
1 small bunch asparagus or green beans (trimmed)

Instructions:

1. Preheat the oven to 200°C (400°F).
2. Place chicken breasts on tray. Drizzle with half the olive oil, season with salt and Italian seasoning.
3. Toss pumpkin and onion in paprika and olive oil. Spread on tray and bake for 25–30 minutes, stirring halfway.
4. Meanwhile bring a pot of water to the boil and steam broccoli and asparagus (or beans) for 5–7 minutes until tender.
5. Assemble on 2 plates and enjoy!



FALAFEL BOWL

Serves 2

Ingredients:

6-8 premade falafels
1 cucumber (sliced)
1 cup carrot (grated)
2 cups mixed greens
1 cup cous cous (cooked)
1/4 cup Tzatziki
1/4 cup fresh herbs (parsley, coriander, mint)

Instructions:

1. Prepare couscous according to packet instructions. Fluff with a fork and set aside.
2. Bake falafels at 180 °C for 8–10 minutes.
3. Divide the cooked couscous between two bowls. Top with mixed greens, cucumber slices, grated carrot, and falafels.
4. Spoon over tzatziki and sprinkle with fresh herbs before serving.

SALMON ZUCCHINI NOODLES

Serves 2

Ingredients:

2 salmon fillets
1 cup basil leaves
1/4 cup olive oil
1 garlic clove
1/2 tbsp lemon juice
1/2 cup sunflower seeds (lightly toasted)
Salt, to taste
2 cups rocket
1 zucchini (large, spiralized into noodles)

Instructions:

1. Set oven to 200 °C (400°F) and line a baking tray with baking paper.
2. Place salmon fillets on the tray. Drizzle with 1 tbsp olive oil, season with salt & pepper.
3. Bake for 12–15 minutes, or until just cooked through and flaky.
4. Add basil, rest of oil, garlic, lemon juice, sunflower seeds and salt to blender and blend until smooth.
5. Heat a non-stick pan over medium heat. Add the zucchini noodles and toss for 2–3 minutes until just tender (do not overcook).
6. Divide rocket between 2 bowls, top with zucchini noodles, salmon and pesto.



TEMPEH STIR FRY

Serves 2

Ingredients:

300g tempeh (diced)
2 tbsp tamari
1 tbsp maple syrup
1 tbsp olive oil
1 tbsp fresh ginger
2 cloves garlic
1 cup broccoli (chopped)
1 red capsicum (chopped)
1 carrot (sliced)
150g dry soba noodles (cooked)

Instructions:

1. Add tempeh, tamari & maple syrup to a bowl and marinate for 1+ hours. Keep the leftover marinade.
2. In a pan, fry tempeh with olive oil until crispy. Set aside.
3. Sauté garlic and ginger, add veggies and cook until tender.
4. Return tempeh & add remaining marinade.
5. Add soba noodles and toss to combine
6. Enjoy!

HALLOUMI LENTIL SALAD

Serves 2

Ingredients:

150g halloumi (sliced)
1 tin lentils (rinsed well)
1 cup cherry tomatoes (halved)
1 cup rocket
1/2 red onion (sliced)

Dressing:

1/2 cup fresh coriander
2 tbsp olive oil
1 tbsp lemon juice
1 tsp honey or maple syrup

Instructions:

1. Fry the halloumi slices for 1–2 minutes per side until golden.
2. In a small bowl whisk dressing ingredients and set aside.
3. In a large bowl, combine lentils, cherry tomatoes, rocket, and red onion.
4. Add the warm halloumi, drizzle with the coriander dressing, and toss gently to combine.
5. Serve immediately.



BEETROOT HUMMUS

Serves 3-4

Ingredients:

1 tin chickpeas (drained)
1 beetroot (peeled & cooked)
2 tablespoons tahini
2 tablespoons olive oil
1 lemon (juiced)
2 garlic cloves, minced
1/2 teaspoon ground cumin
Salt to taste
Water (as needed for consistency)

Instructions:

1. In a food processor combine chickpeas, beetroot, tahini, olive oil, lemon juice, garlic, and cumin.
2. Blend until smooth. If the mixture is too thick, add water a little at a time until you reach your desired consistency.
3. Taste and add salt as needed. Blend again to mix.
4. Transfer to a serving bowl and drizzle with a bit more olive oil if desired.
5. Serve with seedy crackers, veggie sticks, or as a spread.

SEEDY CRACKERS

Serves 3-4

Ingredients:

1/2 cup chia seeds
1/2 cup pumpkin seeds
1/2 cup sunflower seeds
2 tbsp sesame seeds
1/2 tsp salt
3/4 cup water

Instructions:

1. Pre-heat oven to 160 °C.
2. Mix all seeds, salt and water in a bowl and let stand 15–20 min (chia thickens it).
3. Spread thinly (3–4 mm) on a lined baking tray.
4. Bake 30–35 min until dry and crisp.
5. Cool, break into crackers, store airtight.



CHIA OAT PARFAIT

Serves 1

Ingredients:

1/4 cup chia seeds
1/4 cup oats
1 cup milk of choice (coconut, almond)
1 tsp maple syrup
1 tsp vanilla extract
1 tbsp hemp seeds
1/2 cup frozen mango

Instructions:

1. In a bowl or jar, combine chia seeds, oats, milk, maple syrup and vanilla extract.
2. Stir well and let the mixture sit for about 5 minutes, then stir again to prevent clumps.
3. Alternate layers of oat chia mixture with mango & hemp seeds
4. Cover and refrigerate for at least 2 hours or overnight.

BERRY BLISS BALLS

Serves 3-4

Ingredients:

1 cup rolled oats
1/2 cup unsweetened shredded coconut
2 tbsp maple syrup
2 tbsp natural peanut butter (or almond butter)
2 tbsp coconut oil, melted
2 tbsp chia seeds
2 tbsp protein powder
1/4 cup fresh blueberries or raspberries
Pinch of salt

Instructions:

1. Mix dry ingredients (oats, coconut, chia, protein powder, salt) in a bowl.
2. Warm peanut butter, maple syrup, and coconut oil together until smooth.
3. Combine wet and dry ingredients; stir in berries.
4. Chill mixture for 10–15 min so it firms up.
5. Roll into small balls (about 1 tbsp each) and place on a lined tray.
6. Refrigerate at least 30 min; keep stored in an airtight container in the fridge for up to 5 days.





THANK YOU!

By working through this 7-day meal plan, you've taken an important step towards reducing inflammation and supporting your overall health.

Ready to take things further?

The anti-inflammatory diet is just the foundation. Schedule your 1:1 consultation to personalize your strategy and discover how our FM³ Method integrates advanced metabolic mapping with anti-inflammatory nutrition. We'll design lasting, data-driven change that supports your metabolism, energy, and longevity—by design.

[Book Now](#)

Wishing you all the best on your health journey

DR. HANDY LLOYD

