

7-day anti-inflammatory meal plan for gut balance and lasting relief

Inflammation is your body's natural way of protecting and healing itself, but when it sticks around for too long, it can start to work against you. The good news is that you can successfully manage what you feel by being more mindful of what you eat.

An anti-inflammatory meal plan focuses on simple, whole foods that support your body rather than stress it: colorful fruits and vegetables, fiber-rich grains and legumes, healthy fats like olive oil and nuts, and lean sources of protein.

This printable PDF of a simple, 7-day anti-inflammatory meal plan is designed to give you an easy starting point you can actually stick to.

For a nutrition plan that's actually tailored to you, work with a gut health-specialized dietitian from Health Loft. We go beyond generic advice, helping restore balance in your gut, improve digestion, and actively reduce inflammation.

[Connect with a Health Loft dietitian.](#)

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Day	Breakfast	Lunch	Dinner	Snack
Day 1	Oatmeal with flaxseeds, cinnamon, and fresh mixed berries	Spinach chickpea salad with cucumbers, tomatoes, feta cheese, and a vinaigrette dressing	Chili con carne with beans and lean beef	Handful of red grapes and pistachios
Day 2	Green smoothie made with spinach, topped with banana, blueberries, chia seeds, and mint	Vegetable hummus wrap with spinach, cucumber, bell peppers, tomatoes, and avocado wrapped in a whole-grain tortilla	Baked salmon with broccoli, carrots, and green beans	Small piece of 70% dark chocolate
Day 3	Unsweetened yogurt with walnuts, chia seeds, and a drizzle of natural honey	Lentil soup with kale, onion, garlic, and celery	Grilled chicken and roasted vegetables with olive oil served on brown rice	Papaya slices
Day 4	Avocado slices on whole-grain toast, topped with sea salt and pepper	Quinoa and black bean bowl with bell peppers and tomatoes	Baked mackerel and sweet potato, served with a side of sautéed greens	Cherries with ricotta cheese
Day 5	Chia pudding with apple slices	Tilapia and red grapefruit salad with assorted greens	Spinach whole-grain pasta with canned tuna, garlic, lemon, and olive oil	Date nut butter bites
Day 6	Porridge with fresh blackberries and cocoa powder	Mixed bean and vegetable soup	Chicken and barley salad with fresh herbs	Garlic hummus and carrot sticks, served with a side of strawberries
Day 7	Smoothie with flaxseed, berries, and leafy greens	Mediterranean-style salad with vegetables, legumes, olive oil	Citrus salmon with capers	Egg white bites with spinach and tomatoes