

















YOUR ANTI-INFLAMMATORY MEAL PLAN

Inflammation is a silent condition that can show up in many forms, from joint pain to digestive issues. This meal plan is chock full of antioxidant-rich foods like turmeric, collard greens and carrots that have powerful anti-inflammatory properties to reduce harmful inflammation in the body and aid in the healing process. RECIPES & PHOTOGRAPHY BY **JESSE LANE LEE**

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <p>2 Turmeric Carrot Muffins (p. 2, save leftovers)</p>	 <p>1 serving Asian Fusion Millet Bowls (p. 3, save leftovers)</p>	 <p>1 serving Lentil Coconut Curry (p. 4, save leftovers)</p>	<p>Calories: 1,754, Fat: 90 g, Sat. Fat: 43 g, Carbs: 177 g, Fiber: 35 g, Sugars: 30 g, Protein: 72 g, Sodium: 1,544 mg, Cholesterol: 248 mg</p>
TUESDAY	 <p>Golden Smoothie (p. 4)</p>	 <p>1 serving Lentil Coconut Curry (leftovers, p. 4)</p>	 <p>1 serving Asian Fusion Millet Bowls (leftovers, p. 3)</p>	<p>Calories: 1,736, Fat: 78 g, Sat. Fat: 45 g, Carbs: 188 g, Fiber: 35 g, Sugars: 34 g, Protein: 81 g, Sodium: 1,608 mg, Cholesterol: 221 mg</p>
WEDNESDAY	 <p>2 Turmeric Carrot Muffins (leftovers, p. 2)</p>	 <p>Collard Salad with Tahini Dressing (p. 5)</p>	 <p>1 serving Pineapple Fried Millet with Shrimp (p. 5, save leftovers)</p>	<p>Calories: 1,478, Fat: 76 g, Sat. Fat: 21 g, Carbs: 137 g, Fiber: 29 g, Sugars: 33 g, Protein: 73 g, Sodium: 1,057 mg, Cholesterol: 336 mg</p>
THURSDAY	 <p>2 Turmeric Carrot Muffins (leftovers, p. 2)</p>	 <p>1 serving Lentil Coconut Curry (leftovers, p. 4)</p>	 <p>1 serving Pineapple Fried Millet with Shrimp (leftovers, p. 5)</p>	<p>Calories: 1,617, Fat: 72 g, Sat. Fat: 37 g, Carbs: 181 g, Fiber: 31 g, Sugars: 25 g, Protein: 80 g, Sodium: 1,358 mg, Cholesterol: 336 mg</p>
FRIDAY	 <p>1 serving Asian Fusion Millet Bowls (leftovers, p. 3)</p>	 <p>1 serving Curry Salmon & Collards (p. 6, save leftovers)</p>	 <p>1 serving Lentil Coconut Curry (leftovers, p. 4)</p>	<p>Calories: 1,821, Fat: 85 g, Sat. Fat: 48 g, Carbs: 174 g, Fiber: 39 g, Sugars: 17 g, Protein: 102 g, Sodium: 1,485 mg, Cholesterol: 252 mg</p>
SATURDAY	 <p>Golden Smoothie (p. 4)</p>	 <p>1 serving Pineapple Fried Millet with Shrimp (leftovers, p. 5)</p>	 <p>1 serving Curry Salmon & Collards (leftovers, p. 6)</p>	<p>Calories: 1,460, Fat: 57 g, Sat. Fat: 34 g, Carbs: 141 g, Fiber: 26 g, Sugars: 31 g, Protein: 101 g, Sodium: 1,247 mg, Cholesterol: 375 mg</p>
SUNDAY	 <p>2 Turmeric Carrot Muffins (leftovers, p. 2)</p>	 <p>1 serving Curry Salmon & Collards (leftovers, p. 6)</p>	 <p>Collard Salad with Tahini Dressing (p. 5)</p>	<p>Calories: 1,433, Fat: 93 g, Sat. Fat: 32 g, Carbs: 91 g, Fiber: 29 g, Sugars: 40 g, Protein: 73 g, Sodium: 635 mg, Cholesterol: 128 mg</p>