
THE 7-DAY RESET

Anti-Inflammatory Reset

A full meal plan and grocery list you can use starting tomorrow morning.

by Coach Nadira

WELCOME

Before you shop for anything

You don't have to overhaul your entire kitchen overnight — and you don't have to be perfect for this to work. This plan is built around one idea: eat more whole, real food, and a little less of the packaged, processed kind. That's it. Real, lasting change usually takes three to six months, not seven days — but seven days is a real, honest start, and starting is the whole point.

How to use this plan

- 1. Shop once. Use the grocery list on page 5 — it covers everything for all seven days.
- 2. Prep a little on day one. Cook a batch of grains, wash your greens, hard-boil a few eggs. Future-you will be grateful.
- 3. Follow the daily plan loosely. Swap any meal for another day's if it fits your schedule better — the goal is the pattern, not perfect adherence.
- 4. Use the Easy Swaps page whenever a craving hits. Progress beats restriction, every time.

The anti-inflammatory basics

Eat more of:

Colorful produce	Berries, leafy greens, broccoli, carrots, squash, tomatoes, peppers, apples, oranges
Fatty fish	Salmon, mackerel, sardines, tuna, herring — aim for 2x this week
Whole grains	Oats, brown rice, wild rice, barley, quinoa
Legumes	Lentils, chickpeas, black beans, kidney beans
Nuts & seeds	Walnuts, almonds, flaxseed, chia seeds
Healthy oils	Extra virgin olive oil, avocado oil
Anti-inflammatory herbs & spices	Turmeric, ginger, cinnamon, cayenne

Limit or leave behind:

- Added sugar & sweetened drinks (soda, sweetened coffee, sports drinks)
- Refined flour (white bread, white pasta, sugary cereal)
- Processed & fried foods (chips, fried chicken, French fries)
- Processed meats (bacon, sausage, hot dogs, deli meats)
- Excess butter, cheese, and pre-packaged desserts

THE PLAN

Your 7-Day Meal Plan

Every meal below draws only from foods shown to support a lower-inflammation way of eating — and every one of them is simple enough for a weeknight. Swap freely; the pattern matters more than any single meal.

Day 1

BREAKFAST	Overnight oats with berries, chia seeds, and cinnamon
LUNCH	Big leafy green salad with chickpeas, cucumber, tomato, olive oil & lemon dressing
DINNER	Baked salmon with roasted broccoli and quinoa
SNACK	A small handful of walnuts and an apple

Day 2

BREAKFAST	Greek yogurt with berries, walnuts, and a drizzle of honey
LUNCH	Leftover salmon flaked over greens with avocado and olive oil
DINNER	Turmeric-ginger chicken stir-fry with mixed vegetables over brown rice
SNACK	Carrot and cucumber sticks with hummus or tahini dip

Day 3

BREAKFAST	Scrambled eggs with spinach and tomato, side of whole-grain toast
LUNCH	Lentil soup with a side salad, olive oil & lemon dressing
DINNER	Baked chicken thighs with roasted sweet potato and sautéed greens
SNACK	Plain yogurt with a few berries

Day 4

BREAKFAST	Oatmeal with sliced banana, cinnamon, and flaxseed
LUNCH	Quinoa bowl with black beans, roasted peppers, avocado, and lime
DINNER	Baked mackerel or sardines with steamed broccoli and brown rice
SNACK	A small handful of almonds

Day 5

BREAKFAST	Smoothie: spinach, frozen berries, Greek yogurt, and a spoon of chia seeds
LUNCH	Leftover quinoa bowl or a big salad with chickpeas and olive oil
DINNER	Turmeric lentil stew with a side of sautéed greens
SNACK	Orange or other citrus fruit

Day 6

BREAKFAST	Greek yogurt with walnuts, berries, and a little honey
LUNCH	Tuna or chickpea salad over mixed greens with olive oil & lemon
DINNER	Grilled or baked salmon with roasted vegetables (carrots, zucchini, peppers)
SNACK	Cucumber slices with tahini or hummus

Day 7

BREAKFAST	Veggie scramble (eggs, spinach, peppers, onion) with a side of fruit
LUNCH	Big rainbow salad with any leftover protein, olive oil & lemon dressing
DINNER	One-pot vegetable and lentil curry with turmeric and ginger, over brown rice
SNACK	A small handful of nuts or seeds

SHOPPING

Your Grocery List

Everything you need for all seven days, organized by aisle. Check off what you already have.

PRODUCE

■ Spinach or mixed greens · broccoli · carrots · bell peppers · tomatoes · cucumber · zucchini · sweet potatoes · avocado · berries (fresh or frozen) · apples · oranges or citrus · lemons · garlic · fresh ginger

PROTEINS

■ Salmon or other fatty fish (2 servings) · chicken breast or thigh · eggs · canned tuna or sardines (optional) · plain Greek yogurt

GRAINS & LEGUMES

■ Rolled oats · quinoa or brown rice · whole-grain or sprouted bread · lentils (dry or canned) · chickpeas (canned) · black beans (canned)

NUTS, SEEDS & OILS

■ Walnuts · almonds · chia seeds or flaxseed · extra virgin olive oil · avocado oil (optional)

HERBS, SPICES & EXTRAS

■ Turmeric · ground ginger · cinnamon · black pepper · fresh basil or parsley · honey (a little) · low-sodium vegetable or chicken broth

PANTRY

■ Canned diced tomatoes · tahini or peanut butter (unsweetened) · sparkling water (optional)

KEEP GOING

Easy Swaps

For the days a craving wins. Small trades add up faster than willpower does.

INSTEAD OF	TRY
White bread or bagels	Sprouted or 100% whole-grain bread
Soda or sweetened coffee	Sparkling water with fruit, or plain coffee/tea
Potato chips	A small handful of walnuts or roasted chickpeas
Sugary breakfast cereal	Oats topped with berries and cinnamon
Fried chicken	Baked or grilled chicken with herbs
Ice cream / packaged dessert	Greek yogurt with berries and a drizzle of honey
Vegetable oil for cooking	Extra virgin olive or avocado oil
Table salt & bottled dressing	Lemon juice, olive oil, and fresh herbs

A note before you start

This guide draws on general, publicly available nutrition guidance from sources including Harvard Health Publishing and Cleveland Clinic. It's meant as a gentle starting point, not medical advice or a treatment plan — please check with your doctor or a registered dietitian before making major changes to your diet, especially if you're managing a health condition, taking medication, or have any food allergies.

Not sure how to make this fit your life? That's exactly what a coaching call is for — book a free call at tidycal.com/coachnadira.