

JOY BAUER'S 3-DAY ANTI-INFLAMMATORY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK	SNACK
DAY 1	<u>Blueberry Chia Pudding</u> with 1 tbsp walnuts	<u>Mediterranean Quinoa Salad</u>	<u>Sheet Pan Harissa Salmon with Veggies</u> with a medium sweet potato	1 apple with 2 tbsp <u>Walnut Cookie Butter</u>	<u>Longevity Smoothie</u>
DAY 2	<u>Banana Blueberry Oatmeal Bake</u> with $\frac{3}{4}$ cup non-fat or low-fat Greek yogurt	<u>Creamy Tuna Salad with Grapes</u> on apple slices or 1 whole grain English muffin	<u>Pumpkin Turkey Chili</u> with $\frac{1}{2}$ sliced avocado	Cucumber rounds or bell pepper sticks with $\frac{1}{4}$ cup hummus	$\frac{1}{4}$ cup almonds or another nut of choice
DAY 3	<u>Spinach-Avocado Egg Wrap</u>	<u>Superfood Lentil Veggie Stew</u>	<u>One-Skillet Chicken Scarpariello</u>	$\frac{1}{4}$ cup <u>Chili-Roasted Pumpkin Seeds</u>	$\frac{3}{4}$ cup non-fat or low-fat Greek yogurt with 1 cup berries
DAILY	1. Sip on 1 cup of <u>Ginger-Turmeric Cherry Tea</u> daily. 2. Hydrate. Aim for at least 8 cups of water per day to keep your joints lubricated and energy flowing. 3. Find simple ways to destress.				