

Food Plan from Anchored in Nutrition

Hello Audrey, here's your personalized 7-day Anti-inflammatory Mediterranean diet plan with intermittent fasting, tailored to your preferences and dietary restrictions.

Day	Breakfast (400-450 cal)	Lunch (400-450 cal)	Dinner (400-450 cal)	Snack (100-150 cal)
1	Avocado Egg Salad 2 hard-boiled eggs, 1/2 avocado, 1/4 cup chopped red onion, 1/4 cup chopped celery, 1 tbsp olive oil, salt & pepper to taste	Grilled Chicken Salad 4 oz grilled chicken breast, 2 cups mixed greens, 1/2 cup cherry tomatoes, 1/4 cup cucumber, 1/4 cup olives, 1 tbsp olive oil, 1 tbsp balsamic vinegar	Salmon & Quinoa Bowl 4 oz grilled salmon, 1/2 cup cooked quinoa, 1 cup steamed broccoli, 1/4 cup chopped red bell pepper, 1 tbsp olive oil, lemon juice, salt & pepper to taste	Almonds 1 oz almonds
2	Chia Pudding 3 tbsp chia seeds, 1 cup unsweetened almond milk, 1/2 cup mixed berries, 1 tbsp honey, 1/4 tsp vanilla extract	Shrimp & Veggie Stir-Fry 4 oz cooked shrimp, 1 cup mixed stir-fry vegetables, 1/2 cup cooked brown rice, 1 tbsp olive oil, 1 tbsp coconut aminos, 1/2 tsp minced garlic	Turkey & Veggie Stuffed Peppers 4 oz ground turkey, 1 large bell pepper, 1/4 cup chopped onion, 1/4 cup chopped zucchini, 1/4 cup chopped mushrooms, 1 tbsp olive oil, salt & pepper to taste	Carrots & Hummus 1 cup baby carrots, 2 tbsp hummus
3	Green Smoothie 1 cup spinach, 1/2 avocado, 1/2 cup mixed berries, 1 cup unsweetened almond milk, 1 tbsp flaxseeds, 1 tbsp honey	Tuna Salad Lettuce Wraps 4 oz canned tuna, 1/4 cup chopped celery, 1/4 cup chopped red onion, 1 tbsp olive oil, 2 large lettuce leaves, salt & pepper to taste	Baked Cod & Veggies 4 oz baked cod, 1 cup steamed green beans, 1/2 cup cooked quinoa, 1 tbsp olive oil, lemon juice, salt & pepper to taste	Apple & Almond Butter 1 medium apple, 1 tbsp almond butter
4	Coconut Yogurt & Fruit 1 cup unsweetened coconut yogurt, 1/2 cup mixed berries, 1/4 cup	Chicken & Veggie Skewers 4 oz grilled chicken, 1/4 cup bell peppers, 1/4 cup zucchini, 1/4 cup	Beef & Veggie Stir-Fry 4 oz cooked lean beef, 1 cup mixed stir-fry vegetables, 1/2 cup cooked	Celery & Almond Butter 2 large celery stalks, 1 tbsp almond butter

	chopped nuts, 1 tbsp honey	red onion, 1 tbsp olive oil, salt & pepper to taste	brown rice, 1 tbsp olive oil, 1 tbsp coconut aminos, 1/2 tsp minced garlic	
5	Almond Flour Pancakes 1/2 cup almond flour, 2 eggs, 1/4 cup unsweetened almond milk, 1/2 tsp baking powder, 1 tbsp honey, 1/2 cup mixed berries	Grilled Veggie Salad 2 cups mixed greens, 1/2 cup grilled zucchini, 1/2 cup grilled bell peppers, 1/4 cup olives, 1 tbsp olive oil, 1 tbsp balsamic vinegar	Lemon Herb Chicken 4 oz grilled chicken breast, 1 cup steamed asparagus, 1/2 cup cooked quinoa, 1 tbsp olive oil, lemon juice, salt & pepper to taste	Mixed Nuts 1 oz mixed nuts
6	Veggie Omelette 2 eggs, 1/4 cup chopped spinach, 1/4 cup chopped bell pepper, 1/4 cup chopped onion, 1 tbsp olive oil, salt & pepper to taste	Salmon Salad 4 oz grilled salmon, 2 cups mixed greens, 1/2 cup cherry tomatoes, 1/4 cup cucumber, 1/4 cup olives, 1 tbsp olive oil, 1 tbsp balsamic vinegar	Shrimp & Cauliflower Rice 4 oz cooked shrimp, 1 cup cauliflower rice, 1/2 cup chopped bell pepper, 1/4 cup chopped onion, 1 tbsp olive oil, 1 tbsp coconut aminos, 1/2 tsp minced garlic	Cucumber & Hummus 1 cup cucumber slices, 2 tbsp hummus
7	Berry Smoothie 1 cup mixed berries, 1 cup unsweetened almond milk, 1/2 avocado, 1 tbsp flaxseeds, 1 tbsp honey	Turkey & Veggie Lettuce Wraps 4 oz cooked ground turkey, 1/4 cup chopped bell pepper, 1/4 cup chopped onion, 1/4 cup chopped zucchini, 2 large lettuce leaves, 1 tbsp olive oil, salt & pepper to taste	Baked Chicken & Veggies 4 oz baked chicken breast, 1 cup steamed Brussels sprouts, 1/2 cup cooked quinoa, 1 tbsp olive oil, salt & pepper to taste	Berries & Almond Butter 1 cup mixed berries, 1 tbsp almond butter

Enjoy your meals and have a great week!