

3-DAYS ANTI-INFLAMMATORY MEAL PLAN

Say goodbye to Inflammation!



WHAT IS INFLAMMATION?

Inflammation is your body's natural response to injury or infection. It's a complex process involving your immune system, blood vessels, various cells and chemicals. Think of it as your body's way of saying, "There's a problem here, and we need to fix it!" Inflammation is a normal and essential bodily healing process and can harm the healthy cells of your body if it persists for too long.

There are two main types of inflammation:

Acute Inflammation:

This is a short-term response to a specific injury or infection. It starts quickly and resolves within a few days once the problem is healed. The classic signs of acute inflammation are redness, heat, swelling and pain.

Chronic Inflammation:

This is a long-term, low-grade inflammation that can last for a long time. It can develop when the body's immune system is constantly activated, even when there's no obvious injury or infection. Its symptoms range from fatigue, body pain, mood disorders, unexplained weight gain and digestive issues.

Acute inflammation helps you heal, while chronic inflammation can be detrimental to your health.

TOP INFLAMMATORY FOODS

Processed and Packaged foods, Sugary drinks and Sodas, Refined carbs like pastries, bread, breakfast cereals, Unhealthy fats, Red and processed meats, Alcohol and artificial sweeteners

MOST POWERFUL ANTI-INFLAMMATORY FOODS

Berries, Cruciferous vegetables, Leafy greens, Healthy Fats, Herbs and Spices, Omega-3, Green tea, Whole Grains, Allium Vegetables, Dark Chocolate (Above 70% cacao)

ABOUT THE PLAN

Are you tired of feeling sluggish or just not your best? Chronic inflammation can manifest in many ways, impacting everything from your energy levels to your overall well-being. My guide offers a delicious and practical approach to combating inflammation through the power of food.

It is a meal plan designed to help reduce chronic inflammation in the body. It's a way of eating that emphasizes on consuming nutrient dense foods loaded with antioxidants, fiber which have potent properties to protect your cells from damage.

Kickstart 2025 with an Anti-Inflammatory Lifestyle by saying goodbye to inflammation and hello to vibrant health!

ON RISING...

1. Start your day with Electrolytes (500 ml water + ½ lemon juice + ½ tsp Pink salt)
<https://www.instagram.com/share/BBM7QmUIVm>
2. Follow it up with an Immunity booster (1 cup warm water + ½ tsp Turmeric powder + a pinch of Black pepper + ½ Lemon juice + a pinch of cinnamon)
<https://www.instagram.com/reel/DBsZ5JwSNOR/?igsh=Z2h3N3VncnhvbHlq>
3. Then consume 10 soaked and peeled almonds + 2 walnuts
4. We would suggest you to consume Electrolytes once again before 12 noon.

FIT CHEF TIPS

1. Sleep Routine is critical, try to sleep & wake up at the same time everyday.
2. Manage stress effectively with a few minutes of meditation, Journaling, affirmations and gratitude prayer.
3. Try and track your step count maintaining 10,000 steps a day.
4. Hydrate well by ensuring an intake of 2.5–3 liters of water everyday.
5. Walk for 10–15 minutes after every meal.
6. Avoid all kinds of processed food/ Sugar, Gluten, Yeast, Corn, Peanuts and Milk.

Meal Plan Calendar

	Day 1	Day 2	Day 3
Breakfast	Masala Oats (¼ cup oats with 1-2 cups cooked veggies and 50 grams Paneer / 2-3 Boiled Eggs)	1-2 Ragi dosa + 100 grams Tofu / 50 grams Paneer / 2-3 Egg Bhurji + 2 tbsp Coconut chutney	Overnight oats (2 tbsp Oats + 1 tbsp chia seeds + Milk + 2 tbsp Homemade protein powder https://www.instagram.com/share/_u1Fr1_1d +1 Date topped with fruit and cinnamon)
Mid-Day Meal @ 11am	Buttermilk with 2 tbsp sattu	Apple / Pear / Strawberries with a few pistachios	Buttermilk with 2 tbsp sattu
Lunch	50 grams Paneer / 100 grams Fish Tikka + Mint chutney + Fit Chef cabbage curd rice https://www.instagram.com/share/BABVMjBCHA	Lobia curry + ½ cup Steamed rice + 75 grams Grilled chicken / 100 grams Tofu / 50 grams Paneer with lots of veggies	½ cup Khichdi with lots of veggies + 75 grams Pepper Chicken/Mushroom+1 bowl Homeset curd
Snack @ 4 pm	Apple/Pear with a few almonds	Homemade curd dip (100 grams Hung curd + Garlic + Lemon + Salt + Pepper) with cucumber and carrot sticks	Pomegranate/Kiwi with 4 walnuts
Dinner (no later than 7pm)	1 medium Besan sattu chilla with veggies + 100 grams Grated tofu / 50 grams Paneer	50 grams Paneer tikka / 75 grams chicken tikka + 4-5 Black chana cutlets	Sprouts Chana Chaat + 100 grams Grilled Fish / 50 grams Paneer / 75 grams Chicken

MEET YOUR NUTRITIONIST

My name is Shitija, and I am the founder and creative mind behind Fit Chef, a page dedicated to nutrition, health, and happy, nourishing recipes. With extensive experience in both nutrition and as a chef, I am devoted to inspiring you to cook at home rather than ordering out, helping you take control of your family's health and well-being. I am a health and wellness advocate with 5 years of experience and have helped 500+ clients across the world reach their goals with simple, sustainable, and delicious health plans tailored to their lifestyle.

Please Note: This nutrition plan is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Please consult with a healthcare provider before making any significant changes to your diet, especially if you have pre-existing medical conditions.

This 3-Day Plan is designed to work for you, even though it's not personalised to your goals. If you really want us to take control of your health and hit all those goals in 2025, simply book a 1:1 Discovery Call with me to continue your journey with a plan tailored just for you along with daily support and accountability!

Start your fitness journey at just **Rs. 1500** (original price 5000) exclusively for those of you who have this PDF.

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