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Medically reviewed by Jerlyn Jones, MS MPA RDN LD CLT, Nutrition — Written by Cathleen Crichton-Stuart — Updated on April 3, 2022OverviewBreakfastLunchDinnerSnacks3-day planSummaryWe include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here's our process.For anyone with chronic inflammation, dietary choices can make a real difference.As the Arthritis Foundation reports, certain foods can help tackle inflammation, strengthen bones, and boost the immune system.Following an anti-inflammatory meal plan ensures that a person has tasty, nutritious meals that help keep inflammation under control.An anti-inflammatory diet contains plenty of prebiotics, fiber, antioxidants, and omega-3s. This is a diet rich in vegetables, whole fruit, whole grains, legumes, and fatty fish.Below, find 26 anti-inflammatory recipes, including breakfasts, lunches, dinners, and snacks.Start off the day with any of these nutritious, anti-inflammatory options.1. Oat porridge with berriesShare on PinterestRocky89/iStockRecipe for oat porridge with berriesThis meal delivers high doses of prebiotics, antioxidants, and fiber.Oats are rich in a type of fiber called beta-glucans. Beta-glucans are an important prebiotic for the gut bacteria Bifidobacterium, which may help reduce diabetes-related inflammation and obesity.Prebiotics support helpful gut bacteria, and this can help reduce inflammation.Berries are high in antioxidants, and blueberries are especially rich in anti-inflammatory polyphenols called anthocyanins.Dietary tip: Traditional rolled and steel cut oats are slightly higher in fiber than quick oats.Ingredients to add to the grocery list include:steel cut oatsfresh or frozen fruit (such as blueberries, strawberries, raspberries, or a combination)almondsunsweetened kefirmaple syrup2. Buckwheat and chia seed porridgeShare on PinterestT.Tseng, 2015Recipe for chai-spiced buckwheat and chia seed porridgeBuckwheat groats are gluten-free, making them a great substitute for oats, for people who are sensitive to gluten.Adding chia seeds boosts the healthy omega-3 content of this breakfast. Omega-3s help reduce inflammation in the body, and they may improve joint tenderness and stiffness in people with rheumatoid arthritis (RA).Chia seeds are also high in fiber and protein, which keep the body feeling full for longer.People can stock up on the following ingredients for this meal:buckwheatoatschia seedsmilk or nondairy milkfruit (apple, pear, or both)ground gingerground cinnamonground nutmegground cardamomnut buttervanilla extracthoney3. Blueberry buckwheat pancakesShare on PinterestT.Tseng, 2015Blueberry buckwheat pancakesDespite its name, buckwheat is not a grain. It is the seed of a fruit and is gluten-free. Buckwheat is especially popular in Japanese cuisine.Buckwheat is a good source of two key anti-inflammatory polyphenols called quercetin and rutin. As a 2016 study notes, quercetin is an antioxidant, while rutin has anti-inflammatory properties that may help with arthritis.Many health food supermarkets and online stores sell it.Below are the ingredients to add to the grocery list:eggsbuttermilkplain, nonfat yogurtbrown sugarolive oilvanilla extractbuckwheat flourbaking powercinnamonsaltfresh blueberries4. Scrambled eggs with turmericShare on PinterestImage credit: pulaw, 2014Recipe for scrambled eggs with turmericEggs are an excellent source of protein, and egg yolk contains vitamin D.A 2016 review stated that vitamin D could limit the process of inflammation due to its effects on the immune system. It also noted that people with RA, an inflammatory illness, had lower vitamin D levels than other people in the study.Adding turmeric to scrambled eggs gives the meal an extra anti-inflammatory boost. Turmeric is rich in a compound called curcumin, which studies suggest helps manage oxidative and inflammatory conditions.Dietary tip: Add black pepper to dishes containing turmeric to help the bodyuse it more effectively. Grocery list additions for scrambled eggs with turmeric include:eggsturmericchia seedssea saltolive oilbaby spinachpesto5. Smoked salmon, avocado, and poached eggs on toastShare on PinterestPink-Orange-Photography/iStockRecipe for smoked salmon and poached eggs on toastSalmon and avocado are both rich sources of anti-inflammatory omega-3 fatty acids. Eating plenty of healthful fatty acids can also improve heart health and lower the risk of cardiovascular disease.This hearty breakfast is great for very active days or weekend brunches.Below, find ingredients for smoked salmon and poached eggs on toast:whole grain bread, which can be gluten-freeavocadolemonsalmoneggstomatoscallionsmicrogreens6. Pineapple smoothieShare on Pinterestgalitskaya/iStockRecipe for kale pineapple smoothieA smoothie can be a great breakfast on the go. This is full of fiber and protein, which makes people feel fuller for longer.Pineapple contains high levels of bromelain, which has anti-inflammatory properties. There is growing interest in bromelain supplements due to these properties.Ingredients include:kalepineapplehoneybananapeanut buttergreek yogurtalmond milkFor lunch, try these nutritious recipes.7. Grilled sauerkraut, hummus, and avocado sandwichShare on PinterestJMichl/iStockRecipe for grilled sauerkraut, hummus, and avocado sandwichThis healthy, vegetarian version of the Reuben has an anti-inflammatory boost.Sauerkraut contains probiotics that help promote a healthy gut microbiome. Probiotics may affect arthritis-related inflammation by improving inflammation in the intestinal tract.This grilled sandwich has less salt and calories than a regular Reuben. Adding hummus and avocado to replace the meat and sauce provides protein and a smooth, creamy texture.The ingredients include:pumpernickel breadbutter or buttery spreadgarlic-flavored hummussauerkrautavocado8. Spinach and feta frittataShare on Pinterestjules, 2017Recipe for spinach and feta frittataGreen, leafy vegetables, such as spinach and broccoli, contain high levels of two polyphenols called quercetin and coenzyme Q10.Coenzyme Q10 may reduce inflammation that stems from some metabolic diseases, including RA, multiple sclerosis, and diabetes.Frittatas are quick and easy, and people can enjoy experimenting with a range of flavors. Having a side salad may add health benefits.These ingredients will complete this meal:olive oilbrown oniongarlicbaby spinacheggscrumbled feta cheese9. Quinoa and citrus saladRecipe for quinoa and citrus saladA quinoa and citrus salad is gluten-free and great anyone on a vegan diet. Quinoa contains lots of protein and nutrients, and citrus gives the salad an antioxidant boost. Citrus fruits are full of vitamin C, an important antioxidant that can help renew other antioxidants in the body. Vitamin C also helps the body absorb iron from plant-based sources, such as spinach and quinoa.Quinoa is easy to cook and store, so a person can prepare it ahead of time and keep it in the fridge until needed.Stock up on the following ingredients for this meal:quinoaorangesceleryBrazil nutsgreen onionfresh parsleylemon juicegingerwhite wine vinegargarliccinnamon10. Lentil, beetroot, and hazelnut saladRecipe for lentil, beetroot, and hazelnut saladLentil salads are a simple, protein-rich option for people on a vegetarian diet. Lentils and beetroot provide fiber, while the hazelnuts add protein and vitamin E, an antioxidant.Beetroots also contain high amounts of a compound called betaine, which is an anti-inflammatory antioxidant.Grocery items to complete this meal include:Puy lentilsbeetrootspring onionshazelnutsfresh mintfresh parsleygingerolive oilDijon mustardapple cider vinegar11. Cauliflower steak with beans and tomatoesShare on PinterestTatiana Volgutova/iStockRecipe for cauliflower steak with beans and tomatoesA cauliflower steak can be a great vegan meal option.Cauliflower is a cruciferous vegetable rich in fiber and antioxidants. Including white beans in the dish adds essential fermentable fibers for healthy gut bacteria.One study found that women who ate more cruciferous vegetables had lower inflammation biomarkers.The following are ingredients to add to the grocery list:cauliflowerextra virgin olive oilgreen beansgarlic cloveslemonparsleypankoParmesan cheesewhite beansred cherry tomatoesmayonnaiseDijon mustard12. Lettuce wraps with smoked troutShare on Pinteresthaoliang/iStockRecipe for lettuce wraps with smoked troutTrout is a fatty fish that contains anti-inflammatory omega-3s. To make this meal more filling, try using wholemeal or gluten-free wraps, or adding brown rice as a side.To ensure that this recipe is gluten-free, check the nutrition label on the chilli sauce. If it contains gluten, a person might leave it out. Going without the sauce can also lower the sugar content. Stock up on the following ingredients to prepare this meal:carrotscucumbershallotsjalapeño chillieslime juice or rice vinegarsmoked trout filletsgrape tomatoesmint leavesbasil leavesromaine lettucesweet chili sauceTry the following recipes for healthy, filling dinners:13. Salmon with zucchini pasta and pestoShare on PinterestJules, 2014.Recipe for salmon with zucchini pasta and pestoZucchini makes a great, gluten-free alternative to pasta.This recipe is light but filling and includes plenty of omega-3-rich ingredients, including salmon and avocado. Anyone who wishes can replace the salmon with another fatty fish, such as tuna or mackerel.Cooking tip: A person can make zucchini noodles using a potato peeler. Peel the full length, rotating the zucchini, to get even, linguine-like noodles.A grocery list for salmon with zucchini pasta and pesto should include:salmonzucchiniavocadoparmesanpestolemon14. Roasted cauliflower, fennel, and ginger soupRecipe for roasted cauliflower, fennel, and ginger soupVegetables are full of anti-inflammatory compounds called polyphenols. Thick soups, such as this roasted cauliflower and fennel soup, can help people increase their vegetable intake. The added ginger gives this meal an extra anti-inflammatory and antioxidant boost.To make roasted cauliflower, fennel, and ginger soup, a person needs:oniongarliccauliflowerfennel bulbsstock of choicehummus (optional)turmericsage leavesfennel seedswheat-free tamarilemonginger15. Lentil and chicken soup with sweet potatoShare on PinterestPoppyB/iStockRecipe for lentil and chicken soup with sweet potatoIn this filling soup, the sweet potato and lentils ramp up levels of fiber, protein, and other nutrients.Sweet potatoes are also a great source of vitamins A, B, and C. They also contain calcium, iron, and healthy antioxidants.To save time, a person can add leftover or store-bought roast chicken.A grocery list should include:rotisserie chickensweet potatoesFrench lentilscelery stalksgarlicescaroledillemon16. Salmon with greens and cauliflower riceShare on Pinterestmargouillatphotos/iStockRecipe for salmon and cauliflower riceThis can be a nutritious, simple evening meal. Substituting cauliflower rice for regular rice boosts the vegetable content, reduces the calorie count, and provides extra nutrients.Brussels sprouts and cauliflower are both cruciferous vegetables rich in fiber, antioxidants, and polyphenols. A person can add green vegetables to meet the daily recommended vegetable intake of 2–3 cups. Cooking tip: Not entirely sold on cauliflower rice? Try a combination of cauliflower and brown rice.For salmon and cauliflower rice, stock up on:salmon filletsbrussels sproutskalecauliflowerolive or coconut oilcurry powder17. Curried shrimp and vegetablesShare on PinterestLauriPatterson/iStockRecipe for curried shrimp and vegetablesShrimp contain astaxanthin, which has antioxidant and anti-inflammatory effects. Add carrots, red peppers, and peas for their healthy polyphenol contents.A person might also try adding 2 tablespoons of turmeric for extra inflammatory benefits. Turmeric is nearly tasteless, so it can go well in any curry, soup, or casserole.Ingredients for curried shrimp and vegetables include:butter or coconut oilonionscoconut milkcurry powdershrimp frozen cauliflower18. Vegetarian chiliShare on Pinterestmodesigns58/iStockRecipe for vegetarian chiliVegetarian chili is a versatile dish. Containing a variety of beans that are full of fermentable fibers, this chili looks after gut health.Beans are also good sources of antioxidant vitamin C and rich in plant proteins.Try experimenting with different combinations of beans and vegetables.A grocery list should contain:red onionred bell peppercarrotscelerygarlicchili powderground cuminsmoked paprikadried oreganotomatoesblack beanspinto beansvegetable brothbay leafcilantrolime juiceavocadocheddar cheese19. Salmon cakesShare on PinterestDronG/iStockRecipe for salmon cakesThese salmon cakes are full of omega-3s and colorful vegetables.Bake them in the oven to reduce the saturated fat content. A person can also freeze them, right after they are made.A person might use gluten-free breadcrumbs or almond meal help with the consistency. The grocery list should contain:salmonunsalted butterred onionceleryred bell pepperyellow bell pepperparsleycapershot sauceWorcestershire saucecrab boil seasoningmayonnaiseDijon mustardeggsBelow are some healthy, anti-inflammatory recipes.20. Sesame and oat energy ballsShare on Pinterestiuliia_n/iStockRecipe for sesame and oat energy ballsThese snacks, also called power balls or energy bites, provide nutrients and calories, making them a healthy pick-me-up for work or school. This version contains sesame seeds — an excellent source of omega-3s.Stock up on these items:traditional rolled oatssesame seedsdatesmaple syrupcardamom powdershredded coconut21. Coconut chia seed puddingShare on PinterestBrenda GodinezRecipe for coconut chia seed puddingChia seeds are a great source of omega-3s, protein, and fiber.These puddings are incredibly versatile. A person can choose any fruit they like. This recipe contains coconut milk, but a person might instead use a dairy-free yogurt.A grocery list for this chia seed pudding should include:coconut milkchia seedsmaple syrupfresh pineapple chunkskiwisraspberriesroasted almonds22. YogurtShare on PinterestToscaWhi/iStockRecipe for homemade yogurtA small pot of probiotic yogurt delivers beneficial bacteria to the gut. A healthy gut microbiome is crucial to reduce inflammation.Yogurt also contains plenty of calcium and protein, which are essential nutrients.Yogurt can be a convenient, portable snack, but for something more substantial, a person might add cereal or fruits such as berries.To make around 4 cups of yogurt at home, a person needs: a candy thermometera yogurt maker or thermos flask4 cups of milk3 tablespoons of plain yogurt or a powdered yogurt starterflavorings, such as dried or fresh fruit, garlic, or herbs 23. Turmeric nachosShare on PinterestOlgaMiltsova/iStockRecipe for turmeric nachosHomemade nachos are a healthier, more nutritious alternative to restaurant or store-bought options.These are rich in turmeric, which can help reduce inflammation. They also contain almond meal, making them a good source of the antioxidant vitamin E.A grocery list should include:tomatoescucumberalmond mealeggturmericcumincorianderorange zest24. Matcha green smoothie bowlShare on PinterestFoodista, 2016Recipe for a matcha green smoothie bowlMatcha is a green tea powder. Many people use it to make lattes or tasty smoothie bowls.It is rich in a polyphenol called epigallocatechin, or EGCG, which has anti-inflammatory benefits. A person can buy matcha at tea specialists, Asian grocers, or online.Ingredients for this recipe include:bananaspineapplelight coconut milkmatcha green tea powderspinach or kaleberriescoconut flakeschia seeds25. Trail mixShare on Pinterestbhofack2/iStockRecipe for trail mixIt is easy to make this versatile snack by mixing together nuts and seeds, which are rich in omega-3s, protein, and healthy fats. Try adding goji berries, which are rich in vitamin C.For this trail mix recipe, a person needs:almondsBrazil nutspumpkin seedsgoji berriescoconut flakessun-dried pineapple slices26. Grape and apple race carsRecipe for grape and apple race carsThis is a fun recipe to make with kids.Grapes are a good source of an anti-inflammatory polyphenol called anthocyanin. And red grapes are a great source of resveratrol, which may help reduce inflammation.Apples are rich in fiber, which also has anti-inflammatory properties.To make this snack, a person needs:applesseedless grapesa knifea cutting boardrounded toothpicksPeople's nutritional needs differ, and it is a good idea to speak with a healthcare professional before adopting an anti-inflammatory diet and lifestyle.After receiving the go-ahead, a person might find inspiration by looking at meal plans such as this one:An anti-inflammatory diet is rich in plant foods, such as vegetables, legumes, and fruits.Fermented products, such as yogurt and sauerkraut, are also important, as are fatty fish and seafood. Overall, variety is essential.Reducing the intake of processed foods and foods with added sugars, fats, and salts will help restore balance in the gut and reduce inflammation. 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