



Makes You Eat

Best Dietitian Clinic in Mumbai



21 Day Anti Inflammatory Diet Plan

by Award Winner
Dietitian Dt. Foram Modi

Disclaimer: People with Diabetes, Thyroid and IBS will need customization in this diet.



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8369030744



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Day 1 – Detox & Calm 🌿

- Early Morning Drink: 🍋 Warm water with lemon + turmeric + black pepper – kickstarts metabolism and reduces inflammation.
- Breakfast: 🥕 Vegetable oats upma with cumin, ginger & curry leaves – fiber-rich and soothing for digestion.
- Mid-Morning Snack: 🍊 1 orange + handful soaked almonds – vitamin C boost with healthy fats.
- Lunch: 🍚 Rice + spinach dal (jeera, hing, garlic tadka) + cucumber salad – iron-rich and antioxidant-packed.
- Post-Lunch: 🍵 Green tea with lemon – aids detox and supports liver health.
- Evening Snack: 🌰 Roasted makhana with pink salt & black pepper – low-calorie, anti-inflammatory munch.
- Dinner: 🍲 Quinoa khichdi with turmeric, ginger, cloves, cinnamon stick – easy to digest and healing for the gut.
- Bedtime Drink: 🍵 Tulsi-ginger tea – calming and immunity-boosting.

Day 2 – Gut Cleanse Focus 🌿

- Early Morning Drink: 🌿 Cinnamon-clove infused warm water – boosts circulation and reduces bloating.
- Breakfast: 🥕 Besan chilla with grated carrot + mint-coriander chutney – protein-rich and digestion-friendly.
- Mid-Morning Snack: 🍏 1 small apple + 5 walnuts – antioxidant-packed with healthy omega-3 fats.
- Lunch: 🌾 Bajra roti + lauki sabzi (ajwain & black cumin) + carrot-beet salad – cooling and fiber-rich for gut health.
- Post-Lunch: 🍵 Green tea with lemon – aids metabolism and inflammation control.
- Evening Snack: 🥒 Cucumber sticks with green chutney – hydrating and alkalizing.
- Dinner: 🍲 Lauki muthiya + coconut-mint chutney – light, steamed, and nutrient-rich.
- Bedtime Drink: 🍵 CCF tea (Coriander-Cumin-Fennel) – supports digestion and reduces water retention.



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Day 3 – Fiber & Antioxidants 🌱

- Early Morning Drink: 🌿 Methi seed water (soaked overnight) – supports blood sugar balance & reduces inflammation.
- Breakfast: 🍌 Ragi dosa with peanut chutney – rich in calcium, protein & good fats.
- Mid-Morning Snack: 🥥 Coconut water with chia seeds – hydrating & antioxidant-rich.
- Lunch: 🍲 Jowar roti + methi-tofu curry (ginger, garlic, turmeric base) – high fiber & anti-inflammatory spices.
- Post-Lunch: 🍵 Green tea with lemon – boosts metabolism & fights free radicals.
- Evening Snack: 🍌 Fresh papaya slices – loaded with digestive enzymes & vitamins.
- Dinner: 🍲 Steamed vegetable dhokla with coriander chutney – light, gut-friendly & protein-packed.
- Bedtime Drink: 🌸 Chamomile-fennel tea – calms digestion & aids restful sleep.

Day 4 – Hormone Harmony 🌸

- Early Morning Drink: 🌿 Fresh wheatgrass shot – nutrient-rich, supports hormonal balance.
- Breakfast: 🍌 Masoor dal chilla + mint chutney – high-protein, gut-friendly.
- Mid-Morning Snack: 🍓 Handful of berries – antioxidant powerhouse.
- Lunch: 🍲 Millet khichdi with lauki + coriander chutney – easy to digest & soothing for the gut.
- Post-Lunch: 🍵 Tulsi tea + roasted makhana – reduces stress & inflammation.
- Evening Snack: 🍲 Grilled veg skewers with marinated tofu – protein & phytonutrients in one.
- Dinner: 🍲 Nutmeg-cinnamon almond milk – promotes relaxation & sleep.



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Day 5 – Anti-Craving Day 🚫🍷

- Early Morning Drink: 🌿 Cinnamon-clove infused water – stabilizes blood sugar & reduces cravings.
- Breakfast: 🍷 Besan chilla with mint chutney – keeps you full & energized.
- Mid-Morning Snack: 🍏 Apple + 5 walnuts – fiber + healthy fats combo.
- Lunch: 🌾 Bajra roti + lauki sabzi + carrot-beet salad – nutrient-dense & satiating.
- Post-Lunch: 🥒 Cucumber sticks with chutney – light & refreshing.
- Evening Snack: 🥥 Lauki muthiya + coconut chutney – wholesome & gut-friendly.
- Dinner: 🌿 CCF tea (Coriander-Cumin-Fennel) – aids digestion & detoxification.

Day 6 – Protein Boost & Healing Herbs 🌿🥗

- Early Morning Drink: 🌿 Kalonji garlic shot – anti-inflammatory & immune-boosting.
- Breakfast: 🍷 Poha with peanuts + veggies – balanced carbs, protein & healthy fats.
- Mid-Morning Snack: 🍊 Orange + soaked almonds – vitamin C + omega-3s.
- Lunch: 🍷 Rice + spinach dal + cucumber salad – iron-rich & cooling.
- Post-Lunch: 🌿 Roasted makhana with pink salt – light yet protein-packed.
- Evening Snack: 🍷 Quinoa khichdi with ginger, cinnamon – anti-inflammatory & nourishing.
- Dinner: 🌿 Tulsi-ginger tea – calming & gut-healing.



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Day 7 – Cooling & Cleansing

- Early Morning Drink: 🌿 Methi seed water – balances hormones & supports digestion.
- Breakfast: 🍌 Ragi dosa + peanut chutney – calcium-rich & sustaining.
- Mid-Morning Snack: 🥥 Coconut water + chia seeds – hydrating & anti-inflammatory.
- Lunch: 🍲 Jowar roti + methi-tofu curry – protein + fiber combo.
- Post-Lunch: 🍈 Fresh papaya slices – digestive enzymes & vitamins.
- Evening Snack: 🥒 Steamed vegetable dhokla + coriander chutney – light, fluffy & gut-friendly.
- Dinner: 🌸 Chamomile-fennel tea – relaxes body & improves sleep quality.

Day 8 – Gut Healing Boost 🌿

- Early Morning Drink: 🍃 Aloe vera juice with lemon – soothes digestion & inflammation.
- Breakfast: 🍌 Moong dal cheela with spinach – protein & phytonutrients.
- Mid-Morning Snack: 🍌 Small banana + pumpkin seeds – potassium & zinc boost.
- Lunch: 🍚 Brown rice + mixed veg sambar + cucumber-tomato salad.
- Post-Lunch: 🍃 Mint-green tea – cooling & detoxifying.
- Evening Snack: 🥥 Tender coconut slices with pink salt.
- Dinner: 🍲 Vegetable barley soup with turmeric & ginger.
- Bedtime: 🌸 Chamomile tea – calming & sleep-supportive



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Day 9 – Antioxidant Power 🍇🥒

- Early Morning Drink: 🍋 Warm water + lemon + turmeric + black pepper.
- Breakfast: 🍲 Ragi porridge with chopped dates & cinnamon.
- Mid-Morning Snack: 🍇 Black grapes + walnuts.
- Lunch: 🌾 Bajra roti + bottle gourd & lentil curry + beet-carrot salad.
- Post-Lunch: 🍵 Hibiscus tea – heart-healthy & antioxidant-rich.
- Evening Snack: 🥒 Cucumber-celery sticks with hummus.
- Dinner: 🍷 Quinoa pulao with broccoli & peas.
- Bedtime: 🌿 Tulsi tea – immunity support

Day 10 – Protein & Omega Day 🐟🌿 (Veg: replace fish with flaxseeds or tofu)

- Early Morning Drink: 🌿 Moringa leaf water infusion.
- Breakfast: 🥗 Sprouted moong salad with tomato, coriander, lemon dressing.
- Mid-Morning Snack: 🍌 Half mango + sunflower seeds.
- Lunch: 🐟 Steamed fish curry with turmeric & coconut milk + red rice (Veg: tofu curry).
- Post-Lunch: 🍵 Green tea with ginger.
- Evening Snack: 🍲 Roasted chickpeas with cumin & pink salt.
- Dinner: 🍲 Moong dal soup + sautéed greens.
- Bedtime: 🥛 Warm almond milk with cinnamon.



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Day 11 - Cooling Cleanse ❄️🍉

- Early Morning Drink: 🍋 Lemon-cucumber-mint infused water.
- Breakfast: 🍞 Oats dosa with mint chutney.
- Mid-Morning Snack: 🍉 Watermelon cubes + pumpkin seeds.
- Lunch: 🍚 Rice + palak dal + cucumber raita.
- Post-Lunch: 🌿 CCF tea (Coriander-Cumin-Fennel).
- Evening Snack: 🥥 Coconut water + chia seeds.
- Dinner: 🥬 Vegetable stew with curry leaves & ginger.
- Bedtime: 🍵 Chamomile tea

Day 12 - Iron & Energy Day 💪🌿

- Early Morning Drink: 🌿 Wheatgrass shot.
- Breakfast: 🍷 Ragi malt with jaggery & cardamom.
- Mid-Morning Snack: 🍓 Strawberries + soaked almonds.
- Lunch: 🍲 Jowar roti + methi-chana dal curry + carrot salad.
- Post-Lunch: 🌿 Tulsi tea.
- Evening Snack: 🌰 Roasted lotus seeds with turmeric.
- Dinner: 🍷 Quinoa upma with ginger & curry leaves.
- Bedtime: 🥛 Almond milk with nutmeg.



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Day 13 – Light & Nourishing

- Early Morning Drink: Turmeric-ginger tea.
- Breakfast: 🍌 Vegetable poha with curry leaves.
- Mid-Morning Snack: 🍏 Green apple + walnuts.
- Lunch: 🍚 Brown rice + lauki chana dal curry + salad.
- Post-Lunch: 🍃 Mint-green tea.
- Evening Snack: 🥥 Coconut slices + black salt.
- Dinner: 🍲 Mung bean soup + sautéed spinach.
- Bedtime: 🌸 Chamomile-fennel tea

Day 14 – Immunity Boost Day 🛡️🌿

- Early Morning Drink: 🍋 Lemon water with turmeric & black pepper.
- Breakfast: 🍌 Moong dal chilla with spinach & ginger.
- Mid-Morning Snack: 🍊 Orange slices + pumpkin seeds.
- Lunch: 🍚 Rice + spinach dal + cucumber-tomato salad.
- Post-Lunch: 🍃 Tulsi tea.
- Evening Snack: 🥜 Roasted almonds with pink salt.
- Dinner: 🍲 Quinoa khichdi with cinnamon, cloves & ginger.
- Bedtime: 🌸 Chamomile tea



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

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Day 15 – Heart Health Focus

- Early Morning Drink:  Ginger-cardamom warm water.
- Breakfast:  Sprouted moong salad with lemon dressing.
- Mid-Morning Snack:  Grapes + walnuts.
- Lunch:  Bajra roti + lauki-methi curry + beet-carrot salad.
- Post-Lunch:  Hibiscus tea.
- Evening Snack:  Cucumber sticks with hummus.
- Dinner:  Vegetable barley soup with curry leaves.
- Bedtime:  Warm almond milk with cinnamon

Day 16 – Anti-Craving Day

- Early Morning Drink:  Moringa water infusion.
- Breakfast:  Ragi porridge with chopped dates & cinnamon.
- Mid-Morning Snack:  Green apple + sunflower seeds.
- Lunch:  Jowar roti + methi-tofu curry + cucumber salad.
- Post-Lunch:  Green tea with ginger.
- Evening Snack:  Roasted chickpeas with cumin.
- Dinner:  Moong dal soup + sautéed broccoli.
- Bedtime:  Tulsi-ginger tea



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Day 17 – Cooling & Cleansing ❄️🍉

- Early Morning Drink: 🍋 Lemon-mint infused water.
- Breakfast: 🥞 Oats dosa with coriander chutney.
- Mid-Morning Snack: 🍉 Watermelon cubes + chia seeds.
- Lunch: 🍚 Rice + palak dal + cucumber raita.
- Post-Lunch: 🍵 CCF tea.
- Evening Snack: 🥥 Tender coconut slices.
- Dinner: 🥬 Vegetable stew with ginger & curry leaves.
- Bedtime: 🌸 Chamomile-fennel tea.

Day 18 – Fiber & Antioxidants 🥬🍌

- Early Morning Drink: 🌿 Wheatgrass shot.
- Breakfast: 🍞 Multigrain toast with hummus & cucumber slices.
- Mid-Morning Snack: 🍓 Strawberries + soaked almonds.
- Lunch: 🥗 Kala chana salad with cumin-lime dressing.
- Post-Lunch: 🍵 Tulsi tea.
- Evening Snack: 🥜 Roasted makhana with turmeric.
- Dinner: 🍛 Idli + sambar.
- Bedtime: 🥛 Almond milk with nutmeg



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Day 19 – Hormone Harmony

- Early Morning Drink:  Aloe vera juice with lemon.
- Breakfast:  Masoor dal chilla + mint chutney.
- Mid-Morning Snack:  Small banana + pumpkin seeds.
- Lunch:  Millet khichdi with lauki + coriander chutney.
- Post-Lunch:  Mint-green tea.
- Evening Snack:  Roasted lotus seeds.
- Dinner:  Grilled vegetable skewers with marinated tofu.
- Bedtime:  Nutmeg-cinnamon almond milk

Day 20 – Detox & Calm

- Early Morning Drink:  Kalonji-garlic shot.
- Breakfast:  Vegetable poha with curry leaves.
- Mid-Morning Snack:  Pear + soaked almonds.
- Lunch:  Kadhi + veg pulao + cucumber salad.
- Post-Lunch:  Rice kanji.
- Evening Snack:  Coconut water with chia seeds.
- Dinner:  Moong dal soup with carrots & spinach.
- Bedtime:  Chamomile tea



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Day 21 – Celebration & Balance 🌿

- Early Morning Drink: 🍋 Lemon water with turmeric & black pepper.
- Breakfast: 🥗 Sprouted moong salad with tomato & coriander.
- Mid-Morning Snack: 🍊 Orange + walnuts.
- Lunch: 🍲 Jowar roti + methi-tofu curry + beetroot salad.
- Post-Lunch: 🍵 Hibiscus tea.
- Evening Snack: 🥜 Roasted chickpeas with cumin.
- Dinner: 🍲 Quinoa khichdi with cinnamon, ginger & cloves.
- Bedtime: 🥛 Almond milk with nutmeg



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