LIMITLESS

Build Your Own Anti-Inflammatory Glow Plan

	BREAKFAST	SNACK 1	SNACK 2	LUNCH	DINNER
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

Breakfast

Example: Overnight oats + blueberries + chia seeds + almond milk + cinnamon

Protein
Eggs
Plant Protein Powder
Non-Dairy Yogurt
Turkey

Carbs
Oats
Sweet Potato
Fruit
Sprouted Toast

Healthy Fat
Chia Seeds
Almond Butter
Almond Milk
Avocado

Bonus
Cinnamon,Turmeric
Greens, Ginger

Snacks

Snack Pairing Ideas
Apple + Almond butter or PB2
Carrots + Hummus
Boiled egg + Cucumber slices
Coconut yogurt + Berries
Chia pudding with cinnamon
Celery sticks + Almond Butter
Bell Peppers + Guacamole
Rice cakes + PB2 + Banana
Edamame with sea salt

Glow Boosters
10 min walk
Ginger or Tumeric Tea
Golden milk latte
Bone broth in a mug
Lemon Water
Epson salt bath
Dry brushing
Gua Sha

Lunch & Dinner

Example: Grilled salmon + spinach salad + sweet potato + olive oil & lemon

Protein
Chicken
Turkey
Salmon
Lentils

Carbs
Quinoa
Sweet Potato
Brown Rice

Fats
Olive Oil, Avocado, Tahini

Veggies
Spinach
Broccoli
Mushrooms

Bonus
Turmeric, garlic, ginger, parsley, cilantro

7-Day Anti-Inflammatory Grocery List

Protein
- ☐ Chicken breast
- ☐ Egg Whites
- ☐ Lean Turkey
- ☐ Almond or coconut yogurt
- ☐ Tuna
- ☐ Hard Boiled Eggs
- ☐ Salmon
- ☐ Plant based protein
- ☐ _____
- ☐ _____

Carbs
- ☐ Sweet Potato
- ☐ Brown rice
- ☐ Quinoa
- ☐ Oatmeal
- ☐ Sprouted or sourdough bread
- ☐ _____
- ☐ _____

Fruits
- ☐ Blueberries
- ☐ Strawberries
- ☐ Bananas
- ☐ Apples
- ☐ Lemons
- ☐ _____
- ☐ _____

Veggies
- ☐ Spinach
- ☐ Broccoli
- ☐ Mushrooms
- ☐ Bell peppers
- ☐ _____
- ☐ _____

Healthy fats
- ☐ Olive oil (extra virgin)
- ☐ Avocados
- ☐ Nut butters
- ☐ Chia seeds
- ☐ Hemp seeds
- ☐ Almond milk
- ☐ _____
- ☐ _____

Snack Pantry
- ☐ Hummus
- ☐ Raw almonds
- ☐ Pumpkin seeds
- ☐ Herbal Teas
- ☐ Apple cider vinegar
- ☐ Bone broth
- ☐ _____
- ☐ _____

Spices
- ☐ Tumeric
- ☐ Cinnamon
- ☐ Ginger
- ☐ _____
- ☐ _____

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7-Day Anti-Inflammatory Tracker

	SLEEP	EXERCISE	MEALS	ENERGY
MONDAY	☐ Poor sleep ☐ Medium sleep ☐ Good Sleep	☐ Class ☐ Walk ☐ Gym ☐ Cardio ☐ None	☐ Healthy Breakfast ☐ Healthy Lunch ☐ Healthy Snack ☐ Healthy Dinner	☐ Low energy ☐ Medium energy ☐ High energy
TUESDAY	☐ Poor sleep ☐ Medium sleep ☐ Good Sleep	☐ Class ☐ Walk ☐ Gym ☐ Cardio ☐ None	☐ Healthy Breakfast ☐ Healthy Lunch ☐ Healthy Snack ☐ Healthy Dinner	☐ Low energy ☐ Medium energy ☐ High energy
WEDNESDAY	☐ Poor sleep ☐ Medium sleep ☐ Good Sleep	☐ Class ☐ Walk ☐ Gym ☐ Cardio ☐ None	☐ Healthy Breakfast ☐ Healthy Lunch ☐ Healthy Snack ☐ Healthy Dinner	☐ Low energy ☐ Medium energy ☐ High energy
THURSDAY	☐ Poor sleep ☐ Medium sleep ☐ Good Sleep	☐ Class ☐ Walk ☐ Gym ☐ Cardio ☐ None	☐ Healthy Breakfast ☐ Healthy Lunch ☐ Healthy Snack ☐ Healthy Dinner	☐ Low energy ☐ Medium energy ☐ High energy
FRIDAY	☐ Poor sleep ☐ Medium sleep ☐ Good Sleep	☐ Class ☐ Walk ☐ Gym ☐ Cardio ☐ None	☐ Healthy Breakfast ☐ Healthy Lunch ☐ Healthy Snack ☐ Healthy Dinner	☐ Low energy ☐ Medium energy ☐ High energy
SATURDAY	☐ Poor sleep ☐ Medium sleep ☐ Good Sleep	☐ Class ☐ Walk ☐ Gym ☐ Cardio ☐ None	☐ Healthy Breakfast ☐ Healthy Lunch ☐ Healthy Snack ☐ Healthy Dinner	☐ Low energy ☐ Medium energy ☐ High energy
SUNDAY	☐ Poor sleep ☐ Medium sleep ☐ Good Sleep	☐ Class ☐ Walk ☐ Gym ☐ Cardio ☐ None	☐ Healthy Breakfast ☐ Healthy Lunch ☐ Healthy Snack ☐ Healthy Dinner	☐ Low energy ☐ Medium energy ☐ High energy

LIMITLESS
7 Day Anti-Inflamatory Journal

Date: _____

How am I feeling today?

_____
_____
_____

What went well?

_____
_____
_____

Notes

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✨ "Every small shift creates a ripple of change. Just begin."

LIMITLESS
7 Day Anti-Inflamatory Journal

Date: _____

How am I feeling today?

_____
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What went well?

_____
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Notes

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✨ "You're not starting over—you're leveling up with every choice."

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7 Day Anti-Inflamatory Journal

Date: _____

How am I feeling today?

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What went well?

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Notes

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✨ "Nourish to glow. Fuel your body with love today."

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7 Day Anti-Inflamatory Journal

Date: _____

How am I feeling today?

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What went well?

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Notes

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✨ "Progress isn't perfect—it's consistent effort with grace."

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7 Day Anti-Inflamatory Journal

Date: _____

How am I feeling today?

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What went well?

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Notes

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✨ "Less inflammation = more energy, joy, and clarity. Keep going!"

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Notes

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✨ "The way you care for yourself shows the world how to treat you."

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7 Day Anti-Inflamatory Journal

Date: _____

How am I feeling today?

_____

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What went well?

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Notes

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✨ "Look how far you've come. Let today be a celebration of your commitment."