

Getting Started: Meal Planning 101

Ready, set, meal prep! As a registered dietitian nutritionist, doctor of clinical nutrition, and board-certified specialist in oncology nutrition, I work with clients managing a wide range of complex, chronic conditions. That's why I'm serious about using an evidence-based approach to building healthy eating plans.

The research is clear: for most people, a **whole-foods, plant-focused pattern** can help reduce inflammation. For this resource, I've partnered with the Arthritis Foundation to create a week-long anti-inflammatory meal plan.

That said, there's no one-size-fits-all approach, and **“diet” simply refers to a way of living—not a rigid set of rules.**

This plan is designed to be flexible, so you can adapt it to your needs and preferences. Please note that this guide does not include specific calorie targets or account for individual dietary needs. So be sure to adapt it to your needs and preferences.

For personalized guidance, consider consulting a registered dietitian—[reach out](#) to me to work together one-on-one! I'd love to meet you!

Happy eating,

Ginger Haltin, DCN, RDN, CSO

Owner, Ginger Haltin Nutrition

GingerHaltinNutrition.com

How to Use This Guide



Make this meal plan your own!

Mix and match recipes, double up on your favorites or skip some completely based on your preferences. If you're flexitarian and want to incorporate animal products, be sure to opt for lean meats, low-fat dairy, skinless poultry and fatty fish like salmon.

Whatever you choose – just commit to eating more plants 😊

The recipes in this plan feed two people. You may need to shop for more if you are cooking for more people.

Want even more anti-inflammatory meal ideas? Visit [GingerHultinNutrition.com](https://gingerhultinnutrition.com) or purchase the [Anti-Inflammatory Diet Meal Prep](#) cookbook for more meal planning ideas and recipes.

As always, check out [Arthritis.org/recipes](https://arthritis.org/recipes) for more delicious joint-friendly recipes, and [Arthritis.org/webinars](https://arthritis.org/webinars) for more information and tips on how to eat right for arthritis.

Remember the Guidelines to PREP!



Prep for the week ahead. You'll need to make time for meal prep. Set aside time to shop, cook meals and prep sides in batches for the week. This may include:

- Banana protein pancakes
- Hardboiled eggs
- Bean burgers
- Almost instant chili
- Herbed quinoa
- Lemon vinaigrette
- Edamame hummus
- Superfood salads (I love mason jars!)

Read food labels with purpose. Keep an eye out for high sodium and lots of added sugar. Opt for things with high fiber!

Equip your kitchen with the right tools. This is important, especially if you have arthritis! Here's a [list with budget friendly kitchen tools](#). For kitchen tools that are arthritis-friendly check out our [Ease of Use Certified Products](#). [Arthritis Life](#) also has lots of great links and options for joint-friendly cooking, too!

Pack your pantry (and fridge) with staples. Keeping meal prep simple starts with what you already have. It may be an investment up front, but over time, keeping a well-stocked pantry with canned goods and dried spices will save you lots of money and time in the long run! Refer to the next few pages for the full meal plan checklist.

1-Week Anti-Inflammatory Diet Meal Plan

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Breakfast	Banana Protein Pancakes *option to top with berries	Berry Yogurt Chia Bowl	Banana Protein Pancakes *option to top with berries	Banana Ginger Oats	Weekday Huevos Ranchero	Banana Ginger Oats	Open Faced Eggs Florentine
Lunch	Superfood salad + lemon vinaigrette *add serving of plant-based or lean protein of choice	Almost Instant Vegetarian Chilli	Superfood salad + lemon vinaigrette *add serving of plant-based or lean protein of choice	Power Bowl w/ bean burger + herbed quinoa + dressing and veggies of choice	Almost Instant Vegetarian Chilli	Power Bowl w/leftover chicken or tofu + herbed quinoa + dressing and veggies of choice	Superfood salad + lemon vinaigrette *add serving of plant-based or lean protein of choice
Dinner	Bean burger + oven baked sweet potato fries	Creamy Vegetarian Pasta	Bean burger + oven baked sweet potato fries	Creamy Vegetarian Pasta	Sheet Pan Chicken and Veggies Sub Tofu	2-Ingredient Black Bean Tacos	Salmon with green beans and Savory Herbed Quinoa
Snack	Edamame hummus + veggies or whole grain crackers	2 hardboiled eggs, serving of fruit of choice fruit of choice	Berry Yogurt Chia Bowl	Edamame hummus + veggies or whole grain crackers	Berry Yogurt Chia Bowl	2 hardboiled eggs, serving of fruit of choice	3 cups air-popped popcorn

Grocery Checklist - Pantry



Condiments/Spices/Oils/ Staples

These staples serve as a base for many plant-based dishes. Keep them on hand to make meal prep even easier.

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| <ul style="list-style-type: none">• Baking powder• Baking soda• Chili powder• Cinnamon• Coconut oil• Corn starch• Crushed red pepper flakes• Cumin• Curry powder• Dried basil• Dried oregano• Dried parsley• Dried thyme• Enchilada sauce• Garlic powder• Ground black pepper• Ground ginger• Honey• Lemon juice• Light or vegan mayo | <ul style="list-style-type: none">• Low-sodium tamari or soy sauce• Maple syrup• Minced garlic• Nut butter (almond or peanut butter)• Olive oil• Onion powder• Paprika• Panko breadcrumbs• Pure vanilla extract• Red wine vinegar• Rice vinegar• Salsa• Salt (sea salt)• Sriracha• Tahini• Taco seasoning• Vegetable broth• Vegetable oil (canola, grapeseed, or avocado)• Walnuts/Nuts of Choice |
|--|---|

Grocery Checklist - Pantry



Dry Goods

- All-purpose flour – 1 small bag (~2 lb)
- Chia seeds – 1 bag (~8–12 oz)
- Muesli – 1 bag (~12 oz)
- Popcorn kernels – 1 bag (~10–12 oz)
- Quinoa – ~1.5 lb bag (3 cups dry)
- Rolled oats – 1 container (~18 oz)
- Sunflower seeds – 1 small bag (~8 oz)
- Walnuts – 1 small bag (~8 oz)
- Whole grain bread – 1 loaf
- Whole wheat breadcrumbs – 1 container (~8 oz)
- Whole wheat flour – 1 small bag
- Whole wheat pasta – 1 box (
- Whole wheat tortillas – 1 pack (6–8)
- Whole wheat burger buns – 1 pack (6 buns)

Canned Goods

- Black beans – 5 cans (15 oz each)
- Chickpeas – 1 can (15 oz)
- Diced green chilies – 1 can (4 oz)
- Diced tomatoes – 1 can (14 oz)
- Fire-roasted tomatoes – 1 can (14 oz)
- Kalamata olives – 1 jar (~6 oz)
- Kidney beans – 2 cans (15 oz each)
- Pinto beans – 2 cans (15 oz each)
- Vegetable broth – 2 cartons (32 oz each / 8 cups total)

Grocery Checklist – Fridge/Freezer



Frozen

- Bell peppers (frozen) – 1 bag (~12 oz)
- Blueberries (frozen) – 1 bag (~12 oz)
- Brown rice (frozen) – 1 bag (~12 oz)
- Corn (frozen) – 1 bag (~12 oz)
- Edamame (frozen, shelled) – 2 bags (8 oz each)
- Green beans (frozen) – 2 bag (~12–16 oz)
- Strawberries (frozen) – 2 bags (~12 oz each)

Fridge

- Avocados – 3
- Baby spinach – 1 (8–10 oz)
- Bananas – 6
- Basil (fresh, optional) – 1 bunch
- Carrots – 2
- Cucumber – 1
- Ginger (fresh, optional) – 1 knob
- Lemons – 3
- Lettuce (romaine) – 1 head
- Onion (red) – 3
- Onion (yellow) – 1
- Oregano (fresh, optional) – 1 bunch
- Parsley (fresh, optional) – 1 bunch
- Sweet potatoes – 4 medium
- Tomatoes – 2

Dairy and Eggs

- Eggs – 18 count
- Feta cheese – 4 oz
- Greek yogurt – 32 oz tub
- Milk (or plant-based) – ½ gallon (64 oz)
- Parmesan cheese – 4 oz
- Ricotta cheese – 8 oz
- Shredded cheese – 8 oz

Savory Herbed Quinoa

DAIRY-FREE • GLUTEN-FREE • NIGHTSHADE-FREE • NUT-FREE • SOY-FREE • VEGAN

Makes 3½ cups

Prep time: 10 minutes • **Cook time:** 20 minutes

Quinoa on its own has a very mild flavor, but prepared with savory herbs and seasoning, it becomes a delicious and versatile side dish. Fresh parsley, basil, and scallions add depth of flavor to this recipe, in addition to anti-inflammatory benefits.

1 cup quinoa, rinsed
2 cups vegetable broth
1½ tablespoons olive oil
Juice of ½ lemon
½ teaspoon salt
½ teaspoon freshly
ground black pepper
½ cup chopped
fresh parsley
½ cup chopped
fresh basil
2 scallions, chopped

1. In a saucepan, combine the quinoa and broth and bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer for 15 to 20 minutes, or until the liquid is absorbed and the quinoa looks fluffy.
2. Remove from the heat and let rest, covered, for 10 minutes more.
3. Transfer the cooked quinoa to a large bowl and add the olive oil, lemon juice, salt, pepper, parsley, basil, and scallions. Stir to incorporate.

* **Storage:** Store the quinoa in a storage container in the refrigerator for up to 5 days. Freeze quinoa for up to 2 months and thaw it in the refrigerator overnight before reheating in the microwave.

* **Reuse tip:** Cook double the amount of quinoa and divide the cooked quinoa in half. Add the herbs in this recipe to one portion and keep the remaining quinoa plain to use in other recipes!

Per serving (scant ¾ cup): *Calories: 175; Total Fat: 6g; Saturated Fat: 1g; Protein: 5g; Total Carbohydrates: 25g; Fiber: 3g; Sugar: 2g; Cholesterol: 0mg*

Edamame Hummus

DAIRY-FREE • GLUTEN-FREE • NIGHTSHADE-FREE • NUT-FREE • VEGAN

Makes 5 servings

Prep time: 10 minutes • **Cook time:** 5 minutes

Edamame hummus is the perfect way to boost protein and antioxidants in dip form. This hummus tastes great on whole-grain crackers, chips, and fresh veggies, like carrots, bell peppers, cucumber, tomatoes, broccoli, cauliflower, or celery. This recipe uses frozen edamame, so you can make it even if you don't have fresh edamame on hand.

8 ounces frozen
shelled edamame
¼ cup tahini
Juice of 1 large lemon
1 garlic clove, halved
¾ teaspoon salt
½ teaspoon
ground cumin
2 to 4 tablespoons water
3 tablespoons olive oil

1. Microwave the frozen edamame for 2 to 3 minutes, or per package instructions.
2. In a food processor or blender, combine the edamame, tahini, lemon juice, garlic, salt, cumin, and 2 tablespoons of water. Puree the mixture until it's smooth. If it needs more liquid, add up to 2 more tablespoons of water, 1 tablespoon at a time. With the food processor running, slowly drizzle in the olive oil 1 tablespoon at a time, blending well to incorporate after each addition.
3. Portion the hummus into 5 small storage containers.

* **Storage:** Store in the refrigerator for up to 7 days, or freeze for up to 3 months. If frozen, thaw a container of the hummus in the refrigerator overnight before serving.

* **Cooking tip:** A food processor is best for this recipe, so you can drizzle the olive oil in slowly while the motor is running. If you're using a blender, add 1 tablespoon of oil at a time and pulse 5 to 10 times to incorporate.

Per Serving: Calories: 202; Total Fat: 17g; Saturated Fat: 2g; Protein: 7g; Total Carbohydrates: 8g; Fiber: 4g; Sugar: 1g; Cholesterol: 0mg



Learn more about healthy eating, pain relief strategies, treatments, complementary therapies and more at arthritis.org/webinars.