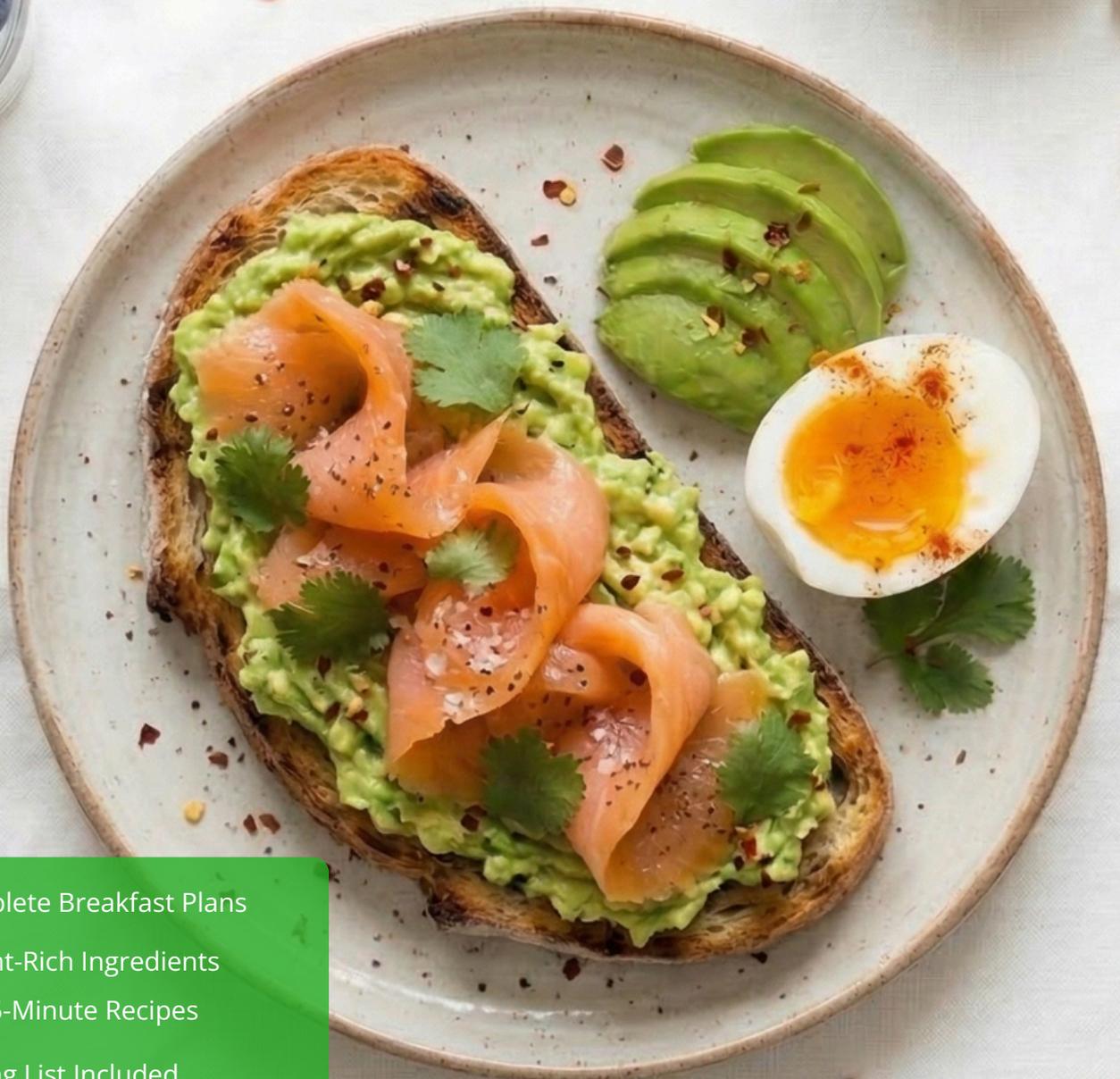


GET AN EASY START

7-Day Anti-Inflammatory Breakfast Guide

Delicious recipes to reduce inflammation, boost energy & feel your best — every morning.



- ✓ 7 Complete Breakfast Plans
- ✓ Nutrient-Rich Ingredients
- ✓ Easy 15-Minute Recipes
- ✓ Shopping List Included

Welcome to Your 7-Day Journey

Inflammation is your body's natural defense system, but when it becomes chronic, it silently drives conditions like heart disease, diabetes, arthritis, and fatigue.

The good news? What you eat for breakfast has an enormous influence on your inflammatory response for the entire day.

This guide gives you 7 delicious, science-backed breakfasts — one for each day of the week — designed to flood your body with anti-inflammatory nutrients first thing in the morning.

Each recipe takes 15 minutes or less, uses whole-food ingredients, and is packed with flavor.

WHAT YOU'LL FIND INSIDE

 Food to Eat & avoid

 Golden Turmeric Oat Bowl

 Avocado & Smoked Salmon Toast

 Berry Antioxidant Smoothie Bowl

 Veggie Egg White Frittata

 Chia Seed Pudding with Mango

 Anti-Inflammatory Green Smoothie

 Walnut & Flaxseed Pancakes

 Shopping List

**Use the master shopping list on the last page to prep everything Sunday.*

**All recipes are designed for busy mornings — no excuses!*

***"Let food be thy medicine and medicine be thy food."
— Hippocrates***

Foods to Eat & Avoid

The two lists that will transform your plate.

EAT MORE OF THESE

- ✓ Salmon & fatty fish
- ✓ Blueberries & strawberries
- ✓ Spinach & kale
- ✓ Broccoli & cauliflower
- ✓ Olive oil (extra virgin)
- ✓ Avocado
- ✓ Almonds & walnuts
- ✓ Chia seeds & flaxseeds
- ✓ Turmeric & ginger
- ✓ Green tea
- ✓ Sweet potato
- ✓ Garlic & onions
- ✓ Lentils & chickpeas
- ✓ Oats (gluten-free)
- ✓ Beets

LIMIT OR AVOID THESE

- ✓ Refined sugar & sodas
- ✓ White bread & pasta
- ✓ Processed meats
- ✓ Fried foods
- ✓ Margarine & trans fats
- ✓ Alcohol (excess)
- ✓ Artificial sweeteners
- ✓ Fast food
- ✓ Vegetable oils (soy, corn)
- ✓ Packaged snacks
- ✓ Dairy (if sensitive)
- ✓ Gluten (if sensitive)
- ✓ Excess red meat
- ✓ Refined flour products

Tip: You don't need to be perfect. Start by removing the top 3 inflammatory foods from your diet — refined sugar, processed meats, and fried foods. The impact is significant even with small changes.

Golden Turmeric Oat Bow

INGREDIENTS:

- ½ cup rolled oats (gluten-free)
- 1 cup unsweetened almond milk
- 1 tsp ground turmeric
- ½ tsp fresh ginger, grated
- Pinch of black pepper
- 1 tsp raw honey or maple syrup
- ¼ cup fresh blueberries
- 1 tbsp walnuts, chopped
- 1 tsp chia seeds

INSTRUCTIONS:

- Combine oats and almond milk in a saucepan over medium heat.
- Stir in turmeric, ginger, and a pinch of black pepper.
- Cook for 5–7 minutes, stirring, until thick and creamy.
- Transfer to a bowl and sweeten with honey or maple syrup.
- Top with blueberries, walnuts, and chia seeds. Serve warm.



KEY BENEFIT: *Anti-inflammatory spices*



PREP TIME: **5 MIN**



COOK TIME: **8 MIN**



SERVINGS: **1**

Avocado & Smoked Salmon Toast

INGREDIENTS:

- 2 slices sourdough whole grain bread
- 1 medium ripe avocado
- 80g wild smoked salmon
- 1 tbsp fresh lemon juice
- 1 tsp capers
- 2 rings red onion, thinly sliced
- Small handful fresh dill
- ½ tsp everything bagel seasoning
- Pinch of red pepper flakes

INSTRUCTIONS:

- Toast the sourdough slices until golden.
- Mash avocado with lemon juice, salt, and pepper.
- Spread avocado mash generously over both toast slices.
- Layer smoked salmon on top of the avocado.
- Garnish with capers, red onion, dill, seasoning, and chili flakes.



KEY BENEFIT: *Omega-3 boost*



PREP TIME: **10 MIN**



COOK TIME: **5 MIN**



SERVINGS: **1**

Berry Antioxidant Smoothie Bowl

INGREDIENTS:

- 1 cup frozen wild blueberries
- ½ cup frozen strawberries
- ½ medium banana, frozen
- ¼ cup full-fat coconut milk
- 1 tbsp acai powder
- 1 handful baby spinach
- 2 tbsp granola (for topping)
- 2 tbsp hemp seeds (for topping)
- ¼ cup fresh berries & coconut flakes

INSTRUCTIONS:

- Blend frozen fruits, spinach, coconut milk, and acai until thick.
- Consistency should be spoonable — thicker than a drink smoothie.
- Pour into a wide bowl and smooth the surface evenly.
- Arrange toppings in rows: granola, berries, hemp seeds, coconut.
- Serve immediately before it melts.



KEY BENEFIT: *Antioxidant powerhouse*



PREP TIME: **5 MIN**



COOK TIME: **0 MIN**



SERVINGS: **1**

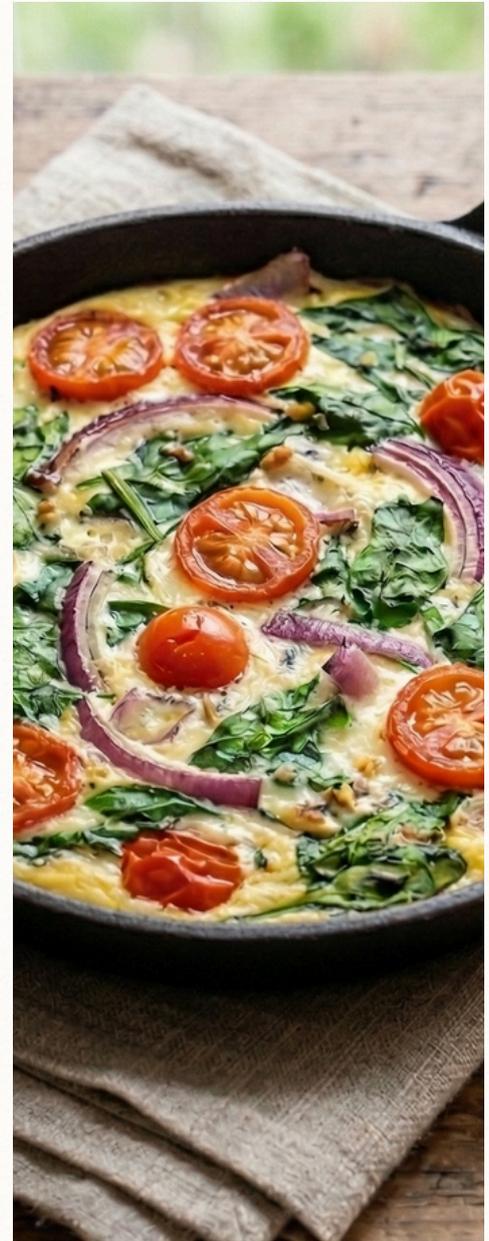
Veggie Egg White Frittata

INGREDIENTS:

- 3 large whole eggs
- 2 egg whites
- 1 cup baby spinach
- ½ cup red bell pepper, diced
- ½ cup cherry tomatoes, halved
- ¼ cup yellow onion, diced
- 2 garlic cloves, minced
- 1 tbsp extra virgin olive oil
- 2 tbsp fresh herbs (basil, thyme)

INSTRUCTIONS:

- Preheat oven broiler to high.
- Heat olive oil in oven-safe skillet over medium heat.
- Sauté onion and garlic 3 min, add peppers, cook 2 more minutes.
- Add spinach and tomatoes; cook until wilted.
- Whisk eggs with herbs; pour over vegetables. Cook until edges set (3–4 min), then broil 2–3 min until golden.



KEY BENEFIT: *High protein, detox veg*



PREP TIME: **5 MIN**



COOK TIME: **10 MIN**



SERVINGS: **2**

Chia Seed Pudding with Mango

INGREDIENTS:

- 3 tbsp chia seeds
- 1 cup unsweetened coconut milk
- ½ tsp pure vanilla extract
- 1 tbsp maple syrup
- ½ cup fresh mango, cubed
- 1 medium kiwi, sliced
- 1 tbsp toasted coconut flakes
- ½ tsp lime zest
- 5–6 fresh mint leaves

INSTRUCTIONS:

- Mix chia seeds, coconut milk, vanilla, and maple syrup in a jar.
- Stir vigorously to prevent clumping.
- Refrigerate overnight (or minimum 4 hours).
- In the morning, stir pudding; add a splash of milk if too thick.
- Top with fresh mango, kiwi, coconut flakes, lime zest, and mint.



KEY BENEFIT: *Prebiotic gut health*



PREP TIME: **5 MIN**



COOK TIME: **0 MIN**



SERVINGS: **1**

Anti-Inflammatory Green Smoothie

INGREDIENTS:

- 2 cups baby kale or spinach
- 2 medium celery stalks
- ½ medium cucumber, chopped
- 1 small green apple, cored
- 1-inch piece fresh ginger, peeled
- 2 tbsp fresh lemon juice
- 1 cup coconut water
- 1 tsp spirulina powder
- Handful of ice cubes (Optional)

INSTRUCTIONS:

- Add coconut water to blender first to aid blending.
- Add leafy greens and blend until smooth and bright green.
- Add celery, cucumber, apple, ginger, and lemon juice.
- Add spirulina powder and ice cubes.
- Blend on high for 60 seconds. Serve immediately in a chilled glass.



KEY BENEFIT: *Chlorophyll detox*



PREP TIME: **5 MIN**



COOK TIME: **0 MIN**



SERVINGS: **1**

Walnut & Flaxseed Pancakes

INGREDIENTS:

- 1 cup oat flour (blend rolled oats)
- • 2 tbsp ground flaxseed
- • 1½ tsp baking powder
- • 1 tsp ground cinnamon
- • 2 large eggs
- • ¾ cup unsweetened almond milk
- • 2 tbsp pure maple syrup (+ extra for serving)
- • ¼ cup walnuts, roughly chopped
- • ½ cup mixed fresh berries for serving

INSTRUCTIONS:

- Mix oat flour, flaxseed, baking powder, and cinnamon in a bowl.
- • Whisk eggs, almond milk, and maple syrup in a separate bowl.
- • Combine wet and dry ingredients; fold in walnuts gently.
- • Let batter rest 5 minutes (flaxseed thickens it).
- • Cook on lightly oiled non-stick pan, medium-low heat. Flip when bubbles form (~3 min each side). Serve with fresh berries.



KEY BENEFIT: *Omega-3 indulgence*



PREP TIME: **5 MIN**
Prep night before



COOK TIME: **10 MIN**



SERVINGS: **2**

SHOPPING LIST

Shop everything in one trip on Sunday and you'll have everything you need for the entire week. Items are organized by store section for maximum efficiency.

Produce & Fresh

- Baby spinach or kale (large bag)
- Avocado (2-3)
- Fresh blueberries & strawberries
- Mango (2)
- Kiwi (2)
- Green apple (2)
- Celery (1 bunch)
- Cucumber (1)
- Cherry tomatoes (1 pint)
- Red bell pepper (2)
- Yellow onion (2)
- Garlic (1 head)
- Fresh ginger root
- Lemon (3-4)
- Lime (2)
- Fresh dill, basil, mint, thyme

Protein & Dairy

- Wild smoked salmon (160g)
- Eggs (1 dozen)
- Unsweetened almond milk (2 cartons)
- Coconut milk, full fat (2 cans)
- Coconut water (1L)

Pantry & Dry Goods

- Rolled oats, gluten-free (large bag)
- Chia seeds
- Ground flaxseed
- Walnuts (1 bag)
- Hemp seeds
- Sourdough whole grain bread
- Granola (low-sugar)
- Coconut flakes
- Capers
- Everything bagel seasoning

Oils & Spices

- Extra virgin olive oil
- Ground turmeric
- Ground cinnamon
- Black pepper
- Red pepper flakes
- Pure vanilla extract
- Raw honey or maple syrup
- Acai powder
- Spirulina powder

Your Anti-Inflammatory Journey

Congratulations on taking this powerful step toward better health. Consistently choosing anti-inflammatory foods is one of the highest-impact decisions you can make for your long-term wellbeing.

After starting your anti-inflammatory diet, pay attention to how you feel: your energy levels, mental clarity, skin, digestion, and joint comfort. These subtle but real changes are your body's way of saying thank you.

Don't forget

Morning ritual
matters most

Stay hydrated
between meals

Sleep amplifies
anti-inflammatory
effects

Move after breakfast
daily

The
COREFOOD