

Weekly Meal Plan

CAROLINA FLUIT

Anti-inflammatory

MONDAY

BREAKFAST	LUNCH	DINNER	SNACK
Oatmeal with plant-based milk. Blueberries (or banana), chia seeds and cinnamon	Green salad with tomato, avocado and chickpeas Brown rice with turmeric Water with lemon	Lentil soup with carrot and celery Whole wheat bread (optional) Ginger tea	A small handful (15 g) of nuts 1 thin slice of papaya.

TUESDAY

BREAKFAST	LUNCH	DINNER	SNACK
Spinach, banana, apple and ginger smoothie Handful of walnuts	Grilled salmon fillet Quinoa with bell pepper and turmeric Steamed broccoli	Omelet with spinach and mushrooms Arugula and cucumber salad Chamomile tea	1 plain low-fat yogurt (or unsweetened plant-based yogurt) 1 tsp chia seeds.

WEDNESDAY

BREAKFAST	LUNCH	DINNER	SNACK
Whole wheat toast with avocado and sesame seeds Green tea	Anti-inflammatory bowl: brown rice, lentils, avocado, grated carrot, kale and tahini dressing Water with cucumber slices	Pumpkin purée with turmeric and garlic Boiled egg or grilled tofu Red cabbage salad with lemon	Carrot sticks 2 tbsp hummus.

THURSDAY

BREAKFAST	LUNCH	DINNER	SNACK
Natural (or plant-based) yogurt with berries and nuts Ginger tea	Grilled chicken fillet with rosemary Chickpea and spinach salad Roasted sweet potato	Vegetable soup (celery, onion, pumpkin, garlic) Whole wheat bread with hummus	1 small apple + 1 tbsp unsweetened peanut butter.

FRIDAY

BREAKFAST	LUNCH	DINNER	SNACK
Overnight oats with chia, grated apple and cinnamon	Lettuce wrap with tuna, avocado, carrot and olive oil Tomato and cucumber salad	Brown rice with sautéed tofu and vegetables (broccoli, onion, carrot) Herbal infusion	Small strawberry smoothie with water ice + ½ scoop plant-based protein.

SATURDAY

BREAKFAST	LUNCH	DINNER	SNACK
Berry, spinach and flaxseed smoothie Whole wheat toast with olive oil	Veggie burger (lentil or quinoa) Cabbage, carrot and green apple salad	Stuffed zucchini with rice and vegetables Turmeric tea	1 boiled egg 1 whole wheat cracker.

SUNDAY

BREAKFAST	LUNCH	DINNER	SNACK
Whole wheat bread with avocado and fried egg Green tea	Baked fish with lemon Mashed sweet potato Arugula salad with sunflower seeds	Miso soup with tofu and spinach Small portion of brown rice	1 slice of white cheese (ricotta or cottage) 3 light whole grain crackers.



Plano Alimentar Semanal

CAROLINA FLUIT

Anti-inflamatória

SEGUNDA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Mingau de aveia com leite vegetal Mirtillos (ou banana), sementes de chia e canela	Salada de folhas verdes, tomate, abacate e grão-de-bico Arroz integral com cúrcuma Água com limão	Sopa de lentilhas com cenoura e salsão Pão integral (opcional) Chá de gengibre	1 punhado pequeno (15 g) de castanhas 1 fatia fina de mamão.

TERÇA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Vitamina de espinafre, banana, maçã e gengibre Punhado de nozes	Filé de salmão grelhado Quinoa com pimentão e cúrcuma Brócolis no vapor	Omelete com espinafre e cogumelos Salada de rúcula e pepino Chá de camomila	1 iogurte natural desnatado (ou vegetal sem açúcar) + 1 colher de chá de chia.

QUARTA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Torradas integrais com abacate e sementes de gergelim Chá verde	Bowl anti-inflamatório: arroz integral, lentilhas, abacate, cenoura ralada, couve e molho tahine Água com fatias de pepino	Purê de abóbora com cúrcuma e alho Ovo cozido ou tofu grelhado Salada de repolho roxo com limão	Palitos de cenoura homus (2 colheres de sopa).

QUINTA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Iogurte natural (ou vegetal) com frutas vermelhas e castanhas Chá de gengibre	Filé de frango assado com alecrim Salada de grão-de-bico com espinafre Batata-doce assada	Sopa de legumes (salsão, cebola, abóbora, alho) Pão integral com húmus	1 maçã pequena + 1 colher de sopa de pasta de amendoim sem açúcar.

SEXTA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Aveia dormida (overnight oats) com chia, maçã ralada e canela	Wrap de alface com atum, abacate, cenoura e azeite de oliva Salada de tomate e pepino	Arroz integral com tofu salteado e vegetais (brócolis, cebola, cenoura) Infusão de ervas	Smoothie pequeno de morango com água + gelo + ½ scoop de proteína vegetal.

SÁBADO

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Smoothie de frutas vermelhas, espinafre e linhaça Torradas integrais com azeite de oliva	Hambúrguer vegetal (de lentilha ou quinoa) Salada de repolho, cenoura e maçã verde	Abobrinha recheada com arroz e legumes Chá de cúrcuma	1 ovo cozido 1 torradinha integral.

DOMINGO

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Pão integral com abacate e ovo na frigideira Chá verde	Peixe assado com limão Purê de batata-doce Salada de rúcula com sementes de girassol	Sopa de missô com tofu e espinafre Porção pequena de arroz integral	1 fatia de queijo branco (ricota ou cottage) 3 bolachas integrais leves.

