



30-Day High-Protein No-Sugar Meal Plan to Reduce Inflammation

Description

A new meal plan has been introduced aiming to promote better health through an anti-inflammatory diet. This approach emphasizes nutrient-rich foods to help reduce inflammation, which is linked to several chronic diseases including heart disease and diabetes.

The meal plan features a carefully structured weekly menu divided into three meals per day. For instance, Day 1 includes a breakfast of Mango Lassi Smoothie, a lunch of Chickpea Tuna Salad paired with an orange, and a dinner of Garlic-Butter Salmon with beets and broccoli. Daily calorie intake varies slightly across the week, falling between 1,778 and 1,817 calories.

Each meal is designed to be high in protein while avoiding added sugars, which can exacerbate inflammation. Nutritionists also suggest flexible modifications, enabling participants to swap meals they may not enjoy with alternatives that maintain the health benefits of the diet. Furthermore, the plan highlights the importance of incorporating diverse fruits, vegetables, whole grains, and healthy fats, while limiting refined sugars and processed foods.

As the programme progresses, participants can expect to improve their overall well-being and potentially reduce their risk factors for chronic illnesses. Future updates to the meal plan may include additional recipes and further dietary advice based on participant feedback and nutritional research.

Vocabulary List:

1. **Inflammation** /ɪnˌflæməˈʃən/ (noun): A biological response of body tissues to harmful stimuli often resulting in redness and swelling.
2. **Nutrient-rich** /ˈnjuːtriənt rɪtʃ/ (adjective): Containing a high amount of essential nutrients.
3. **Chronic** /ˈkrɒnɪk/ (adjective): Persisting for a long time or constantly recurring often referring to diseases.
4. **Modifications** /ˌmɒdɪfɪˈkeɪʃənz/ (noun): Changes or adjustments made to something in order to improve it or achieve a desired outcome.
5. **Incorporating** /ɪnˈkɔːpəreɪtɪŋ/ (verb): Including or integrating a part or element within a whole.
6. **Well-being** /ˈwelˌbiːɪŋ/ (noun): The state of being comfortable healthy or happy.

Comprehension Questions



Multiple Choice

1. Which of the following chronic diseases is linked to inflammation?
Option: A. Obesity
Option: B. Asthma
Option: C. Arthritis
Option: D. All of the above

2. What is the recommended daily calorie intake range in the meal plan?
Option: A. 1,500 - 1,700 calories
Option: B. 1,700 - 1,800 calories
Option: C. 2,000 - 2,200 calories
Option: D. 2,500 - 3,000 calories

3. Which nutrient is emphasized in the meal plan to reduce inflammation?
Option: A. Fiber
Option: B. Protein
Option: C. Added sugars
Option: D. Refined grains

4. What is a key recommendation to limit in the meal plan?
Option: A. Whole grains
Option: B. Healthy fats
Option: C. Processed foods
Option: D. Fruits and vegetables

5. What is a potential benefit participants can expect from the meal plan?
Option: A. Increased inflammation
Option: B. Reduced risk factors for chronic illnesses
Option: C. Higher calorie intake
Option: D. Lower protein intake

6. What is the main emphasis of the anti-inflammatory diet?
Option: A. Adding refined sugars
Option: B. Avoiding healthy fats
Option: C. Incorporating nutrient-rich foods
Option: D. Increasing processed foods



True-False

- 7. The meal plan encourages the consumption of diverse fruits and vegetables.
- 8. The meal plan contains daily calorie intake above 2,000 calories.
- 9. Participants can swap meals they dislike with no impact on the health benefits of the diet.
- 10. The meal plan highlights the importance of consuming added sugars.
- 11. Inflammation is not linked to chronic diseases like heart disease and diabetes.
- 12. Future updates to the meal plan may include only additional recipes but no dietary advice.

Gap-Fill

- 13. The daily calorie intake in the meal plan falls between 1,778 and _____ calories.
- 14. Participants are advised to limit the consumption of refined sugars and processed _____.
- 15. The meal plan may help participants reduce their risk factors for chronic illnesses and improve their overall _____.
- 16. Health benefits of the diet are maintained even if participants choose to swap meals they do not _____.
- 17. The meal plan aims to reduce inflammation, which is associated with chronic diseases like heart disease and _____.
- 18. The meal plan suggests incorporating diverse fruits, vegetables, whole grains, and healthy _____.



Answer

Multiple Choice: 1. D. All of the above 2. B. 1,700 - 1,800 calories 3. B. Protein 4. C. Processed foods 5. B. Reduced risk factors for chronic illnesses 6. C. Incorporating nutrient-rich foods

True-False: 7. True 8. False 9. True 10. False 11. False 12. False

Gap-Fill: 13. 1,817 14. foods 15. well-being 16. enjoy 17. diabetes 18. fats

CATEGORY

1. Health - LEVEL5

POST TAG

1. 30-Day No-Sugar
2. Anti-Inflammatory Meal Plan
3. C1
4. ESL learning
5. esl news
6. High-Protein
7. Level 5

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