

Vitalize



The 3-Day Anti-Inflammatory *Reset*

A simple, nourishing meal plan to help calm inflammation, steady your energy, and feel better — starting with your very next meal.

A FREE GUIDE FROM VITALIZE
Heal from the inside out

BEFORE YOU BEGIN

How this *reset* works

Over the next three days, you'll eat simple meals built around whole, colorful, anti-inflammatory ingredients. Nothing exotic, nothing complicated — just food that works with your body instead of against it.

You don't have to be perfect. The goal is to notice how you feel when you eat this way: steadier energy, calmer digestion, fewer crashes. Keep what works.

THE FOUR PRINCIPLES

- 01** **Eat the rainbow**
Deeply colored fruits and vegetables are rich in antioxidants that help your body manage inflammation. Aim for color at every meal.
- 02** **Build on healthy fats**
Omega-3 fats from flax, chia, walnuts, olive oil, and fatty fish are among the most studied anti-inflammatory nutrients.
- 03** **Steady your blood sugar**
Pair fiber, protein, and fat to avoid sugar spikes. Steady blood sugar means steady energy and less inflammation.
- 04** **Keep it whole**
Minimize refined sugars and ultra-processed foods. The simpler and closer to whole, the better your body responds.

A note on hydration: Start each morning with a glass of water before your coffee. Add lemon or ginger if you like — both are gentle and anti-inflammatory.

DAY ONE

Ease *in*

BREAKFAST

Anti-Inflammatory Berry Bowl

Layer coconut or Greek yogurt with wild blueberries, a spoon of chia and ground flax, and chopped walnuts. Finish with cinnamon and a small drizzle of raw honey.

Yogurt · blueberries · chia · flax · walnuts · cinnamon

LUNCH

Big Green Bowl with Olive Oil & Lemon

Mixed greens, roasted sweet potato, chickpeas, cucumber, and avocado. Dress simply with extra-virgin olive oil, lemon, salt, and pepper.

Greens · sweet potato · chickpeas · avocado · olive oil

DINNER

Baked Salmon with Greens

A simple fillet of salmon baked with olive oil and herbs, served over sautéed spinach and a side of quinoa. Rich in the omega-3s your body loves.

Salmon · spinach · quinoa · olive oil · herbs

DAY TWO

Find your *rhythm*

BREAKFAST

Golden Turmeric Oats

Rolled oats simmered with your milk of choice, a pinch of turmeric, ginger, and cinnamon. Top with berries and a spoonful of almond butter.

Oats · turmeric · ginger · cinnamon · berries · almond butter

LUNCH

Rainbow Veggie & Lentil Salad

Cooked lentils tossed with shredded carrot, red cabbage, bell pepper, parsley, and pumpkin seeds. Olive oil and lemon to finish.

Lentils · carrot · cabbage · pepper · pumpkin seeds

DINNER

Ginger Chicken & Broccoli

Chicken and broccoli stir-fried in olive oil with fresh ginger and garlic, served over brown rice. Warming, simple, and satisfying.

Chicken · broccoli · ginger · garlic · brown rice

Feel the *difference*

BREAKFAST

Green Anti-Inflammatory Smoothie

Blend a handful of spinach, half an avocado, frozen berries, ground flaxseed, and coconut milk. Creamy, energizing, and you won't taste the greens.

Spinach · avocado · berries · flax · coconut milk

LUNCH

Mediterranean Plate

Hummus, cucumber, tomato, olives, a hard-boiled egg, and a drizzle of olive oil. A no-cook lunch that's effortlessly anti-inflammatory.

Hummus · cucumber · tomato · olives · egg · olive oil

DINNER

Roasted Veggie & White Bean Bowl

Roasted zucchini, peppers, and red onion over white beans and greens, finished with olive oil and fresh herbs. A gentle, grounding end to your reset.

Zucchini · peppers · white beans · greens · herbs



What *now*?

You just gave your body three days of nourishing, anti-inflammatory meals. Notice how you feel — your energy, your digestion, your mood. That's your starting point.

The next step is making this personal: meals and plans built around *your* body, your goals, and exactly how you want to feel.

That's what Vitalize is for.

Personalized meal plans, recipes, supplements, and wellness guidance — all in one place. Join the waitlist to be first when we open the doors.

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