

Bonus Companion for Tai Chi for Weight Loss

Anti-Inflammatory Foods Guide

A practical food companion to support joint comfort, recovery, energy, and a more sustainable weight-loss journey.

This guide is designed to complement a gentle Tai Chi routine. It does not ask readers to follow a complicated diet. Instead, it shows them how to choose simple foods that may help reduce dietary inflammation, support overall wellness, and make movement feel better and more sustainable.

Why this bonus has real value

People who turn to Tai Chi for weight loss are often also dealing with stiffness, low energy, joint discomfort, stress, or poor recovery. Food choices can influence how the body feels day to day. When readers eat in a way that supports steadier energy and less overall inflammation from ultra-processed habits, they may find it easier to move consistently, recover better, and stay engaged with the program.

The purpose of this guide: to make healthy eating feel simpler, less overwhelming, and more connected to the reader's real goal — moving well enough, and consistently enough, to support long-term fat loss.

How to use this guide

Use it for...	How it helps	What to do
Meal planning	Gives a short list of better staple foods to keep on hand	Pick 2–3 foods from each category for the week
Reducing decision fatigue	Makes healthy choices easier when time or energy is low	Use the sample pairings and simple swaps below
Supporting your Tai Chi routine	Encourages food choices that pair well with consistent low-impact movement	Focus on progress, not perfection, and improve one meal at a time

Important note

This guide is educational and general in nature. It is not a medical meal plan, diagnosis, or treatment guide. Readers with medical conditions, allergies, or dietary restrictions should adapt it to their needs and seek professional guidance where appropriate.

Core Foods to Emphasize

Food group	Examples	Why it can help	Easy way to use it
Colorful vegetables	Leafy greens, broccoli, carrots, peppers, tomatoes	Add fiber, nutrients, and volume to meals without excessive calories	Fill half your plate with vegetables at lunch or dinner
Berries and fruits	Blueberries, strawberries, cherries, oranges, apples	Provide fiber and plant compounds that support a balanced eating pattern	Add to breakfast, yogurt, or a simple snack
Healthy fats	Olive oil, avocado, nuts, seeds	Can improve satiety and make meals more satisfying	Use modest portions to flavor meals and reduce overeating
Protein-rich foods	Eggs, Greek yogurt, beans, lentils, fish, chicken, tofu	Support fullness, recovery, and muscle maintenance during weight loss	Include a protein source in each main meal
Omega-3 sources	Salmon, sardines, chia seeds, flaxseeds, walnuts	Helpful as part of an overall balanced, anti-inflammatory eating pattern	Add fish 1–2 times weekly or sprinkle seeds into oats or yogurt
Whole grains	Oats, quinoa, brown rice, barley	Provide longer-lasting energy than many highly refined options	Swap refined grains for whole grains when practical
Flavor boosters	Turmeric, ginger, garlic, cinnamon, herbs	Make healthy food more appealing without relying on heavy sauces	Use in soups, stir-fries, roasted vegetables, or tea

Foods to reduce more often

Food type	Why reducing it may help	Simple swap
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Sugary drinks	Can increase calorie intake quickly without much fullness	Replace with water, sparkling water, or unsweetened tea
Ultra-processed snack foods	Often encourage overeating and provide low satiety	Swap for fruit, yogurt, nuts, or hummus with vegetables
Highly refined carbs in large portions	May leave energy feeling less steady for some readers	Choose oats, potatoes, quinoa, or brown rice more often
Heavy fried foods	Can make meals more calorie-dense and harder to recover from	Try baked, grilled, roasted, or air-fried versions
Constant “treat grazing”	Makes it harder to notice hunger and fullness cues	Plan treats intentionally instead of eating them automatically

Simple anti-inflammatory meal-building formula

Readers do not need a perfect diet. A practical plate is enough:

Build the meal with...	Examples
1 protein source	Eggs, fish, chicken, tofu, beans, lentils, yogurt
2 plant foods	Vegetables, fruit, herbs, leafy greens, beans
1 smart carb	Oats, sweet potato, quinoa, brown rice, fruit, beans
1 healthy fat	Olive oil, avocado, seeds, nuts

Three easy ways to get started this week

- **Upgrade breakfast:** Choose protein + fiber, such as Greek yogurt with berries, or oatmeal with chia seeds and fruit.
- **Improve one daily meal:** Add a bigger serving of vegetables and a clear protein source to either lunch or dinner.
- **Replace one low-value snack:** Swap chips or sweets with fruit, yogurt, nuts, or a boiled egg.

How this guide works with the main book

Tai Chi supports weight loss best when readers can move regularly and recover well. This guide helps create the food environment that makes that easier. Think of the system like this:

Main book and routines	This foods guide
Encourages daily movement, stress reduction, and steady calorie burn	Supports energy, satiety, and a body that feels better moving every day
Builds the physical habit	Supports the eating habit that makes the routine easier to sustain

Best reader takeaway

This bonus works because it keeps nutrition simple. Instead of chasing perfection, readers learn to make a few better food choices that help them feel better, move more comfortably, and stay with the program long enough to see results.

In other words: gentle movement plus smarter food choices creates better synergy than either one alone.