

Week of ANTI-INFLAMMATORY RICH MEALS

BREAKFAST

- YOGURT OR KEFIR YOGURT WITH HONEY, BERRIES, GRAIN FREE GRANOLA
- BONE BROTH LATTE + 1/2 AVOCADO WITH DICED CUCUMBER & RED ONION
- 2- 3 PALEO EGG WRAPS EACH FILLED WITH SAUERKRAUT OR SALSA
- TURMERIC TEA LATTE WITH OVERNIGHT BLUEBERRY OATMEAL
- FRUIT KVASS WITH TURMERIC SCRAMBLED EGGS
- TURMERIC TEA LATTE WITH CINNAMON ROASTED SQUASH
- CHAI SPICED BANANA SMOOTHIE BOWL
- SAUERKRAUT



LUNCH

- VEGAN CREAMY ROASTED CAULIFLOWER SOUP WITH PALEO CRACKERS
- NO MAYO CHICKEN SALAD BOWL (KETO)
- DANDAN ZUCCHINI NOODLES CUPS (KETO AND VEGAN OPTION)
- VEGAN SPRING ROLL RECIPE WITH GINGER CURRY DIPPING SAUCE
- MOROCCAN STYLE SALAD WITH CHICKPEAS AND QUINOA
- GREEK CAULIFLOWER SALAD BOWLS



DINNER

- VEGAN/VEGETARIAN OPTIONS INCLUDED:
- PAN SEARED SALMON WITH AVOCADO GREMOLATA AND VEGGIES
 - CHINESE CAULIFLOWER FRIED RICE CASSEROLE
 - HONEY LIME CILANTRO BAKED SHRIMP WITH STEAMED QUINOA OR CAULIFLOWER RICE
 - TOASTED PINE NUT AND LEEK QUINOA SALAD WITH OPTIONAL PROTEIN
 - ZA'ATAR CHICKEN BOWLS WITH TOMATO AND CUCUMBER RAITA
 - PALEO FAJITA STEAK SOUP WITH HOMEMADE VEGGIE CHIPS



SNACK/DRINK OPTIONS

- ADD TO MEAL OR ENJOY BY THEMSELVES:
- BONE BROTH LATTE OR BONE BROTH TO SIP ON
 - DARK CHOCOLATE APRICOT BITES
 - DETOXIFYING GREEN SMOOTHIE FOR HEALTHY DIGESTION
 - TURMERIC PINEAPPLE MORNING COCKTAIL



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CRUNCH

Quick Anti Inflammatory Diet Step Plan For Workers 2501

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Quick Anti Inflammatory Diet Step Plan For Workers 2501:

Enjoying the Song of Appearance: An Mental Symphony within **Quick Anti Inflammatory Diet Step Plan For Workers 2501**

In some sort of consumed by displays and the ceaseless chatter of quick interaction, the melodic beauty and mental symphony developed by the prepared word often fade in to the back ground, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, set within the pages of **Quick Anti Inflammatory Diet Step Plan For Workers 2501** a wonderful literary prize full of fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, this interesting masterpiece conducts viewers on an emotional journey, skillfully unraveling the hidden melodies and profound impact resonating within each carefully constructed phrase. Within the depths with this poignant evaluation, we shall explore the book is key harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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