

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

cotter
CRUNCH

How To Start Anti Inflammatory Diet Step Plan For Creators 10681

J Spring



How To Start Anti Inflammatory Diet Step Plan For Creators 10681:

Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **How To Start Anti Inflammatory Diet Step Plan For Creators 10681**

In a world inundated with screens and the cacophony of quick interaction, the profound energy and psychological resonance of verbal art often fade in to obscurity, eclipsed by the regular barrage of noise and distractions. Yet, situated within the musical pages of **How To Start Anti Inflammatory Diet Step Plan For Creators 10681**, a fascinating function of literary beauty that pulses with natural feelings, lies an unforgettable journey waiting to be embarked upon. Composed with a virtuoso wordsmith, this magical opus books visitors on a mental odyssey, gently exposing the latent potential and profound influence embedded within the complicated web of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is central styles, dissect its charming publishing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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