

# 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 For Moms 20349

**EW Minium**



## **How To Start Anti Inflammatory Diet For Moms 20349:**

## Embracing the Melody of Term: An Emotional Symphony within **How To Start Anti Inflammatory Diet For Moms 20349**

In a world taken by screens and the ceaseless chatter of fast communication, the melodic splendor and mental symphony produced by the written word frequently disappear into the backdrop, eclipsed by the constant sound and disturbances that permeate our lives. However, nestled within the pages of **How To Start Anti Inflammatory Diet For Moms 20349** an enchanting literary prize filled with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, this interesting masterpiece conducts viewers on a psychological journey, skillfully unraveling the hidden tunes and profound affect resonating within each cautiously crafted phrase. Within the depths with this poignant evaluation, we shall discover the book is main harmonies, analyze their enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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