

# 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

# Trending Anti Inflammatory Diet Step Plan For Experts 9468

**Patrick Vollmar**



**Trending Anti Inflammatory Diet Step Plan For Experts 9468:**

## Whispering the Secrets of Language: An Psychological Journey through **Trending Anti Inflammatory Diet Step Plan For Experts 9468**

In a digitally-driven world where monitors reign supreme and instant communication drowns out the subtleties of language, the profound secrets and mental subtleties hidden within words usually go unheard. However, nestled within the pages of **Trending Anti Inflammatory Diet Step Plan For Experts 9468** a captivating fictional value pulsating with raw emotions, lies an extraordinary journey waiting to be undertaken. Written by an experienced wordsmith, this marvelous opus invites viewers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within the very fabric of each word. Within the mental depths with this touching review, we can embark upon a heartfelt exploration of the book is key styles, dissect their fascinating publishing model, and yield to the effective resonance it evokes heavy within the recesses of readers hearts.

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