



# ANTI-INFLAMMATORY

## 7 DAY PRINTABLE

*meal plan  
shopping list  
recipes*



Health Beet

<b>SUN</b>	Turkey, Cucumbers, Carrots and Peppers	Banana	with Sweet Potato Fries and Fresh Cucumber Slices	1 oz Pumpkin Seeds	Broccoli with Mixed Seeds and Spinach
<b>MON</b>	1 slice Vegan Avocado Tofu Toast	1 3/4 cup Cinnamon Roasted Sweet Potato Fries	1 3/4 cup Sweet Potato Ground Beef Stew with Tomato	1 oz Sunflower seeds	2 cups Chicken and Mushroom over Cauliflower Rice
<b>TUE</b>	1 slice Vegan Avocado Tofu Toast	1 cup Plain Soy Yogurt Sunflower Seeds	2 cups Chicken and Mushroom over Cauliflower Rice	3/4 cup Cinnamon Roasted Sweet Potato Fries	1 3/4 cup One-pan chicken Breast, Carrots, and Quinoa
<b>WED</b>	1 cup Plain Soy Yogurt 1 handful Blueberries	1 medium Pear	1 3/4 cup Baked Garlic Salmon and Zucchini	1 cup Plain Soy Yogurt 4 tbsp Flaxseed, ground	2 servings Air Fried Lemon Salmon with Potatoes and Zucchini
<b>THU</b>	1 slice Vegan Avocado Tofu Toast	1 cup Plain Soy Yogurt 1 oz Sunflower Seeds	2 cups Chicken and Mushroom over Cauliflower Rice	2 medium Plum	1 3/4 cup Vegan Seitan Bolognese
	1 3/4 cup Vegan Breakfast Potatoes		1 3/4 cup Vegan		1 serving Herbed Baked Codfish with

# Expert Anti Inflammatory Diet Step Plan

**L Cohen**



## **Expert Anti Inflammatory Diet Step Plan:**

## **Expert Anti Inflammatory Diet Step Plan** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Expert Anti Inflammatory Diet Step Plan**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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### **Expert Anti Inflammatory Diet Step Plan Introduction**

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