

# 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

# Affordable Anti Inflammatory Diet Step Plan 26177

**H Kauffman**



**Affordable Anti Inflammatory Diet Step Plan 26177:**

This book delves into Affordable Anti Inflammatory Diet Step Plan 26177. Affordable Anti Inflammatory Diet Step Plan 26177 is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Affordable Anti Inflammatory Diet Step Plan 26177, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Affordable Anti Inflammatory Diet Step Plan 26177
    - Chapter 2: Essential Elements of Affordable Anti Inflammatory Diet Step Plan 26177
    - Chapter 3: Affordable Anti Inflammatory Diet Step Plan 26177 in Everyday Life
    - Chapter 4: Affordable Anti Inflammatory Diet Step Plan 26177 in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, the author will provide an overview of Affordable Anti Inflammatory Diet Step Plan 26177. The first chapter will explore what Affordable Anti Inflammatory Diet Step Plan 26177 is, why Affordable Anti Inflammatory Diet Step Plan 26177 is vital, and how to effectively learn about Affordable Anti Inflammatory Diet Step Plan 26177.
  3. In chapter 2, the author will delve into the foundational concepts of Affordable Anti Inflammatory Diet Step Plan 26177. This chapter will elucidate the essential principles that need to be understood to grasp Affordable Anti Inflammatory Diet Step Plan 26177 in its entirety.
  4. In chapter 3, the author will examine the practical applications of Affordable Anti Inflammatory Diet Step Plan 26177 in daily life. The third chapter will showcase real-world examples of how Affordable Anti Inflammatory Diet Step Plan 26177 can be effectively utilized in everyday scenarios.
  5. In chapter 4, the author will scrutinize the relevance of Affordable Anti Inflammatory Diet Step Plan 26177 in specific contexts. The fourth chapter will explore how Affordable Anti Inflammatory Diet Step Plan 26177 is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Affordable Anti Inflammatory Diet Step Plan 26177. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Affordable Anti Inflammatory Diet Step Plan 26177.

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