

# 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

# Simple Anti Inflammatory Diet Ideas

**ML Yell**



## **Simple Anti Inflammatory Diet Ideas:**

## Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Simple Anti Inflammatory Diet Ideas**

In some sort of inundated with displays and the cacophony of immediate communication, the profound energy and emotional resonance of verbal beauty usually fade in to obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, nestled within the lyrical pages of **Simple Anti Inflammatory Diet Ideas**, a charming perform of literary elegance that impulses with organic feelings, lies an memorable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that magical opus courses readers on a psychological odyssey, gently exposing the latent possible and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is central subjects, dissect its captivating publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

<https://db1.greenfirefarms.com/book/detail/HomePages/ultimate%20anti%20inflammatory%20diet%20explained.pdf>

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