

# 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

# Quick Anti Inflammatory Diet For Students For Workers

**Annelies Wilder-Smith**



## **Quick Anti Inflammatory Diet For Students For Workers:**

## Whispering the Techniques of Language: An Emotional Quest through **Quick Anti Inflammatory Diet For Students For Workers**

In a digitally-driven earth where monitors reign great and immediate connection drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within phrases usually go unheard. Yet, located within the pages of **Quick Anti Inflammatory Diet For Students For Workers** a interesting literary value blinking with fresh thoughts, lies an extraordinary journey waiting to be undertaken. Composed by a talented wordsmith, that marvelous opus invites viewers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within ab muscles fabric of each and every word. Within the psychological depths of the emotional evaluation, we shall embark upon a honest exploration of the book is core themes, dissect their charming writing model, and yield to the strong resonance it evokes strong within the recesses of readers hearts.

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