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 2025 For Workers

Thirumalaisamy P. Velavancorresponding

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