

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 FILLED 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

Inflammation Diet For Beginners 100 Essential Anti Inflammatory Diet Recipes

Lingjun Ying



Inflammation Diet For Beginners 100 Essential Anti Inflammatory Diet Recipes:

Decoding **Inflammation Diet For Beginners 100 Essential Anti Inflammatory Diet Recipes**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Inflammation Diet For Beginners 100 Essential Anti Inflammatory Diet Recipes**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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