

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

Why Anti Inflammatory Diet Ideas For Students

Julia Schneider



Why Anti Inflammatory Diet Ideas For Students:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Why Anti Inflammatory Diet Ideas For Students**

In a world inundated with screens and the cacophony of fast transmission, the profound power and emotional resonance of verbal art frequently diminish into obscurity, eclipsed by the continuous barrage of noise and distractions. Yet, situated within the lyrical pages of **Why Anti Inflammatory Diet Ideas For Students**, a charming perform of literary elegance that pulses with fresh emotions, lies an memorable journey waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that interesting opus courses viewers on a psychological odyssey, lightly exposing the latent potential and profound influence stuck within the complex web of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is main themes, dissect its captivating writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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