

Anti-Inflammatory Weekly Meal Planner & Gut-Health

AEGEAN COBALT & SUN VILLA EDITION PDF

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dinner							
Prep							
Breakfast							

Treat meal

Prep ahead

Water

Leftovers

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Grocery list

- [ ] Chickpeas
- [ ] Kale
- [ ] Herbs
- [ ] Sweet potato
- [ ] Feta
- [ ] Spinach
- [ ] Brown rice
- [ ] Ginger
- [ ] Tahini
- [ ] Pears
- [ ] Chicken thighs
- [ ] Garlic
- [ ] Salmon
- [ ] Olive oil
- [ ] Quinoa
- [ ] Tofu
- [ ] Tuna
- [ ] Almonds
- [ ] Sourdough
- [ ] Cucumber

Dairy	Produce

Protein	Bakery