Anti-Inflammatory Weekly Meal Planner & Gut-Health

AMETHYST & TANGERINE COZY EDITION PDF

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dessert							
Lunch							
Breakfast							

Leftovers

Treat meal

Prep ahead

Water

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GROCERY LIST

- [ ] Tahini
- [ ] Lemons
- [ ] Apples
- [ ] Quinoa
- [ ] Broccoli
- [ ] Kimchi
- [ ] Olive oil
- [ ] Zucchini
- [ ] Herbs
- [ ] Eggs
- [ ] Blueberries
- [ ] Cucumber
- [ ] Spinach
- [ ] Greek yoghurt
- [ ] Chickpeas
- [ ] Chicken thighs
- [ ] Pumpkin seeds
- [ ] Almonds
- [ ] Berries
- [ ] Salmon

Drinks

Produce

Pantry

Snacks