Anti-Inflammatory Weekly Meal Planner & Gut-Health

CORAL & EMERALD BOTANICAL EDITION PDF



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast							
Prep							
Lunch							
Dinner							

Treat meal

Prep ahead

Water

Leftovers



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GROCERY LIST

- [ ] Olive oil
- [ ] Sourdough
- [ ] Zucchini
- [ ] Miso
- [ ] Tofu
- [ ] Berries
- [ ] Lentils
- [ ] Sardines
- [ ] Spinach
- [ ] Beans
- [ ] Eggs
- [ ] Garlic
- [ ] Broccoli
- [ ] Cottage cheese
- [ ] Chickpeas
- [ ] Brown rice
- [ ] Tomatoes
- [ ] Ginger
- [ ] Greek yoghurt
- [ ] Chicken thighs

Bakery

Produce

Spices

Pantry