

Anti-Inflammatory Weekly Meal Planner & Gut-Health

ELECTRIC VIOLET & ROSE BOOKISH EDITION PDF

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dinner							
Lunch							
Snack							
Breakfast							

Water

Prep ahead

Leftovers

Treat meal

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GROCERY LIST

- ◇ Chickpeas
- ◇ Quinoa
- ◇ Chicken thighs
- ◇ Beans
- ◇ Miso
- ◇ Apples
- ◇ Lemons
- ◇ Blueberries
- ◇ Sourdough
- ◇ Turmeric
- ◇ Salmon
- ◇ Tomatoes
- ◇ Herbs
- ◇ Avocado
- ◇ Garlic
- ◇ Oats
- ◇ Kimchi
- ◇ Pears
- ◇ Walnuts
- ◇ Kale

Pantry

Produce

Frozen

Bakery