Anti-Inflammatory Weekly Meal Planner & Gut-Health

HOT PEONY & MINT MATCHA EDITION PDF

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dinner							
Lunch							
Prep							
Breakfast							

Water

Prep ahead

Leftovers

Treat meal



Anti-Inflammatory Weekly Meal Planner & Gut-Health

HOT PEONY & MINT MATCHA EDITION PDF

GROCERY LIST

- [ ] Tahini
- [ ] Chickpeas
- [ ] Oats
- [ ] Beans
- [ ] Broccoli
- [ ] Kale
- [ ] Kimchi
- [ ] Almonds
- [ ] Eggs
- [ ] Cottage cheese
- [ ] Chicken thighs
- [ ] Spinach
- [ ] Blueberries
- [ ] Lemons
- [ ] Ginger
- [ ] Pears
- [ ] Herbs
- [ ] Walnuts
- [ ] Pumpkin seeds
- [ ] Quinoa

Pantry

Dairy

Household

Frozen