Anti-Inflammatory Weekly Meal Planner & Gut-Health

INDIGO & ZINNIA MIDNIGHT EDITION PDF

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Prep							
Dessert							
Lunch							

Leftovers

Prep ahead

Treat meal

Water

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GROCERY LIST

- ◇ Sardines
- ◇ Quinoa
- ◇ Sweet potato
- ◇ Salmon
- ◇ Chickpeas
- ◇ Turmeric
- ◇ Miso
- ◇ Tahini
- ◇ Tuna
- ◇ Kimchi
- ◇ Pumpkin seeds
- ◇ Kale
- ◇ Cottage cheese
- ◇ Avocado
- ◇ Blueberries
- ◇ Chicken thighs
- ◇ Spinach
- ◇ Lemons
- ◇ Eggs
- ◇ Apples

Drinks

Household

Produce

Bakery