Anti-Inflammatory Weekly Meal Planner & Gut-Health

JUNGLE LEAF & ORCHID WELLNESS EDITION PDF



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lunch							
Dinner							
Prep							

Leftovers

Treat meal

Prep ahead

Water



Anti-Inflammatory Weekly Meal Planner & Gut-Health

JUNGLE LEAF & ORCHID WELLNESS EDITION PDF

GROCERY LIST

- ○ Eggs
- ○ Chicken thighs
- ○ Oats
- ○ Berries
- ○ Chickpeas
- ○ Zucchini
- ○ Tahini
- ○ Broccoli
- ○ Olive oil
- ○ Lemons
- ○ Ginger
- ○ Almonds
- ○ Kimchi
- ○ Walnuts
- ○ Herbs
- ○ Kale
- ○ Sardines
- ○ Blueberries
- ○ Sourdough
- ○ Salmon

Bakery

Drinks

Produce

Spices