

Anti-Inflammatory Weekly Meal Planner & Gut-Health

MARIGOLD & BERRY HARVEST EDITION PDF

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Prep							
Snack							
Dinner							

Water

Prep ahead

Treat meal

Leftovers



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GROCERY LIST

- ○ Kimchi
- ○ Chicken thighs
- ○ Cottage cheese
- ○ Lemons
- ○ Broccoli
- ○ Chickpeas
- ○ Sweet potato
- ○ Turmeric
- ○ Sardines
- ○ Cucumber
- ○ Quinoa
- ○ Zucchini
- ○ Greek yoghurt
- ○ Garlic
- ○ Kale
- ○ Berries
- ○ Herbs
- ○ Olive oil
- ○ Miso
- ○ Sourdough

Spices

Produce

Dairy

Protein