Anti-Inflammatory Weekly Meal Planner & Gut-Health

ROYAL SAPPHIRE & CORAL LIBRARY EDITION PDF

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Snack							
Breakfast							
Dessert							

Water

Prep ahead

Leftovers

Treat meal

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GROCERY LIST

- [ ] Tahini
- [ ] Miso
- [ ] Almonds
- [ ] Spinach
- [ ] Lemons
- [ ] Tuna
- [ ] Herbs
- [ ] Beans
- [ ] Pears
- [ ] Greek yoghurt
- [ ] Berries
- [ ] Feta
- [ ] Quinoa
- [ ] Pumpkin seeds
- [ ] Tofu
- [ ] Sweet potato
- [ ] Salmon
- [ ] Garlic
- [ ] Turmeric
- [ ] Chicken thighs

Protein

Pantry

Produce

Spices