

Anti-Inflammatory Weekly Meal Planner & Gut-Health

TANGERINE & TEAL CITRUS EDITION PDF

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dessert							
Dinner							
Lunch							
Snack							

Treat meal

Water

Prep ahead

Leftovers

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GROCERY LIST

- Miso
- Cottage cheese
- Kimchi
- Spinach
- Lemons
- Sardines
- Avocado
- Berries
- Quinoa
- Pears
- Sourdough
- Blueberries
- Olive oil
- Brown rice
- Apples
- Tahini
- Broccoli
- Kale
- Tofu
- Eggs

Bakery

Dairy

Produce

Spices