

ANTI-INFLAMMATORY WEEKLY MEAL PLANNER

MONDAY	BREAKFAST	<u>Golden Milk Overnight Oats</u>
	LUNCH	<u>Chicken Enchilada</u> <u>Cauliflower Rice bowls</u>
	DINNER	<u>Turkey Meatballs with Sauce</u>
TUESDAY	BREAKFAST	<u>Golden Milk Overnight Oats</u>
	LUNCH	<u>Chicken Enchilada</u> <u>Cauliflower Rice bowls</u>
	DINNER	<u>Chicken Stir fru</u>
WEDNESDAY	BREAKFAST	<u>Golden Milk Overnight Oats</u>
	LUNCH	<u>Chicken Enchilada</u> <u>Cauliflower Rice bowls</u>
	DINNER	<u>One Pan Sausage & Veggies</u>
THURSDAY	BREAKFAST	<u>Power Smoothie</u>
	LUNCH	<u>Avocado Cucumber Tomato</u> <u>Salad w/ Hardboiled eggs</u>
	DINNER	Left Overs
FRIDAY	BREAKFAST	<u>Power Smoothie</u>
	LUNCH	<u>Chicken Enchilada</u> <u>Cauliflower Rice bowls</u>
	DINNER	<u>Chicken Pizza</u>
SATURDAY	BREAKFAST	<u>Chicken & Apple Sausage</u> <u>w/ Eggs</u>
	LUNCH	<u>Avocado Cucumber Tomato</u> <u>Salad w/ Hardboiled eggs</u>
	DINNER	<u>Greek Turkey Burgers</u>
SUNDAY	BREAKFAST	<u>Power Smoothie</u>
	LUNCH	<u>Avocado Cucumber Tomato</u> <u>Salad w/ Hardboiled eggs</u>
	DINNER	Left Overs

12oz Sausage
2.25 # Ground Turkey
1 # ground Chicken
1.5 # Chicken Breasts
Eggs
Parmesan Cheese
Mozzarella Cheese
Coconut Milk
Greek yogurt (vanilla)
OJ
Frozen Blueberries
Frozen Cilantro Lime Cauliflower Rice
Corn
WG Pasta
8z Enchilada Sauce
Black Beans
Black Olives
Tomato Sauce
Navy Beans
Bread Crumbs
Tangy Vinaigrette
Pizza Crust
Buns

Italian Seasoning
Turmeric
Cardamom
Ginger
Cinamon
Black Pepper
Coconut Oil
Maple Syrup
EVOO
Chai Seeds
Oats
Thyme
Oregano
Salt
Garlic powder
Chilli Powder
Cumin
Acoocado Oil
Red Pepper flakes

13c Button Mushrooms
Cherry Tomatoes
Blueberries
Banana
Spinach
Parsley
Lime
Cilantro
Carrots
Cucumber
Lettuce
Red Onion
Broccoli
Brussel Sprouts
Zucchini
Garlic
Avocado