Anti-Inflammatory Recipe Pack (3–5 Easy-to-Make Meals)

1. Turmeric-Spiced Chicken & Veggie Skillet  
 - Chicken breast, bell peppers, zucchini, and onions sautéed with anti-inflammatory turmeric, garlic, and ginger.  
   
2. Miso Soup with Tofu & Seaweed  
 - A light miso broth, tofu, seaweed, and a touch of garlic for digestive health and gut soothing.  
   
3. Roasted Salmon with Lemon & Dill  
 - Rich in omega-3s, salmon is roasted with lemon, dill, and garlic to reduce inflammation and support brain and gut health.  
  
4. Quinoa & Black Bean Salad with Lime Vinaigrette  
 - Quinoa, black beans, avocado, and cilantro with a lime dressing to boost gut health with fiber and antioxidants.