



# **Anti-Inflammatory Diet in 21: 100 Recipes, 5 Ingredients, and 3 Weeks to Fight Inflammation**

*Sondi Bruner*

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## **The Life-Changing Anti-Inflammatory Diet and Meal Plan To Restore Your Health?With Five Ingredients or Fewer**

Holistic nutritionist Sondi Bruner puts you on the path to good health by showing you how to reduce inflammation by following an anti-inflammatory diet. Keep it simple, satisfying, and healthy with Bruner's five-ingredient, inflammation-fighting recipes.

*The Anti-Inflammatory Diet in 21* is an indispensable anti-inflammatory diet cookbook and meal plan with one goal: to transition you to a healthier lifestyle that supports your immune system. Discover how an autoimmune diet can be easy, convenient and filled with variety and flavor.

*The Anti-Inflammatory Diet in 21* preps you, with:

- Over 100 simple, delicious inflammation-fighting recipes, like Quinoa Flatbread Pizza
- A 21-day meal plan to eliminate inflammation-causing triggers and reintroduce nourishing foods
- Recipe labels for dietary restrictions (vegan, gluten free, soy free, nut free, and more)
- Lifestyle & dietary tips to promote healthy habits and soothe chronic inflammation

*The Anti-Inflammatory Diet in 21* gets you on track to support your health goals, control your inflammation, and still eat foods you enjoy.

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