



EZ Healthy Eats

Anti-Inflammatory Recipes & Family Wellness

Recipe Card

Recipe Title:

One-line description:

Ingredients:

- ☐ Protein (e.g., salmon, chickpeas, turkey)
- ☐ Vegetables (e.g., broccoli, sweet potato, spinach)
- ☐ Whole grains/starch (e.g., quinoa, brown rice, oats)
- ☐ Healthy fat (e.g., olive oil, avocado, nuts/seeds)
- ☐ Herbs & spices (e.g., turmeric, basil, ginger, lemon juice)

Directions:

Family-Friendly Tips:

Storage & Meal Prep:

Nutrition Highlights (Optional):

Notes & Variations:

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