



THE ULTIMATE

Anti-Inflammatory

Grocery List

01



Grains

- Quinoa
- Brown/Wild Rice
- Millet
- Buckwheat
- Oats
-

02



Protein

- Fatty Fish - Wild Alaskan Salmon, Wild Alaskan Black Cod
- Sardines
- Soy - Edamame, Tofu
- Lentils
- Legumes - Chickpeas, Black Beans, Kidney Beans
- Eggs

03



Nuts/Seeds

- Tree Nuts - Almonds, Walnuts
- Seeds - Pumpkin Seeds, Sunflower Seeds
- Super Seeds - Ground Flax, Chia Seeds
- Nut Butters - Tahini, Almond, Peanut

04



Oils/Fats

- Extra-virgin Olive Oil
- Avocado Oil/ Avocados
- Flax Seed Oil
- Walnut Oil

05



Spices

- Ginger
- Turmeric
- Cinnamon
- Apple Cider Vinegar
- Dried Herbs
- Fresh Herbs
- Garlic

06



Teas

- Green Tea & Matcha Tea
- Herbal Teas
- White Teas
- Oolong Teas
- Kombucha Teas

07



Vegetables

- Tomatoes
- Leafy Greens - Kale, Spinach, Collard Greens
- Broccoli, Cauliflower, Brussel Sprouts
- Beets
- Mushrooms

08



Fruits

- Berries
- Citrus Fruit
- Cherries
- Watermelon

09



Fermented Foods

- Yogurt
- Kefir
- Tempeh
- Miso
- Kim Chi

10



Sweeteners

- Maple Syrup
- Honey
- Plain Dark Chocolate
-



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