

Anti-Inflammatory Diet Basics:

- Avoid or Eliminate: Dairy, Red Meat, Refined Sugars, Avoid: Processed Foods, Fried Foods, Refined Carbohydrates, Sweetened Beverages
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- Utilize Anti-Inflammatory spices in your meals at least 1X per day.
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- Eat Hormone Free Meats, plenty of fresh vegetables and fruit. For fruits and veggies if it is thin skinned (i.e. blueberries) buy organic if possible. Always rinse fruit and veggies before eating/prepping.

Grocery List Basics:

Spices/Supplies:

- Turmeric**
- Ginger (fresh root form, ground spice or ginger paste)**
- Garlic (fresh or minced)**
- cinnamon
- rosemary
- sage
- thyme
- cloves
- extra virgin olive oil**
- coconut oil
- bone broth

Proteins: (Preferably Hormone/Antibiotic Free)

- Chicken**
- Salmon**
- Shrimp**
- Eggs**
- Fish

Nuts/Seeds: (Avoid Peanuts/Peanut Butter)

- ground flax, hemp or chia seed (can be sprinkled in oatmeal, cereal, salads or smoothies)
- Walnuts
- Almonds
- Pumpkin Seeds

Fruit: (If thin skinned preferably organic)

- blueberries
- avocado

- beets
 - pineapple
 - cherries
 - strawberries
 - raspberries
 - blackberries
 - tomato
- *You can eat other fruits as well*

Vegetables:

- Spinach
 - Kale
 - Broccoli
 - Cauliflower
 - Brussel Sprouts
 - Zucchini
 - Cabbage
 - Sweet Potatoes
 - Beets
 - Bok Choy
 - Swiss Chard
 - Mushrooms-Shitake or Portabella
- *You can eat other veggies as well*

Carbs:

- Oatmeal-Plain
- Whole Grain Breads or Wraps
- Jasmine or Brown Rice

Milk/Beverages:

- Unsweetened Almond or Coconut Milk
- Green Tea
- Ginger Tea
- Coffee

Fermented Foods:

- Saurkraut
- Miso