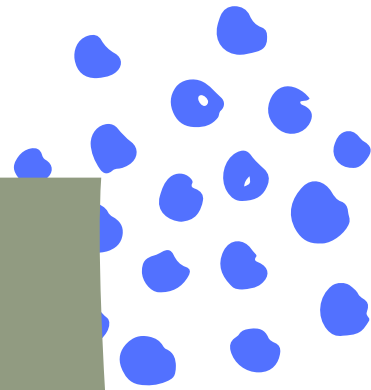# Anti-Inflammatory Grocery List, pg. 1

GRAINS (in moderation)
- Buckwheat
- Millet
- Whole Grain Oats
- Quinoa
- Brown/Black Rice

LEGUMES (in moderation)
- All Beans: Chickpea, Pinto, Black, Fava, Kidney, Lima, Navy, Soy
- Lentils

FATS/OILS
- Cold pressed Olive Oil
- Avocado Oil
- Avocado
- Ghee

DAIRY ALTERNATIVES
- Unsweetened, Non-Dairy Milk or Yogurt: Almond, Coconut, or Cashew

PROTEIN (choose wild-caught or pasture raised, grass fed meats)
- Salmon
- Cod
- Halibut
- Mackreal
- Sardines
- Trout
- Eggs
- Lamb
- Beef
- Bison
- Wild Game
- Chicken
- Tempeh
- Tofu

NUTS/SEEDS
- Walnuts
- Almonds
- Cashews
- Pecans
- Pistachios
- Flaxseeds
- Chia Seeds
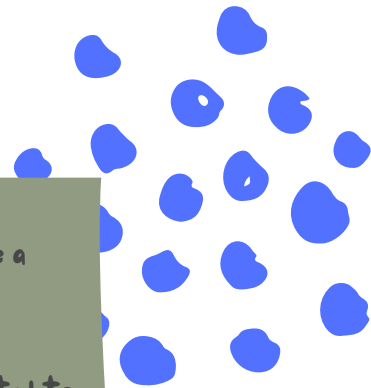- Sunflower Seeds
- Pumpkin Seeds
- Minimally Refined Nut/Seed Butters

VEGETABLES (up to 2/3 your plate, eat liberally, fresh or frozen & choose a variety of colors: green, white, red, purple, orange/yellow)

Examples include, but are not limited to:
- Mushrooms
- Chestnuts
- Artichokes
- Kale
- Onions
- Broccoli (and sprouts)
- Califlower
- Red Pepper
- Radish
- Purple Cabbage
- Beets
- Carrots
- Squash
- Arugula
- Lemon
- Bock Choy
- Eggplant
- Shallots
- Parsnips
- Pumpkin
- Jicama

Starchy Vegetables
(in moderation)

- Sweet Potato
- White Potato
- Purple Potato
- Corn
- Peas

Fruits (in moderation, choose a variety of colors)

Examples include but not limited to:

- Blueberries
- Blackberries
- Raspberries
- Strawberries
- Apples
- Plums
- Prunes
- Apricots
- Asian Pear
- Cantaloupe
- Watermelon

Spices/Herbs

- Turmeric
- Garlic
- Onion
- Ginger
- Cayenne
- Oregano
- Allspice
- Clove
- Mint
- Coriander
- Mustard
- Thyme
- Sage
- Rosemary
- Parsley
- Celery Seed
- Capers
- Basil
- Cinnamon
- Dill
- Caraway
- Red Pepper

Miscellaneous

- Cocoa/Dark Chocolate (>70%)
- Fish/Krill Oil
- Honey
- Maple Syrup

Notes

*Eat whole foods or minimally refined. Limit highly processed versions

**Chose organic and/or locally grown, in-season, as much as possible

***If there is a food you want to include that's not listed, consult with your nutritionist

****This is NOT a complete list, but rather a list to give you an idea of how to get started