DAILY ANTI-INFLAMMATORY CHECKLIST

Date: _____ Hydration Goal: 8+ Glasses [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

FOOD CATEGORY	OPTIMAL CHOICES	DAILY SERVINGS
Leafy Greens	Spinach, Kale, Swiss Chard, Arugula	
Cruciferous Veg	Broccoli, Cauliflower, Brussels Sprouts	
Berries & Fruit	Blueberries, Cherries, Strawberries, Citrus	
Healthy Fats	Avocado, Olive Oil, Walnuts, Chia Seeds	
Clean Protein	Salmon, Sardines, Tempeh, Lentils	
Anti-Inflammatory Spices	Turmeric (with black pepper), Ginger, Garlic	
Whole Grains	Quinoa, Brown Rice, Buckwheat, Oats	

DAILY REFLECTIONS / ENERGY LEVELS

Avoid: Processed sugars, Trans-fats, Excessive Caffeine, and Refined Carbohydrates.