

ANTI-INFLAMMATORY GUIDE

Clean Eating & Wellness Shopping Template

PRODUCE (VEGETABLES)

- Spinach, Kale & Swiss Chard
- Broccoli & Cauliflower
- Brussels Sprouts
- Sweet Potatoes
- Bell Peppers & Carrots
- Beets

PRODUCE (FRUITS)

- Blueberries & Raspberries
- Strawberries
- Cherries
- Oranges & Grapefruit
- Apples (with skin)
- Avocados

PROTEINS & OMEGA-3S

- Wild-caught Salmon
- Mackerel or Sardines
- Organic Tofu / Tempeh
- Free-range Eggs
- Lentils & Chickpeas
- Black Beans

HEALTHY FATS & SEEDS

- Extra Virgin Olive Oil
- Raw Walnuts & Almonds
- Chia & Flax Seeds
- Hemp Hearts
- Pumpkin Seeds
- Cashews

GRAINS

- Quinoa
- Brown Rice
- Steel Cut Oats
- Buckwheat

SPICES & HERBS

- Turmeric (with black pepper)

- Ginger (Fresh/Ground)
- Garlic & Onions
- Cinnamon

BEVERAGES

- Green Tea / Matcha
- Ginger Tea
- Bone Broth
- Filtered Water

Note: Focus on whole foods. Minimize processed sugars, trans fats, and refined carbohydrates.