

ANTI-INFLAMMATORY SHOPPING LIST

VEGETABLES

Spinach
Kale
Brussels sprouts
Onions
Garlic
Beets
Cucumber
Mushrooms
Olives
Avocado
Asparagus
Arugula
Pickles
...and more

PROTEIN

Try to buy grass-fed, antibiotic-free meats
Beef
Bison
Chicken
Pork/Uncured bacon
Turkey
Non-GMO tofu and tempeh
Lamb
Eggs
Nitrate-free deli meats

FRUITS

Blueberries*
Blackberries*
Raspberries*
Strawberries*
Cranberries*
Cherries
Green apples
Grapefruit
Lemons
Limes
All other fruits to be consumed in moderation

BEVERAGES

Kombucha
Coconut water
Spindrift brand sparkling water
Organic coffee*
Unsweetened tea

SWEETENERS

Pure maple syrup
Raw honey
Monk fruit
Coconut sugar
Stevia

OTHER

Primal Kitchen brand
Tessamae's brand
Coconut aminos***
Mustard
Avocado mayo
Apple cider vinegar
Sea salt
Herbs and spices
Salsa
Nutritional Yeast

FLOUR

Coconut
Almond
Tapioca
Buckwheat
Oat
Bob's Red Mill gluten-free blend
Cassava

NUTS & SEEDS

Almonds
Chia Seeds
Hemp Seeds
Macadamia
Pecans
Brazil nuts
Flax meal
Pumpkin Seeds
Pistachios
Walnuts
Sunflower seed butters
Nut butters (almond, cashew)

OILS

Coconut oil
Olive oil
Avocado oil
Ghee

DAIRY ALTERNATIVES

Almond milk
Coconut milk
Cashew yogurt
Oat milk
Miyoko's and KiteHill brand products

MOSTLY AVOID

Corn
White potatoes
Nightshades (bell peppers, tomatoes)

IN MODERATION

Beans
Starchy vegetables (squash, sweet potatoes)
Oats, quinoa, rice

**Highest in antioxidants and low glycemic index
**Buy high-altitude coffee as to avoid mold
***Similar to soy sauce