

Anti-Inflammatory Foods Shopping List

PROTEIN

MEAT (Organic, Grass-Fed is Best)	FISH (Wild Caught is Best)*	DAIRY (Organic or Raw is Best)
<input type="checkbox"/> Bison <input type="checkbox"/> Eggs <input type="checkbox"/> Beef <input type="checkbox"/> Chicken <input type="checkbox"/> Duck <input type="checkbox"/> Lamb <input type="checkbox"/> Turkey <input type="checkbox"/> Venison <input type="checkbox"/> Elk <input type="checkbox"/> Veal <input type="checkbox"/> Luncheon Meat Nitrite-Free	<input type="checkbox"/> Trout <input type="checkbox"/> Sardines <input type="checkbox"/> Cod <input type="checkbox"/> Salmon <input type="checkbox"/> Tilapia <input type="checkbox"/> Haddock <input type="checkbox"/> Halibut <input type="checkbox"/> Tuna <input type="checkbox"/> Grouper <input type="checkbox"/> Sea Bass <input type="checkbox"/> Mackerel <input type="checkbox"/> Mahi Mahi <input type="checkbox"/> Red Snapper <input type="checkbox"/> Walleye <input type="checkbox"/> Canned in Water Mercury, BPA-Free	<input type="checkbox"/> Almond Milk <input type="checkbox"/> Unsweetened <input type="checkbox"/> Coconut Milk <input type="checkbox"/> Unsweetened <input type="checkbox"/> Organic Cow's Milk <input type="checkbox"/> Organic Cow's Cheese <input type="checkbox"/> Organic Greek Yogurt Plain <input type="checkbox"/> Goat Milk <input type="checkbox"/> Goat Cheese <input type="checkbox"/> Goat Yogurt <input type="checkbox"/> Kefir <input type="checkbox"/> Sheep Cheese <input type="checkbox"/> Sheep Yogurt Protein Powder (Hormone-Free is Best) <input type="checkbox"/> Pea <input type="checkbox"/> Rice <input type="checkbox"/> Whey

CARBOHYDRATES

VEGETABLES		FRUITS
<input type="checkbox"/> Artichoke <input type="checkbox"/> Arugula <input type="checkbox"/> Asparagus <input type="checkbox"/> Beets <input type="checkbox"/> Bell Peppers <input type="checkbox"/> Bok Choy <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Celery <input type="checkbox"/> Collards <input type="checkbox"/> Cucumbers <input type="checkbox"/> Eggplant <input type="checkbox"/> Garlic <input type="checkbox"/> Green Beans <input type="checkbox"/> Kale <input type="checkbox"/> Mushrooms <input type="checkbox"/> Mustard Greens <input type="checkbox"/> Onions <input type="checkbox"/> Okra <input type="checkbox"/> Romaine Lettuce	<input type="checkbox"/> Parsnip <input type="checkbox"/> Peas <input type="checkbox"/> Peppers (All) <input type="checkbox"/> Pumpkin <input type="checkbox"/> Radish <input type="checkbox"/> Spinach <input type="checkbox"/> Squash <input type="checkbox"/> Tomatoes <input type="checkbox"/> Turnip Greens <input type="checkbox"/> Watercress <i>Moderation</i> <input type="checkbox"/> Potatoes <input type="checkbox"/> Sweet Potatoes <input type="checkbox"/> Quinoa <input type="checkbox"/> Brown Rice <input type="checkbox"/> Beans <input type="checkbox"/> Gluten-Free Bread <input type="checkbox"/> Gluten-Free Pasta <input type="checkbox"/> Gluten-Free Crackers	<i>Preferred</i> <input type="checkbox"/> All Berries <input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Pears <input type="checkbox"/> Lemon <input type="checkbox"/> Lime <i>Moderation</i> <input type="checkbox"/> Apricot <input type="checkbox"/> Banana <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Cherries <input type="checkbox"/> Coconut <input type="checkbox"/> Figs <input type="checkbox"/> Grapefruit <input type="checkbox"/> Grapes <input type="checkbox"/> Mango <input type="checkbox"/> Nectarine <input type="checkbox"/> Papaya <input type="checkbox"/> Peaches <input type="checkbox"/> Pineapple <input type="checkbox"/> Plums <input type="checkbox"/> Pomegranate <input type="checkbox"/> Watermelon <input type="checkbox"/> All Other Fruits

Anti-Inflammatory Foods Shopping List

HEALTHY FATS		HEALTHY OILS
<input type="checkbox"/> Almonds	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Avocado Oil
<input type="checkbox"/> Brazil Nuts	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Almond Oil
<input type="checkbox"/> Cashews	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Butter
<input type="checkbox"/> Chia Seeds	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Hemp Seeds	<input type="checkbox"/> Nut/Seed Butters	<input type="checkbox"/> Grape seed Oil
<input type="checkbox"/> Hazelnuts	<input type="checkbox"/> Listed Above Only	<input type="checkbox"/> Macadamia Oil
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Avocado	<input type="checkbox"/> Olive Oil
<input type="checkbox"/> Pecans	<input type="checkbox"/> Olives	<input type="checkbox"/> Palm Oil
<input type="checkbox"/> Pine Nuts		<input type="checkbox"/> Sesame Oil
		<input type="checkbox"/> Walnut Oil

HERBS AND SPICES		CONDIMENTS
<input type="checkbox"/> Basil	<input type="checkbox"/> Mint	<input type="checkbox"/> Apple Cider Vinegar
<input type="checkbox"/> Black Pepper	<input type="checkbox"/> Mustard Seed	<input type="checkbox"/> Balsamic Vinegar
<input type="checkbox"/> Cayenne Pepper	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Cocoa
<input type="checkbox"/> Chili Pepper	<input type="checkbox"/> Oregano	<input type="checkbox"/> Guacamole
<input type="checkbox"/> Cilantro	<input type="checkbox"/> Paprika	<input type="checkbox"/> Hummus
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Parsley	<input type="checkbox"/> Ketchup (Organic)
<input type="checkbox"/> Cloves	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Mustard
<input type="checkbox"/> Cumin	<input type="checkbox"/> Rosemary	<input type="checkbox"/> Mayo (Olive, Safflower, or Grape seed)
<input type="checkbox"/> Dill	<input type="checkbox"/> Sage	<input type="checkbox"/> Organic Salad Dressings
<input type="checkbox"/> Fennel	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Salsa
<input type="checkbox"/> Garlic	<input type="checkbox"/> Thyme	<input type="checkbox"/> Sea Salt
<input type="checkbox"/> Ginger	<input type="checkbox"/> Turmeric	
BEVERAGES	SWEETENERS	HEALTHY INDULGENCES
<input type="checkbox"/> Almond Milk Unsweetened	<input type="checkbox"/> Honey	<input type="checkbox"/> Dark Chocolate
<input type="checkbox"/> Broths	<input type="checkbox"/> Stevia	<input type="checkbox"/> Red Wine
<input type="checkbox"/> Coconut Milk Unsweetened	<input type="checkbox"/> Xylitol	<input type="checkbox"/> Gluten-Free Beer
<input type="checkbox"/> Organic Low-Acid Coffee		
<input type="checkbox"/> Herbal Teas		
<input type="checkbox"/> Kombucha		
<input type="checkbox"/> Raw Vegetable Juices		
<input type="checkbox"/> Sparkling Water		
<input type="checkbox"/> Water (filtered, spring, distilled)		

SUPPLEMENTS

- Organic Whole Meal Replacement - Daily Meal Complete Shake
- Mercury-Free Fish Oil - Complete Omega Balance
- Digestion Formula- Optimal Balance
- Healthy Gut Formula - Vital Balance

For recipes visit: HealthCoachRadio.com/recipes