



Anti-inflammatory Diet Shopping List



Vegetables

- Spinach
- Kale
- Broccoli
- Brussels sprouts
- Cauliflower
- Carrots
- Bell peppers
- Tomatoes
- Sweet potatoes
- Cabbage

Meat and Seafood

- Salmon
- Mackerel
- Sardines
- Tuna
- Chicken
- Turkey
- Lean cuts of beef
- Pork tenderloin
- Shrimp
- Crab

Whole Grains

- Quinoa
- Brown rice
- Oats
- Whole wheat bread
- Buckwheat
- Farro
- Bulgur

Legumes

- Chickpeas
- Lentils
- Black beans
- Kidney beans
- Green peas

Healthy Fat

- Almonds
- Walnuts
- Flaxseeds
- Chia seeds
- Pumpkin seeds
- Sesame seeds
- Pistachios
- Olive oil

Fruit

- Blueberries
- Strawberries
- Cherries
- Oranges
- Pineapple
- Avocado
- Apples
- Pomegranate
- Kiwi
- Watermelon

Herbs and Spices

- Turmeric
- Ginger
- Garlic
- Cinnamon
- Cayenne
pepper
- Basil
- Rosemary
- Thyme
- Oregano
- Cumin



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

