

Anti-Inflammatory Grocery List

A complete grocery list of inflammation-fighting foods, pantry essentials, and gut-friendly staples to support your anti-inflammatory lifestyle.



Anti-Inflammatory Grocery List

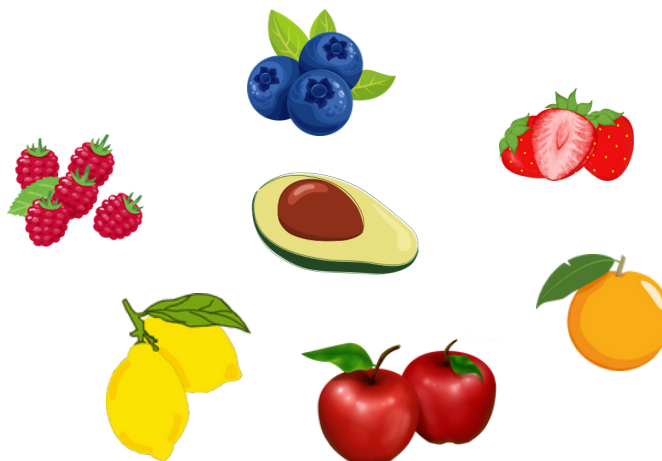
[Veg] Vegetables and Greens

- Spinach
- Kale
- Arugula
- Broccoli
- Cauliflower
- Brussels sprouts
- Red onions
- Beets



[Fruit] Fruits and Berries

- Blueberries
- Strawberries
- Raspberries
- Avocados
- Lemons
- Apples
- Oranges



[Grains] Whole Grains and Legumes

- Quinoa
- Brown rice
- Oats
- Lentils
- Black beans
- Chickpeas



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[Fats] Healthy Fats and Oils

- Extra virgin olive oil
- Avocado oil
- Walnuts
- Almonds
- Chia seeds
- Flaxseeds
- Hemp seeds



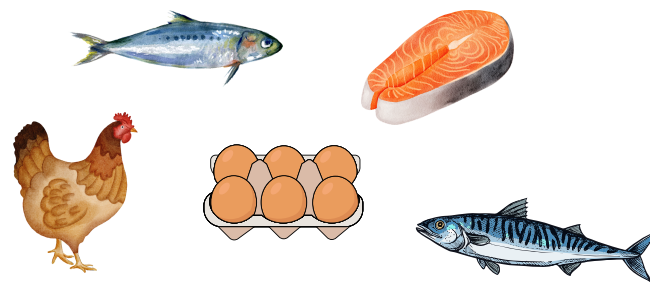
[Spices] Fermented Foods and Spices

- Sauerkraut
- Kimchi
- Yogurt
- Kefir
- Turmeric
- Ginger
- Garlic



[Protein] Proteins

- Salmon
- Sardines
- Mackerel
- Eggs
- Organic chicken



[Pantry] Pantry Essentials

- Herbal teas
- Low-sodium vegetable broth
- Apple cider vinegar
- Natural nut butters
- Sea salt
- Black pepper

