



ANTI - INFLAMMATORY Shopping List



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PROTEIN

- BEEF (grass fed is best
- also consider bison & venison)
- DELI MEATS (FREE of sulfates, nitrates & preservatives)
- EGGS (organic, pasture-raised in best)
- note: some people may need to exclude eggs
- POULTRY (organic, pasture-raised is best)
- dark meat contains more nutrients
- PORK (pasture raised is best)
- bacon & sausage are great breakfast staples (FREE of nitrates & preservatives)
- SEAFOOD (wild caught is best)
- focus on fatty fish like salmon, but all ok

VEGETABLES

- Acorn Squash
- Arugula
- Asparagus
- Beets
- Bell Peppers
- Bok Choy
- Broccoli/Broccolini
- Brussels Sprouts
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard
- Cucumber
- Garlic
- Green Beans
- Greens (beet, mustard, turnip)
- Kale
- Lettuce (bibb, butter, red)
- Mushrooms (all)
- Okra
- Onion/Shallots
- Pumpkin
- Radish
- Snow/Sugar Snap Peas
- Spaghetti Squash
- Spinach
- Sprouts
- Summer Squash
- Sweet Potato/Yams
- Swiss Chard
- Turnip
- Watercress
- Zucchini

FRUIT

- Apples (all varieties)
- Apricots
- Avocado
- Bananas
- Blackberries
- Blueberries
- Cherries
- Dates/Figs
- Grapefruit
- Grapes (red/green)
- Kiwi
- Lemon/Lime
- Mango
- Melon
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears (all varieties)
- Pineapple
- Plum
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- Limit: Dried Fruit

FATS

COOKING FATS

- Butter
- Coconut Oil
- Extra-Virgin Olive Oil
- Lard

NUTS & SEEDS

- Almonds
- Almond Butter
- Brazil Nuts
- Cashews
- Coconut Better
- Coconut Meat/Flakes
- Coconut Milk (canned)
- Flax Seeds
- Hazelnuts
- Macadamia Butter
- Macadamia Nuts
- Olives (all)
- Pecans
- Pine Nuts
- Pistachio
- Pumpkin Seeds/Pepitas
- Sesame Seeds
- Sunflower Seeds
- Sunflower Seed Butter
- Walnuts

