Anti-Inflammatory Grocery Guide

The healthiest foods you can buy are found on the perimeter of the grocery store, specifically the fresh and frozen sections.

Fruits

- [ ] Apples
- [ ] Bananas
- [ ] Strawberries
- [ ] Blueberries
- [ ] Raspberries
- [ ] Cherries
- [ ] Citrus
- [ ] Grapes
- [ ] Melons
- [ ] Pineapple
- [ ] Mango
- [ ] Avocado

Vegetables

- [ ] Spinach
- [ ] Lettuce
- [ ] Squash
- [ ] Cabbage
- [ ] Broccoli
- [ ] Cauliflower
- [ ] Kale
- [ ] Carrots
- [ ] Bell Peppers
- [ ] Asparagus
- [ ] Sweet Potatoes
- [ ] Red Potatoes
- [ ] Collards
- [ ] Green Beans
- [ ] Cucumbers
- [ ] Celery
- [ ] Tomatoes
- [ ] Purple Onions
- [ ] Garlic
- [ ] Herbs

Dry Goods

- [ ] Chia Seeds
- [ ] Flaxseeds
- [ ] Hemp Seeds
- [ ] Walnuts
- [ ] Pecans
- [ ] Cashews
- [ ] Almods
- [ ] Pumpkin Seeds
- [ ] Beans
- [ ] Quinoa
- [ ] Lentils
- [ ] Dark Chocolate
- [ ] Turmeric

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