# ANTI-INFLAMMATORY MEAL PLAN GROCERY LIST

## PROTIEN & DAIRY
- Almond milk
- 1 Dozen eggs
- 8 oz Pre-cooked chicken sausage
- 10 - 12 oz Coconut yogurt
- 6 - 8 oz Organic lean beef
- 3 to 4 Salmon fillets (4-5 oz each)
- 6-8 oz Peeled shrimp (without tail)
- Light coconut milk
- 1 lb Boneless chicken thighs/breast
- 1.5 lbs Skinless boneless chicken thighs

## PANTRY STAPLES
- Full Fat Coconut cream or milk
- Coconut MCT oil
- Cocoa powder
- Sea salt
- Creamy almond butter
- Tamari sauce
- Molasses
- Avocado oil
- Sweet soy sauce
- Hazelnuts
- Dark chocolate chips
- Coconut Oil
- Coconut sugar
- Chocolate Vegan Protein Powder
- Vanilla extract
- Unrefined coconut oil
- Matcha powder
- Plant-based vanilla protein powder
- Chia seeds
- Gluten free oats
- Honey
- Almonds
- Sun-Maid California Mission Figs
- Balsamic vinegar
- Paleo mayo
- Olive oil
- 5 ounces Wild caught canned tuna
- Dijon mustard
- Chili sauce
- Rice vinegar
- 3 oz Fire roasted green chilies
- 1 Carton chicken broth
- Tapioca starch
- Fish sauce
- Creamy balsamic dressing
- Tangy BBQ sauce (gluten free)

## FRUITS & VEGGIES
- 2 Red chilies
- Garlic bulb
- 3 Small shallots
- 4 Large carrots
- Broccoli
- Bean sprouts
- 2 Bananas
- 2 Bags Spinach
- 3 Green apples
- 1 Red apple
- 6 Oranges
- 7 Lemons
- Green cabbage
- Micro greens
- Fresh parsley
- 2 Turnips
- 1 Large cucumber
- 1 Small chili red pepper
- 1 Small seedless cucumber
- 1 Green onion diced
- 1 Bag leafy greens
- 1 Bunch radish
- 1 Large avocado
- 1 Bunch cilantro
- 1 Green onion
- 5 Large collard greens
- 1 Bell pepper
- 3 Limes
- 1-2 Jalapeños
- 1 Bag Brussels sprouts
- Blueberries
- 1 Bunch fresh basil
- 2 Large red bell peppers
- 1 Yellow onion
- Stir fry veggies (snap peas, broccoli, etc)
- 2 Large zucchini
- 2-3 Rhubarb stalks
- Pearled onions

## SEASONING, SPICES, & HERBS
- Ground ginger
- Kosher salt
- Cilantro
- Cinnamon
- Mint leaves
- Mustard powder
- Red pepper flakes
- Paprika
- Ground ginger
- Sea salt
- Crushed black pepper
- Sesame seeds
- Cumin
- Cayenne
- Thyme