

# ANTI-INFLAMMATORY MEAL CHALLENGE GROCERY LIST

## VEGETABLES

- Spinach/leafy greens
- Cauliflower
- Asparagus
- Zucchini
- Red or Purple Cabbage
- Avocado
- Sweet potatoes

## FRUIT

- Kiwi
- Berries
- Grapefruit (and other citrus)
- Pineapple

## HEALTHY FATS

- Olive oil and/or avocado oil
- Raw cashews
- Raw almonds
- Raw walnuts
- Flaxseed & chia seed

## QUALITY PROTEIN

- Organic free range eggs
- Organic free range skinless chicken
- Wild/safe caught salmon & smoked salmon
- Wild/safe caught cod

## HERBS & SPICES

- Turmeric
- Curry powder
- Ginger (dried & fresh)
- Garlic (dried & fresh)
- Chili peppers (if you can tolerate nightshades)
- Sage
- Basil
- Clove
- Nutmeg
- Cinnamon

*cotter*  
CRUNCH

#COTTERCRUNCH