# Anti-Inflammatory GF Meal Plan

## Grocery List

### Meat & Fish
- Chicken Thighs (Bone-in)
- Ham or Turkey (Uncured)
- Salmon Filets (Skin On)
- Large Eggs

### Dairy / Non-Dairy
- Milk, Almond
- Milk, Coconut
- Yogurt, Coconut

### Pantry Staples
- Almond Butter
- Chia Seeds
- Chicken Stock (Or Broth)
- Chickpeas, Canned
- Coconut Flakes, Unsweetened
- Almond Flour
- Coconut Flour
- Coconut Oil (Unrefined) or Ghee
- Maple Syrup (Or Raw Honey)
- Oil, Avocado or Olive
- Juice, Apple
- Juice, Orange
- Mustard, Dijon
- Rice (Or Cauliflower Rice)
- Seeds, Sunflower
- Sugar (Raw)
- Tahini
- Tamari Sauce (Or Coconut Aminos)
- Tapioca Starch (Or Potato Starch)
- Vinegar, Apple Cider
- Vinegar, Balsamic

### Herbs & Spices
- Black Pepper
- Chai Tea Spices or Tea Bags
- Cinnamon, Ground
- Curry Powder
- Garlic Powder
- Ginger, Ground
- Lemon Pepper
- Mustard Powder
- Onion Powder
- Oregano, Fresh
- Parsley, Fresh
- Red Pepper Flakes
- Rosemary, Fresh Sprigs
- Salt (Kosher or Sea)
- Turmeric, Ground

### Produce
- Apples, Green
- Avocado
- Blueberries or Cherries (Fresh or Frozen)
- Beets
- Cabbage Slaw Mix
- Cauliflower
- Chard, Swiss (Or Rainbow)
- Cilantro
- Dates, Pitted
- Prunes (No Sugar Added)
- Garlic Cloves
- Ginger, Fresh
- Kiwi Fruit
- Lemons
- Limes
- Mango
- Melon
- Mint Leaves
- Onion, White or Yellow
- Parsley, Fresh (Or Dried)
- Red Lettuce
- Scallions
- Shallot
- Spinach, Baby or Regular
- Winter Squash

**Red indicates nightshade ingredient. See blog post for substitutes in there as well.**