

Anti-Inflammatory Eating Plan



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Anti-Inflammatory Shopping List

Fruits & Veggies

- Alfalfa sprouts
- Artichokes
- Asparagus
- Avocado
- Bamboo shoots
- Beans
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cilantro
- Collard Greens
- Cucumbers
- Dill
- Eggplant
- Escarole
- Garlic
- Ginger root
- Kale
- Leeks
- Lettuce
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Peas
- Peppers (all)
- Pickles (w/out sugar)
- Radishes
- Salsa (w/out sugar)
- Sauerkraut
- Seaweed
- Spinach
- Squash
- String beans
- Sugar snap peas
- Swiss chard
- Tomatoes
- Turnip greens
- Turnips
- Water Chestnuts
- Zucchini
- * Apples
- * Apricots
- * Avocados
- * Cherries (tart red)
- * Grapefruit
- * Grapes (red & purple)
- * Lemons/Limes
- * Oranges
- * Peaches
- * Pears
- * Plums

Note: You should be eating mostly vegetables; eat only 1/3 cup of fruit for every cup of vegetables. Choose organic vegetables and fruits.

***Paradise Proteins & Greens or other plant based protein with at least 15 grams of protein/serving

Milk, Juices & Beverages

- Canned coconut milk
- Apple Cider Vinegar
- Unsweetened Organic
- Cranberry Juice
- Coconut water
- Spring Water
- Lemon Juice
- Kombucha
- Kevita

Protein

- Paradise Protein & Greens
- Hormone Free-range Chicken
- Hormone Free-range Turkey
- Grass Fed Beef
- Wild Caught Fish (Salmon, Mahi, Tuna)
- Lamb
- Bison

Fats/Oils

- Coconut
- Flaxseed
- Macadamia
- Extra Virgin Olive
- Grapeseed
- Avocado

Spices/Herbs

- Caraway seeds
- Cayenne
- Cinnamon
- Dill
- Mint
- Nutmeg
- Oregano
- Paprika
- Parsley
- Ground Pepper
- Sea Salt
- Stevia
- Turmeric
- Vanilla

Starches/Fiber

- Sweet potato (3x's week)
- Chia seeds
- Flax seeds

NO:

- Corn
- Gluten/Wheat
- Sugar
- Dairy Products
- Processed Foods
- Soy

Sample Eating Menu

(Anti-Inflammatory Eating Plan)

Morning Meal (sunrise meal) 30 -60 minutes upon rising

Small piece of protein (¼ turkey patty, salmon patty, chicken, bison or beef)

Breakfast Smoothie approximately 1 hour after sunrise meal

Blend the following:

1-2 scoop of protein powder (Clearvite, Paradise Protein & Greens, PGX Satisfast Vegan Protein)

6-8 ounces of coconut milk

4 ounces of coconut water

1-3 cups of organic greens like kale or spinach

1 celery stalk

¼ cup of organic berries

1 tablespoon of olive oil or coconut oil

dash of sea salt

½ to 1 cup of ice cubes

Other goodies to add-vanilla, cinnamon, stevia, unsweetened coconut flakes, cocoa powder

Lunch Meal

Organic Protein (Fish, Turkey, Bison, Beef, Duck, Lamb, Chicken, Organ meats)

Organic Non-Starchy Vegetables-**always have fats with vegetables**

Starch plant permitted- sweet potatoes, tapioca, taro, lotus root – with either lunch or dinner

Fats from olives, coconut and avocado

Fermented vegetables & fruit (sauerkraut, kimchi, curtido, beet kvass, coconut kefir, kombucha)

Midmorning or Midafternoon snack

Sweet potato with coconut oil or ghee

Vegetables with garlic paste

Dinner Meal

Organic Protein (Fish, Turkey, Bison, Beef, Duck, Lamb, Chicken, Organ meats)

Organic Non-Starchy Vegetables-**always have fats with vegetables**

Starch plant permitted- sweet potatoes, tapioca, taro, lotus root – with either lunch or dinner

Fats from olives, coconut and avocado

Fermented vegetables & fruit (sauerkraut, kimchi, curtido, beet kvass, coconut kefir, kombucha)

Beverages & Other Super foods

Bone Broth Soup

Cranberry Cocktail (6-8 ounces water mixed with 2 ounces organic unsweetened cranberry juice, 1-2 Tbsp apple cider vinegar, sweetened with stevia if desired)

Water infused with lemon, cucumbers & dash sea salt

Organic Caffeine-free Tea