

Anti-Inflammatory Diet Shopping List



VEGETABLES

Alfalfa Sprouts	Leeks
Artichokes	Lettuce
Asparagus	Mushrooms
Avocado	Okra
Bamboo Shoots	Olives
Beans	Onions
Beets	Parsley
Bok Choy	Peas
Broccoli	Pickles
Brussel Sprouts	(w/o sugar)
Butternut	Radishes
Squash	Sauerkraut
Cabbage	Seaweed
Carrots	Spinach
Cauliflower	Squash
Celery	String Beans
Cilantro	Sugar Snap
Collard Greens	Beans
Cucumbers	Sweet Potatoes
Dill	Swiss Chard
Escarole	Turnips
Garlic	Water Chestnuts
Ginger Root	Yams
Kale	Zucchini

FRUITS

Apples	Lemons/Limes
Apricots	Melons
Berries (all except Goji)	Nectarines
Cherries (tart red)	Oranges
Grapefruit	Peaches
Grapes (red & purple)	Persimmons
Kiwis	Pineapples (very small amounts)
	Plums

Note: Limit to 2 cups of fruit per day; all should be organic.

STARCHES/FIBER/OTHER

Aloe Vera	Flaxseeds
Bone Broth	Sweet Potato
Chia Seeds	(3xs per week)
Coconut Yogurt (unsweetened)	

PROTEIN

Bison	Grass-fed Beef
Free-Range	Lamb
Chicken & Turkey (hormone free)	Wild Caught Fish
*Designs for Health Pure Paleo Protein Chocolate Powder	

*You can buy the protein powder here.
<https://us.fullscript.com/welcome/lgoodine>

BEVERAGES

Apple Cider	*Kevita
Vinegar	*Kombucha
Cranberry Juice (unsweetened/ organic)	Lemon Juice
Coconut Milk (canned)	Spring Water

*Must be less than 6 grams of sugar per serving.

SPICES/HERBS

Caraway Seeds	Oregano
Cinnamon	Sea Salt
Dill	Stevia
Ground Pepper	Turmeric
Mint	Vanilla
Nutmeg	

FATS/OILS

Avocado	Flaxseed Oil
Coconut	Macadamia Oil
Extra Virgin Olive Oil	

AVOID

Alcohol	Nightshades
Corn	Nuts & Seeds
Dairy Products	Processed Foods
Eggs	Soy
Gluten	Sugar
Industrial Oils	Wheat
Legumes	Whey