

GROCERY LIST

FOODS THAT DO NOT CAUSE INFLAMMATION

OILS

Avocado
Coconut
Ghee
Olive
MCT
Sesame

BAKING

72% chocolate
Apple cider vinegar
Avocado mayonnaise
Olives
Miso
Soup stock

FLOUR

Almond
Arrowroot
Cassava
Coconut
Sorghum
Tapioca
Tigernut flour

GRAINS & PASTA

Miracle Noodle
Fettuccini
Rice
Spinach spaghetti
Millet

SEEDS & NUTS

Almonds
Flax seed
Hemp seeds
Pecans
Pistachios
Poppyseed
Psyllium husks
Sesame seeds
Walnuts

CANNED FISH WILD

Salmon
Sardines

MEAT & PROTEIN

Bison
Chicken
Prosciutto ham
Turkey
Omega-3/pastured eggs

FISH

Salmon
Cod
Shrimp
Snapper

DAIRY & ALTERNATES

Buffalo mozzarella
Butter
Coconut milk/yogurt
Goat cheese/yogurt
Organic heavy cream
Parmigiano reggiano
Vintage cheese

VEGETABLES

Arugula
Asparagus
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Cilantro
Garlic
Jicama
Kale
Kohlrabi
Leeks
Lettuce leaf
Mushrooms
Onions and greens
Parsnips
Portobello
Radicchio
Romaine
Rutabaga
Spinach
Sweet potato
Swiss chard
Yam

SPICES

Allspice
Basil
Bay leaf
Cayenne
Celery seed
Chili powder
Cinnamon
Cloves
Curry
Ginger
Mustard
Nutmeg
Oregano
Paprika
Parsley
Peppercorn
Rosemary
Sage
Thyme
Turmeric

MISCELLANEOUS

Almond butter
Baking soda
Balsamic vinegar
Coconut aminos
Capers
Fish sauce
Molasses
Nutter baking powder
Pickling spice
Poultry seasoning
Salt
Sriracha sauce
Worcestershire
Yeast

FRUIT

Avocado
Dates
Limes
Lemons
Fruit in season