

# Anti-inflammatory Diet

The key to dietary change is variety & creativity. Explore new foods & recipes. Do not overeat, but enjoy!

Vegetables*	Portion
Alfalfa Sprouts	to taste
Arugula	to taste
Avocado	½ Avocado
Bean Sprouts	to taste
Broccoli	to taste
Brussel Sprouts	to taste
Cabbage	to taste
Carrots	to taste
Cauliflower	to taste
Celery	to taste
Cilantro	to taste
Cucumber	to taste
Garlic	to taste
Kale	to taste
Lettuce	to taste
Mushrooms	to taste
Mustard Greens	to taste
Olives	to taste
Onions	to taste
Radish	to taste
Snow Peas	to taste
Spinach	to taste
String Beans	to taste
Sweet Potato / Yam	½ Potato
Swiss Chard	to taste
Tomato - fresh, whole	to taste
Water Cress	to taste
Zucchini	to taste

Fruits*	Portion
Apple	1 medium
Blackberries	4 oz
Blueberries	4 oz
Figs - fresh	3-5 figs
Grapefruit	4 oz
Kiwi	4 oz
Lemon	4 oz
Oranges	4 oz
Pear	1 medium
Plum	4 oz
Prunes - dried	3-5 prunes
Raspberries	4 oz
Strawberries	4 oz

Protein*	Portion
Beef - ground / steak <i>Organic, grass fed only</i>	4-8 oz
Black Beans	4-8 oz
Chicken - breast - <i>free range</i> <i>Organic, grass fed only</i>	4-8 oz
Cod	4-8 oz
Eggs - <i>free range</i> <i>Organic, grass fed only</i>	2-3 eggs
Halibut	4-8 oz
Lamb	4-8 oz
Lentils	4-8 oz
Pinto Beans	4-8 oz
Red Beans	4-8 oz
Red Snapper	4-8 oz
Salmon - <i>wild caught only</i>	4-8 oz
Shrimp	4-8 oz
Whitefish	4-8 oz

Dairy Alternatives	Portion
Almond Milk	6-8 oz
Hemp Milk	4-6 oz
Rice Milk	4-6 oz

Starch / Grains	Portion
Quinoa	½ Cup
Rice - white	½ Cup
Rice Crackers	2-3 crackers
Rice Pasta	½ Cup cooked
Steel Cut Oats - gluten free	1 Cup

Fats	Portion
Almonds - raw / unsalted	2 oz
Cashews - raw / unsalted	2 oz
Pecans - raw / unsalted	2 oz
Walnuts - raw / unsalted	2 oz
Coconut Oil	1 Tbsp
Flax Oil	1 Tbsp
Olive Oil	1 Tbsp
Omega-3 Oil - fish	1 Tbsp
Ghee	1 Tbsp

Beverages	Portion
Green Tea	3+ Cups/day
Herbal Tea	2 Cups/day
Mineral Water	3 Cups/day

Beverages may be sweetened w/below

Sweeteners	Portion
Honey	½ Tbsp
Coconut sweetener	To taste

Other	Portion

\*Organic Produce & Protein Preferred

Choice of Dressings: Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil or Flax Seed Oil dressing

Additional Condiments: Pink salt (whole cured in the sun), Bay leaf, Dry mustard, Poppy seeds, Curry, Dill, Nutmeg, Cinnamon, Mace, Marjoram, Chives, Ginger,

**Do not eat foods that you know you have sensitivities to, even if it is on the list**