

Anti-Inflammatory Diet

One-Page Grocery List & Sample Menu (Repeat for 3–4 Weeks)

Grocery List

Proteins: Salmon, sardines, trout, chicken, eggs, lentils, chickpeas

Vegetables: Leafy greens, broccoli, cauliflower, Brussels sprouts, zucchini, beets, onions, cucumber

Fruits: Berries, cherries, apples, oranges, coconut

Healthy fats: Extra-virgin olive oil, coconut oil, cashews, almonds

Optional: Quinoa, wild rice, oats

Flavor: Garlic, turmeric, ginger, rosemary

For best results – Eat 100% organic (or as much as possible). Include 30 minutes of movement or exercise daily. Avoid these foods: wheat, dairy, fried foods, processed sugar, enriched foods, processed foods.

Sample 7-Day Menu

| Day | Breakfast | Lunch | Dinner |
|-----|------------------|------------------------|---------------------------|
| Mon | Eggs + greens | Chicken salad | Salmon + broccoli |
| Tue | Oats + berries | Lentils + vegetables | Fish + zucchini |
| Wed | Eggs + spinach | Chickpea salad | Chicken + cauliflower |
| Thu | Yogurt + berries | Leftovers | Salmon + Brussels sprouts |
| Fri | Eggs + greens | Chicken salad | Fish + roasted vegetables |
| Sat | Oats + fruit | Lentils + greens | Chicken + zucchini |
| Sun | Eggs + herbs | Chickpeas + vegetables | Salmon + broccoli |

Frequently Paired With

Core Level Health (Nutri-West) – Supports cellular nutrition, antioxidant protection, and immune balance.

Recommended Support: Save time, money, and the trial-and-error hassle when you speak with a Holistic Practitioner from Fun And Easy Health. Personalized guidance leads to more accurate outcomes.

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