

Foods to eat

Meats And Proteins

- Lean poultry (chicken breast, turkey breast)
- Eggs (preferably free-range or omega-3 enriched)
- Tofu
- Temptak
- Milkshake
- Grass-fed beef (in moderation)
- Beans (preferably green-bean)
- Beans
- Wildfire turkey or chicken legs

Fish

- Salmon
- Sardines
- Mackerel
- Tuna
- Shrimp
- Anchovies
- Cod
- Mullet
- Tilapia

Vegetables

- Leafy greens (spinach, kale, Swiss chard, arugula, green)
- Cauliflower and Broccoli (green)
- Bell peppers (red, yellow, green)
- Celery
- Beetroot
- Tomatoes
- Cucumbers
- Brussels sprouts
- Cabbage
- Corn and Chilies
- Beetroot
- Asparagus
- Artichokes and Eggplants
- Zucchini
- Radishes
- Turnips
- Leeks

Herbs And Spices

- Turmeric
- Curcumin
- Cinnamon
- Cayenne pepper
- Black pepper
- Cloves
- Rosemary
- Thyme
- Basil

Whole Grains

- Oats
- Brown rice
- Quinoa
- Barley
- Buckwheat
- Millet
- Pearl
- Bulgur
- Amaranth
- Mix (bulgur wheat)

Fruits

- Berries (strawberries, blueberries, raspberries, blackberries)
- Cherries
- Oranges
- Pineapple
- Papaya
- Watermelon
- Kiwi
- Apples
- Pears
- Grapes

Nuts And Seeds

- Almonds
- Walnuts
- Peanut butter
- Chia seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Pistachios
- Cashews

Anti-inflammatory

Beverages

- Green tea
- Turmeric latte (made with almond milk or coconut milk)
- Ginger tea
- Tart cherry juice
- Miso hot tea
- Colden milk (dairy-free milk)
- Beet juice
- Triphala juice
- Water infused with cucumber and lemon
- Matcha tea like chamomile or peppermint

Condiments

- Olive oil
- Apple cider vinegar
- Balsamic vinegar
- Mustard
- Garlic paste
- Mustard (preferably whole grain)
- Soy sauce (preferably low-sodium or tamari)
- Lemon juice
- Yakima
- Miso paste

Healthy Fats

- Extra virgin olive oil
- Avocado oil
- Coconut oil
- Flaxseed oil
- Walnut oil
- Almond butter
- Cashew butter
- Chia seeds
- Walnut seeds
- Olive

Fermented Foods

- Yogurt
- Kefir
- Sauerkraut
- Kimchi

Processed Foods

- Fast food (burgers, fries, chicken nuggets)
- Packaged snacks (chips, pretzels, potato puffs)
- Frozen meals (pizza, spaghetti, TV dinners)
- Convenience foods (canned soups, instant noodles, canned pasta)
- Hot dogs
- Canned beef

Refined Carbohydrates

- White bread
- White rice
- Pasta made with refined wheat
- Pastry (croissants, doughnuts, muffins)
- Breakfast cereals high in sugar and refined grains

Sugary Foods And Beverages

- Soda
- Fruit juices with added sugar
- Sweetened iced tea
- Candy bars
- Chocolate with high sugar content

Trans Fats And Unhealthy Fats

- Margarine
- Vegetable shortening
- Deep-fried foods (French fries, fried chicken, onion rings)
- Processed meats like hot dogs, wieners, sausages
- Some doughnuts, pie crusts and doughs

Omega-6 Rich Oils

- Soybean oil
- Corn oil
- Sunflower oil
- Safflower oil
- Canola seed oil

Foods High In Refined Sugars

- Pastry
- Breakfast cereals with added sugar
- Sugary snacks (candy, cookies, sweetened granola bars)
- Flavored yogurt with added sugar
- Desserts (cakes, pies, cookies)

High-Saturated Fat Foods

- Fatty cuts of meat (steak, pork belly)
- Processed meats (sausage, bacon)
- Full-fat dairy products (whole milk, cheese)
- Butter
- Palm oil

Dairy Products

- Whole milk
- Cheese
- Full-fat yogurt
- Cheddar (especially high-fat varieties like cheddar and brie)
- Flavored yogurt with added sugar
- Sweetened condensed milk
- Cream cheese spreads with added flavors
- Full-fat sour cream
- Margarine

High-Sodium Foods

- Processed meats (deli meats, bacon, sausage)
- Canned soups
- Pickles
- Salted nuts and seeds
- Canned vegetables with added salt

High-Glycemic Index Foods

- Instant rice
- Corn flakes
- Crispy rice
- Instant noodle
- Condensed milk
- White bread
- White rice
- Instant oatmeal
- Cornflakes
- Puffed rice cereal
- Instant mashed potatoes
- Pasta
- Blanc rice
- Bagels
- White pasta

Nightshade Vegetables

- Tomatoes
- Eggplants
- Red peppers (red, green, yellow)
- Potatoes (white potatoes)
- Paprika
- Pimentos
- Tomatillos

Excessive Alcohol

- Beer
- Wine
- Spirits (vodka, whiskey, rum)
- Liquors
- Cocktails with sugary mixers

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How To Anti Inflammatory Diet For Beginners For Creators

Lauren Gardner



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web want to request gate entry permission sample request letter for gate entry for the employee gate pass letter for employees gate entry permission letter request letter for gate entry of person material vehicle etc dear sir i am requesting gate entry permission for a person vehicle item etc dated date

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web request required gate pass for goods material items to the chief guard xyz firm dearly sir i realized that you are the chief guard among xyz firms therefore iodin day writing this schreiben requesting you toward issue me

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web template 1 gate pass needed by employee for his personal convenience date from name of the employee designation employee code address contact no to name of the officer designation name of the organization contact no subj application for issue of gate pass for gate dear sir madam

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web gate pass letter for employees gate einlass licensing letter request letter for gate entry of person material vehicle etc dear mrs me in requesting gate entry permission for a person vehicle item etc outdated date please allow to entry also inform gate security to avoid all delay

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web sub request for gate pass for goods respected sir i just came to know that you are the chief guard job designation at factory firms name therefore i am writing this letter requesting you to kindly issue me a gate pass for goods sample describe in

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web mar 7 2023 request letter for gate entry to the hr manager ikea us dear sir with all my due respect i am writing this

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letter to request that i need a gate entry pass for gate number 3 the reason behind my request is that i live in a flat my income does not allow me to afford a vehicle and i have to walk all the way from the bridge to come to the