

# Anti-Inflammatory

## FOODS LIST PRINTABLE PDF

### Veggies

artichokes  
asparagus  
bamboo shoots  
beans, most varieties  
carrots, white  
celery  
celery root  
cucumber (peeled)  
dill  
ginger root  
green beans  
green lettuces  
mint  
mushrooms (cooked,  
not shiitake)  
parsnips  
rosemary  
zucchini, (peeled)

### Grains

barley, hulled  
brown rice  
buckwheat  
corn, white or blue, for some  
hominy, white  
masa, white  
oats  
pasta made by Jovial or  
similar, (especially their  
brown rice pasta)  
quinoa, for some  
rice  
sourdough bread  
spelt and einkorn if tolerated

### Fruits

apples  
bananas, medium ripe  
blackberries  
blueberries  
cranberries  
dates  
figs, black  
grapes  
lemons, limes  
pomegranate  
raisins  
raspberries  
strawberries  
white peaches

### Proteins

beef  
buffalo  
chicken  
collagen  
game, wild  
gelatin  
lamb  
rabbit  
turkey  
-----  
eggs or egg  
whites, in  
small  
amounts, for  
some

### Miscellaneous

almonds, organic only  
apple cider vinegar  
arrowroot  
asparagus tea  
avocado oil, refined  
baking soda  
beans, most varieties  
Brazil nuts  
buckwheat  
butter (& ghee)  
carob  
chestnuts  
coconut aminos  
coconut oil, refined  
coconut sugar  
cumin  
dandelion root tea  
fenugreek  
hazelnuts  
honey, light colored  
hummus  
maple syrup  
macadamia nuts  
nut/seed butter  
olive oil  
pecans  
psyllium husk  
rice vinegar  
walnuts  
tapioca (and flour)  
tamarind  
tea (but limit caffeine)

# Anti Inflammatory Foods Shopping List

**M Lipman**



## **Anti Inflammatory Foods Shopping List:**

## Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Anti Inflammatory Foods Shopping List**

In some sort of inundated with monitors and the cacophony of quick transmission, the profound energy and mental resonance of verbal beauty often diminish into obscurity, eclipsed by the constant assault of sound and distractions. Yet, nestled within the musical pages of **Anti Inflammatory Foods Shopping List**, a interesting work of literary beauty that impulses with fresh thoughts, lies an wonderful journey waiting to be embarked upon. Written by a virtuoso wordsmith, this interesting opus courses visitors on an emotional odyssey, softly exposing the latent possible and profound affect stuck within the intricate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is central subjects, dissect their fascinating writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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