

GROCERY LIST

WITH ANTI INFLAMMATORY AND STRESS REDUCING FOODS

FRUITS

- Oranges
- Banana
- Berries
- Cherries
- Tomatoes

VEGETABLES

- Spinach, kale, and other leafy greens
- Broccoli

FISH & MEAT

- Salmon
- Tuna
- Mackerel
- Turkey

SNACKS

- Dark Chocolate
- Nuts

DAIRY

- Eggs

GRAINS

- Whole wheat bread
- Rolled oats
- Quinoa
- Wild Rice

OTHER

- Olive oil

BEVERAGES

- Coffee
- Green tea