



New Beginnings
Functional Medicine Clinic

NewBeginningsFMC.com

Anti-inflammatory/Elimination Diet Grocery List

RECOMMENDATIONS FOR TRADER JOE'S:

- Organic hummus (Garlic or spicy avocado)
- Nuts (almonds, walnuts, pecans, Mac nuts)
- Cold cuts: Sliced Turkey without preservatives
- Fresh and frozen vegetables & fruits
- Riced cauliflower (frozen section)
- Cassava flour chips
- Broccoli slaw (fridge section)—great for stir fry or coleslaw
- Coleslaw (fridge section)—add oil and vinegar OR canned coconut milk. Can also add cut up mango and/or pineapple
- Sunflower butter
- Almond butter
- Jicama wraps (fridge section)—like a tortilla. Jicama is a starchy root vegetable