



New Beginnings
Functional Medicine Clinic

NewBeginningsFMC.com

Anti-inflammatory/Elimination Diet Grocery List

RECOMMENDATIONS FOR COSTCO:

- Organic almond butter
- Nuts (almonds, walnuts, pecans)
- Organic canned chicken
- Fresh and frozen vegetables & fruits
- Zucchini noodles (frozen section)
- Riced cauliflower (frozen section)
- Coconut oil
- Olive oil
- Avocado oil
- Canned Tuna
- Hemp seeds
- Chia seeds