Grocery Shopping List for Anti-Inflammatory Living

- Fresh vegetables: Kale, spinach, broccoli, carrots, bell peppers, sweet potatoes  
- Fruits: Blueberries, strawberries, bananas, apples, avocados  
- Protein: Salmon, chicken breast, eggs, tofu, black beans, chickpeas  
- Grains: Quinoa, brown rice, oats  
- Nuts & seeds: Almonds, walnuts, chia seeds, flaxseeds  
- Healthy fats: Olive oil, coconut oil  
- Spices: Turmeric, ginger, garlic, cumin, cinnamon  
- Dairy alternatives: Almond milk, coconut yogurt  
- Fermented foods: Sauerkraut, kimchi, miso