



Free Printable Anti-Inflammatory Diet Food List + Grocery Guide

A simple grocery list and meal-building guide to make anti-inflammatory eating easier.



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How to Use This List

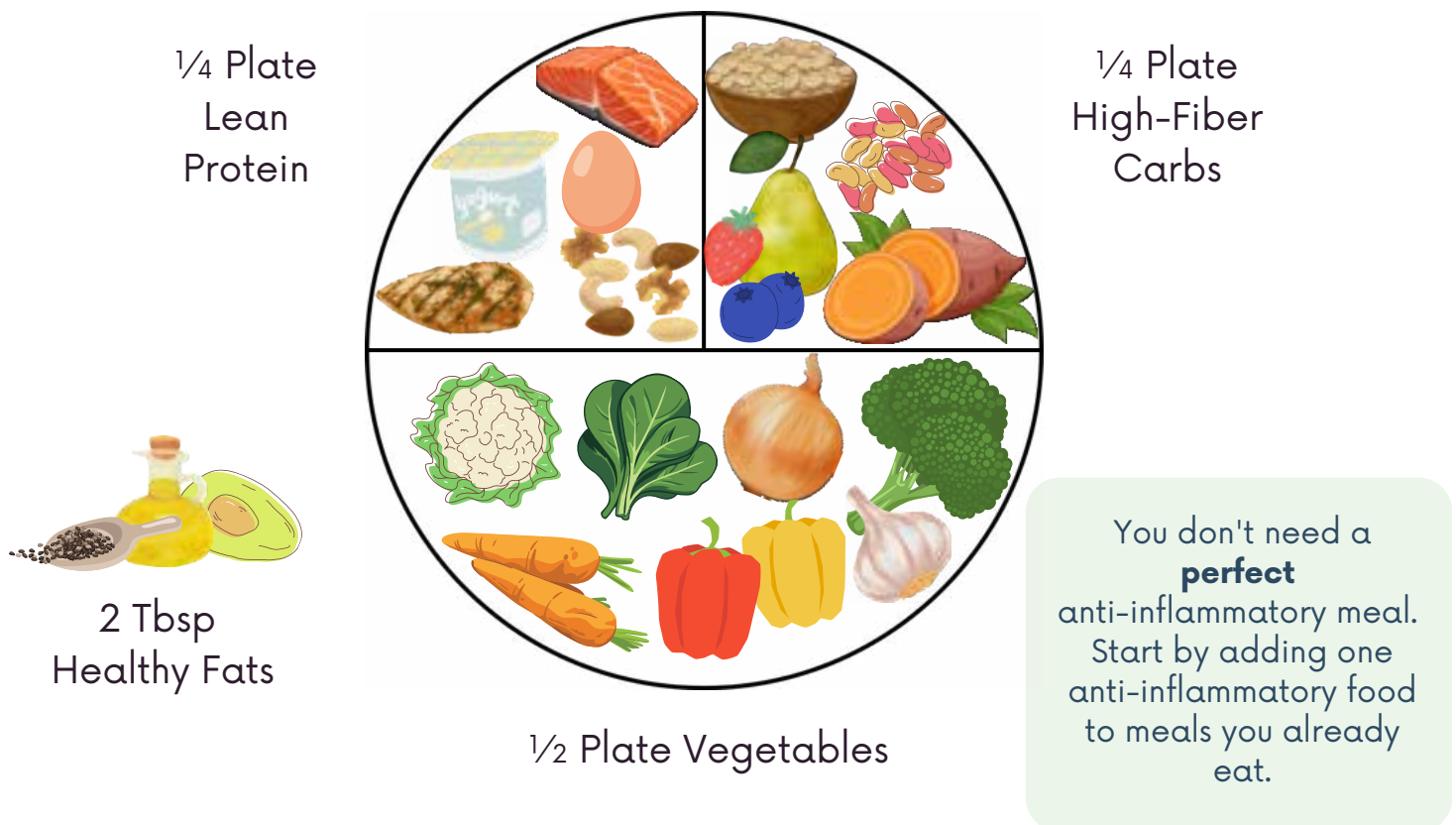
Use these 4 core meal-building pieces to create an anti-inflammatory meal without over-complicating it.

Build Meals with 4 Simple Pieces:

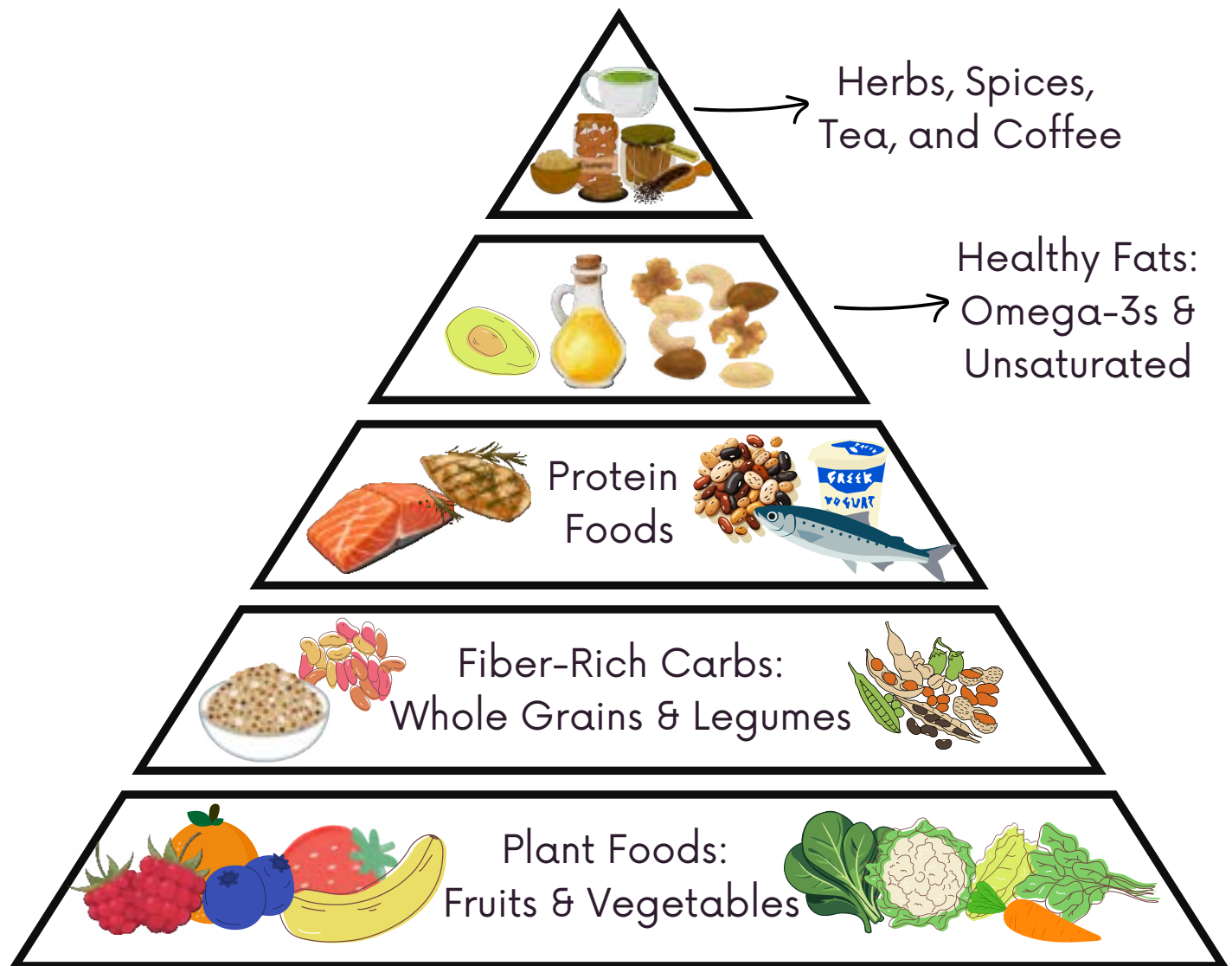
1. Protein
2. Fiber-rich carbohydrates
3. Healthy fats
4. Colorful fruits and vegetables

Choose **one food from each section of the plate**, then **add healthy fats** during cooking or as a dressing or topping.

ANTI-INFLAMMATORY PLATE METHOD



Anti-Inflammatory Foods to Eat More Often



Use this pyramid to prioritize the 5 types of anti-inflammatory foods to include each week.

Start with the foundation at the bottom, then build upward.

Anti-Inflammatory Foods to Eat More Often: Categorized List

Vegetables

Leafy greens, kale, spinach, Swiss chard, beets, cabbage, watercress, broccoli, lettuce, cauliflower, carrots, tomatoes, tomato sauce, mushrooms, onions, garlic, leeks, Brussels sprouts, squash, peppers, zucchini, celery, cucumbers, and artichokes

Fruits

Strawberries, blueberries, cherries, oranges, grapefruit, lemon, pineapple, kiwi, pomegranate, watermelon, cantaloupe, honeydew, apples, pears, grapes, peaches, plums, figs

Beans & Lentils

Beans, chickpeas, black beans, kidney beans, pinto beans, cannellini (white kidney), navy beans, lima beans, split peas, edamame, lentils (brown, green, red, black, and yellow)

Whole Grains & Starchy Vegetables

Oats, quinoa, barley, brown rice, buckwheat, spelt, kamut, amaranth, cornmeal, whole wheat bread/pasta, sweet potatoes, potatoes, winter squash, dark yellow and orange squash, corn

Anti-Inflammatory Foods to Eat More Often: Categorized List

Protein

Fatty fish (salmon, sardines, mackerel, herring, trout, and albacore tuna), unsweetened Greek and regular yogurt, eggs, tofu, edamame, chicken, turkey, beans, lentils, nuts, and nut butters

Healthy Fats

Olive oil, avocado oil, avocados, nuts (almonds, walnuts, cashews), seeds (chia, ground flax, or pumpkin), nut butters, and fatty fish

Herbs, Spices, & Beverages

Turmeric, ginger, garlic, onions, saffron, black pepper, thyme, oregano, rosemary, unsweetened coffee, decaf coffee, herbal tea, green tea, black tea

Notes

Some foods can pull double or triple duty. For example, nuts and nut butters provide healthy fats, fiber-rich carbohydrates, and protein.

You don't need to eat every food on this list.
Start by adding 1-2 anti-inflammatory foods to meals you already enjoy.



Anti-Inflammatory Grocery Shopping Made Simple

1

Start with Produce

Choose 2–3 vegetables and 1–2 fruits you'll eat this week (fresh, frozen, or no-added sugar canned or dried).

2

Pick Your Protein

Choose a mix of proteins: fish, Greek yogurt, eggs, tofu, beans, chicken, turkey, or lentils (frozen, fresh, or canned).

3

Add Fiber-Rich Carbohydrates

Choose oats, quinoa, brown rice, whole grain bread, beans, lentils, potatoes, sweet potatoes, or squash.

4

Choose Healthy Fats

Add olive oil, avocado, nuts, seeds, nut butters, or fatty fish. Many are shelf-stable to keep on hand.

5

Don't Forget Flavor Boosters

Use herbs, spices, garlic, onions, citrus, vinegar, tea, and coffee to add flavor and antioxidants.

6

Shop Your Kitchen First

Before shopping, check your pantry, freezer, and fridge. Build meals around what you already have.



Simple Meal-Building Examples

BREAKFAST IDEAS

Greek yogurt + berries + chia seeds + melted nut butter

Oatmeal + blueberries + ground flax + almonds + cinnamon

Eggs + sautéed greens + whole grain toast

Smoothie with kefir + berries + spinach + chia seeds

LUNCH IDEAS

Grain bowl: salmon + leftover rice + sauteed greens + fruit on the side

Mediterranean chickpea salad + grilled chicken + berries

Turkey or hummus wrap + vegetables

Dinner leftovers + fruit or vegetables to bolster the meal

DINNER IDEAS

Salmon + roasted broccoli + sweet potato + onions

Chicken + marinara sauce + onions + whole wheat or bean pasta

Tortilla soup: chicken + beans + peppers + onions + tomatoes

Stir-fry: chicken or tofu + peppers/onions + brown rice

SNACK IDEAS

Apple + peanut butter

No-mess, no-bake energy bites

Greek yogurt + berries

Nuts + fruit

Hummus + vegetables

