

Fruits & Vegetables

These are packed with antioxidants, vitamins, and fiber:

Berries (blueberries, strawberries, raspberries)

Leafy greens (spinach, kale, collards)

Broccoli, Brussels sprouts, Sweet potatoes, Bell peppers,
Tomatoes



Healthy Fats & Omega-3 Rich Foods

FATTY FISH (SALMON, SARDINES, MACKEREL, TUNA)

CHIA SEEDS, FLAXSEEDS, WALNUTS

OLIVE OIL (EXTRA VIRGIN)

AVOCADOS

Herbs, Spices & Extras

TURMERIC (ESPECIALLY WITH BLACK PEPPER)

GINGER, GARLIC, CINNAMON

DARK CHOCOLATE (70% OR HIGHER)



Nuts & Seeds

ALMONDS, PISTACHIOS

PUMPKIN SEEDS, SUNFLOWER SEEDS

OATS



Anti-Inflammatory Beverages

GREEN TEA OR GINGER TEA

WATER WITH LEMON, CUCUMBER, OR MINT

