🛒 1 Star Anti-Inflammation Meal Plan Shopping List ✨

🥬 Produce

- Fennel Bulb (1)
- Lemon (1)
- Garlic Head (1)
- Yellow Onion (1 small)
- Carrots (1 small bag)
- Fresh Ginger Root (1 small piece)
- Parsley (1 small bunch)
- Kale or Spinach (fresh, 1 bag)
- Apple (1)
- Pear (1)
- Banana (1)
- Frozen Blueberries (1 bag)

🍗 Meat & Seafood

- Chicken Thighs (4 pieces)
- Cod or Tilapia Fillet (1 fillet)

🧀 Dairy & Alternatives

- Plain Yogurt (1 small tub)
- Almond Milk (1 carton)

🥫 Canned Goods

- Canned Salmon (2 cans)
- White Beans (1 can)
- Diced Tomatoes (1 can)
- Crushed Tomatoes (1 small can)
- Coconut Milk (1 can)
- Chicken or Vegetable Broth (1 carton)

🌾 Grains & Dry Goods

- White or Jasmine Rice (1 small bag)
- Rice Noodles (1 pack)
- Chia Seeds (1 small bag)
- Breadcrumbs (1 small container)
- Lentils (1 small bag)

🧂 Pantry Staples

- Turmeric (1 jar)
- Cinnamon (1 jar)
- Paprika (1 jar)
- Soy Sauce or Coconut Aminos (1 bottle)
- Honey (1 small bottle)
- Olive Oil (if needed)