

2 Star Anti-Inflammation Meal Plan Shopping List

Produce

- Lemons (3)
- Garlic (2 whole heads)
- Yellow Onion (2 small)
- Fresh Ginger Root (1 medium piece)
- Fresh Parsley (1 bunch)
- Fresh Dill (1 small bunch)
- Fresh Basil (1 small bunch)
- Fennel Bulb (1)
- Brussels Sprouts (1 lb bag)
- Carrots (1 small bag)
- Kale or Spinach (fresh, 1 bag)
- Roma Tomatoes (2)
- Cherry Tomatoes (1 small box)

Meat & Seafood

- Chicken Thighs (8 thighs)
- Salmon Fillets (2 small fillets)
- White Fish Fillet (cod or tilapia, 1 fillet)

Eggs & Dairy

- Eggs (1 dozen)
- Parmesan Cheese (1 small container)
- Plain Yogurt (1 small tub)

Non-Dairy & Alternative

- Almond Milk (1 carton)
- Coconut Milk (2 cans)

Oils & Condiments

- Olive Oil (1 bottle)
- Honey (1 small bottle)

Canned & Jarred

- Canned Crushed Tomatoes (2 cans)
- Canned Diced Tomatoes (1 can)
- Roasted Red Peppers (1 jar)
- Cooked Lentils (1 can)
- Canned Salmon (2 cans)
- Chickpeas (1 can)

Frozen

- Frozen Blueberries (1 bag)
- Frozen Spinach (optional, 1 bag)

Grains & Dry Goods

- White or Jasmine Rice (1 small bag)
- Quinoa (1 small bag)
- Rice Noodles (1 package)
- Polenta (quick-cook, 1 small bag/tube)
- Pumpkin Seeds or Sunflower Seeds (1 small bag)
- Walnuts (1 small bag)
- Saffron Threads (1 small packet)
- Tahini (1 jar)
- Red Curry Paste (1 jar)

Spices & Seasonings

- Turmeric (1 jar)
- Cinnamon (1 jar)
- Paprika (1 jar)
- Chili Flakes (1 jar)
- Dried Basil (1 jar)
- Vanilla Extract (1 bottle)
- Garlic Powder (1 jar)
- Sweet Chili Sauce (1 bottle)