

3 Star Anti-Inflammation Meal Plan Shopping List

Produce

- Pears (2)
- Lemons (2-3)
- Limes (2)
- Apples (2)
- Berries (1 container)
- Cherry Tomatoes (1 pint)
- Roma Tomatoes (2)
- Bell Peppers (2)
- Zucchini (2)
- Carrots (3-4)
- Cucumber (1)
- Fennel (1 bulb)
- Garlic (2 heads)
- Ginger (1 knob)
- Fresh Basil (1 bunch)
- Fresh Parsley (1 bunch)
- Spinach (1 bag)
- Kale (1 bunch)
- Cabbage (1 small head)
- Pineapple (1 small)

Protein

- Chicken Thighs (6-8)
- Salmon Fillets (2)
- Shrimp (½ lb)

Pantry & Canned

- Chicken or Vegetable Broth (1 carton)
- Coconut Milk (1 can)
- Crushed Tomatoes (1 can)
- Chickpeas (1 can)

Dairy & Alternatives

- Ricotta Cheese (1 container)
- Burrata (2 balls)
- Parmesan Cheese (1 wedge)
- Mozzarella Cheese (1 bag)
- Plain Yogurt (1 container)
- Heavy Cream or Coconut Milk (1 container)
- Butter (1 block)
- Milk or Almond Milk (1 carton)

Grains & Bread

- Sourdough Bread (1 loaf)
- Flatbread/Naan (2)
- Orzo (1 box)
- Rice Noodles (1 package)
- Couscous (1 box)
- Gnocchi (1 package)
- Rice (1 bag)
- Tortillas (1 package)
- Lavash Wrap (1)
- Bread (for French toast)

Spices & Condiments

- Olive Oil
- Honey
- Soy Sauce
- Sesame Oil
- Chili Flakes
- Turmeric
- Cinnamon
- Cumin
- Paprika