

# Anti-Inflammatory Kitchen Essentials for Midlife Women



Your go-to grocery guide for fighting inflammation, supporting hormone balance, and boosting energy.

## Produce (Fresh or Frozen)

<input type="checkbox"/> Spinach, kale, Swiss chard, arugula	<input type="checkbox"/> Broccoli, cauliflower, Brussels sprouts
<input type="checkbox"/> Bell peppers, carrots, beets, sweet potatoes	<input type="checkbox"/> Blueberries, strawberries, blackberries, raspberries
<input type="checkbox"/> Oranges, grapefruit, lemons	<input type="checkbox"/> Avocados
<input type="checkbox"/> Garlic & onions	<input type="checkbox"/> Tomatoes

## Healthy Fats & Oils

<input type="checkbox"/> Extra virgin olive oil	<input type="checkbox"/> Avocado oil
<input type="checkbox"/> Almonds, walnuts, pistachios	<input type="checkbox"/> Chia seeds, flaxseeds, pumpkin seeds
<input type="checkbox"/> Almond or cashew butter (unsweetened)	

## Protein Sources

<input type="checkbox"/> Salmon, sardines, mackerel, trout	<input type="checkbox"/> Organic chicken or turkey
<input type="checkbox"/> Eggs (pasture-raised if possible)	<input type="checkbox"/> Lentils, chickpeas, black beans

## Whole Grains

<input type="checkbox"/> Quinoa	<input type="checkbox"/> Brown rice
<input type="checkbox"/> Oats	<input type="checkbox"/> Farro or barley

## Herbs, Spices & Extras

<input type="checkbox"/> Turmeric + black pepper	<input type="checkbox"/> Ginger
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Green tea, chamomile tea, hibiscus tea
<input type="checkbox"/> Dark chocolate (70%+ cocoa)	