



## Shopping List: 7-Day Anti-Inflammatory Meal Plan for Joint Pain

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"This shopping list corresponds to the full meal plan in the post:

"7-Day Anti-Inflammatory Meal Plan for Joint Pain: Natural Relief Through Food."

You can view the full post here:

<https://www.healthyeasyrecipes.com/anti-inflammatory-meal-plan-for-joint-pain/>

It includes all the anti-inflammatory ingredients you'll need for breakfast, lunch, and dinner.

Use it as a guide to make your grocery trip simple, effective, and focused on healing.

### **Produce**

- Spinach
- Avocado
- Cherry tomatoes
- Pear
- Blueberries
- Banana
- Lemon
- Sweet potatoes
- Zucchini
- Bell peppers
- Cucumbers
- Red onion
- Garlic

- Broccoli
- Butternut squash
- Carrots
- Beets
- Kale
- Arugula
- Kiwi
- Mango
- Apples
- Green beans
- Bok choy
- Shredded carrots
- Parsley
- Basil
- Mixed greens
- Strawberries
- Tomatoes
- Lime

## **Whole Grains & Legumes**

- Oats
- Quinoa
- Brown rice
- Wild rice
- Chickpeas
- Lentils
- Black beans

## **Protein**

- Salmon
- Cod
- Trout
- Shrimp
- Ground turkey

- Chicken breast
- Eggs
- Greek yogurt (or plant-based)

## **Nuts & Seeds**

- Chia seeds
- Flaxseeds
- Hemp seeds
- Walnuts
- Almonds
- Pumpkin seeds

## **Pantry & Oils**

- Olive oil
- Coconut milk
- Tahini
- Hummus
- Apple cider vinegar
- Tamari
- Gluten-free or whole-grain bread
- Gluten-free wraps
- Whole-grain or gluten-free pasta

## **Herbs & Spices**

- Turmeric
- Ginger
- Cumin
- Cinnamon
- Rosemary
- Black pepper

## **Beverages / Add-ons**

- Green tea
- Almond milk

- Fish oil supplement (optional)