

The Anti-Inflammatory Plate

Avocado

Olives Extra Virgin Olive Oil Flaxseed Oil **Coconut Oil** Kale Nut **Spinach** Seeds Chard **Collards Broccoli Fats Asparagus** Cauliflower Wild-Caught Fish **Bok Choy Omega-3 Eggs Veggies Mushrooms Beans Protein Carrots** Soy **Celery Radishes Jicama Complex** Fruit Carbs Quinoa **Brown Rice Apples** Yams **Pears** Squash **Berries Beets Grapes Melons Mangoes** Kiwi

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