

Anti Inflammatory / Ketogenic Foods That Help Stop Pain & Lose Weight & Fight Disease & Diabetes.

Vegetables	Vegetables Cont'd	Fruits	Grains	Proteins	Drinks	Fats & Nuts	Condiments & Sweeteners
Asparagus	Kelp	Apples	Wild Rice	Chicken	Seltzer	Avocado Oil	Stevia
Beets	Kohlrabi	Apricots	Buckwheat	Eggs	Herbal Tea	Coconut Oil	Raw Organic Honey
Bok Choy	Leeks	Avocados	Quinoa	Turkey	Roobois Tea	Extra Virgin Olive Oil	Pure Maple Syrup
Broccoli	Mushrooms	Blackberries	Millet	Salmon	Coconut Water	Flax Seed Oil	Apple Cider Vinegar
Brussels sprouts	Mustard Greens	Blueberries	Amaranth	Trout	Green Tea	Grapeseed Oil	Fresh Herbs
Cabbage	Nori	Cantaloupe	Sorghum	Halibut	Purified Water	Hemp Seed Oil (do not heat)	Dried Herbs
Carrots	Okra	Cherries	Teff	Cod	Yerba Mate Tea	Sesame Oil	Spices
Cauliflower	Onions	Honeydew Melon	Tapioca	Sugar-Free Protein Powder		Walnuts	Sea Salt
Celery	Parsley	Kiwi	Red Rice	Hemp Protein Powder		Sesame Seeds	Peppercorns
Chicory	Peas	Lemon	Black Rice	Split Peas		Hemp Seeds	Carob Powder
Collard Greens	Radishes	Lime	Brown Rice	Lentils		Ground Flax Seeds	Raw Cacao Powder
Cucumber	Romaine Lettuce	Papaya		Legumes		Chia Seeds	
Dandelion	Rutabaga	Pears		Bee Pollen		Pumpkin Seeds	
Dulse	Scallions	Plums		Spirulina		Cashews	
Endive	Spinach	Raspberries		Blue-Green Algae		Macadamia Nuts	
Escarole	Sprouts	Watermelon				Brazil Nuts	
Green Beans	Summer Squash					Tahini	
Kale	Sweet Potato					Sunflower Seeds	
Kelp	Swiss Chard						