



■ Anti-Inflammatory Pantry Checklist

Use this checklist as your guide to stock a pantry that supports healing, reduces inflammation, and makes it easier to prepare meals that nourish your health. Keep it handy for grocery shopping or meal planning.

Category	Essentials to Stock
Beans & Legumes	Black beans, lentils, chickpeas, kidney beans, pinto beans
Whole Grains	Brown rice, quinoa, oats, barley, farro, whole wheat pasta
Nuts & Seeds	Walnuts, almonds, chia seeds, flaxseeds, pumpkin seeds
Spices & Herbs	Turmeric, ginger, garlic, cinnamon, rosemary, oregano
Other Staples	Apple cider vinegar, low-sodium vegetable broth, unsweetened plant milks

■ Tip: Keep this checklist visible in your kitchen as a daily reminder that food is medicine. A well-stocked pantry makes healthy choices the easy choices!