

ANTI-INFLAMMATORY FOOD RAINBOW

CINNAMON GINGER TURMERIC ONION OATS



BLACKBERRY EGG PLANT



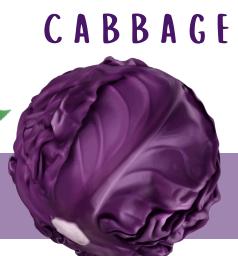
BLUEBERRY



PLUM



RED



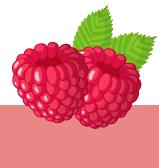
RED



CHERRY
TOMATOES



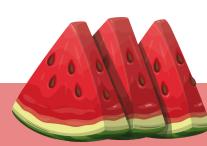
RASPBERRIES



RED BELL
PEPPER



WATER
MELLON



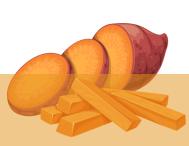
POMEGRANATE



SWEET



POTATO



CARROTS



APRICOTS



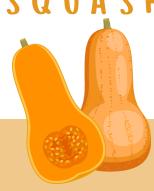
MANGO



CANTALOUPE



WINTER



PINEAPPLE



LEMONS



YELLOW BELL
PEPPER



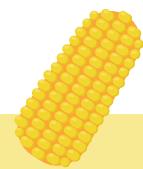
YELLOW



CANARY



SWEET CORN



KALE



COLLARD
GREENS



SPINACH CELERY AVOCADO



AVOCADO



GREEN



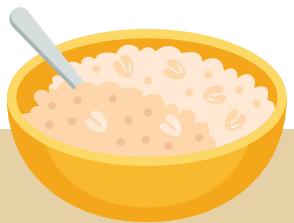
TEA

LETTUCE



ANTI INFLAMMATORY RECIPES

BLACKBERRY BLUEBERRY CINNAMON OATS



BERRY OATMEAL BOWL

COOK OATS WITH ALMOND MILK

TOP WITH A MIX OF STRAWBERRIES, RASPBERRIES, AND BLUEBERRIES

SPRINKLE WITH CINNAMON AND CHOPPED WALNUTS

ANTI INFLAMMATORY RECIPES

KALE



PINEAPPLE



SPINACH



GREEN

TEA



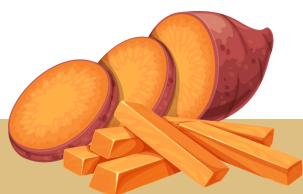
GREEN

SMOOTHIE

BLEND SPINACH,
KALE, PINEAPPLE,
AND GREEN TEA

ANTI INFLAMMATORY RECIPES

SWEET POTATO



RED BELL
PEPPER



YELLOW BELL
PEPPER



ONION



SWEET POTATO HASH

SAUTÉ DICED SWEET
POTATOES, BELL
PEPPERS, AND ONIONS

ADD SPINACH AND
GARLIC AT THE END

ANTI INFLAMMATORY RECIPES

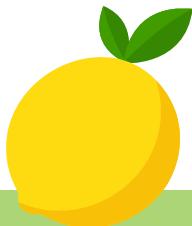
AVOCADO



TOasted
SOuR DOuGH



LEMON



SALMON



SALMON AND AVOCADO TOAST

TOP WHOLE GRAIN TOAST
WITH MASHED AVOCADO AND
SMOKED SALMON

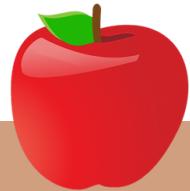
GARNISH WITH LEMON JUICE

ANTI INFLAMMATORY RECIPES

CINNAMON



RED
APPLE



BAKED CINNAMON APPLES

CORE AND SLICE
APPLES, SPRINKLE
WITH CINNAMON

BAKE UNTIL TENDER

