

# ANTI-INFLAMMATORY FOOD RAINBOW

CINNAMON



GINGER



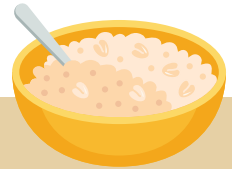
TURMERIC



ONION



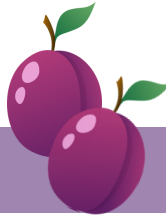
OATS



EGG PLANT



PLUM



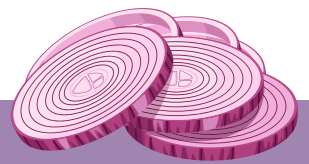
RED

CABBAGE



RED

ONION



BLACKBERRY



BLUEBERRY



CHERRY

TOMATOES



RASPBERRIES



RED BELL  
PEPPER



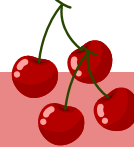
WATER

MELLON



POMEGRANATE

CHERRIES



SWEET

POTATO



CARROTS



APRICOTS



MANGO



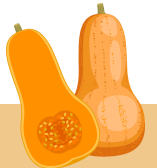
CANTALOUPE

MELON



WINTER

SQUASH



PINEAPPLE



LEMONS



YELLOW BELL  
PEPPER



YELLOW

APPLE

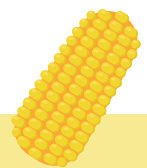


CANARY

MELON



SWEET CORN



KALE



COLLARD  
GREENS



SPINACH



CELERY



AVOCADO



GREEN  
TEA

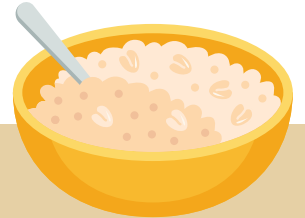
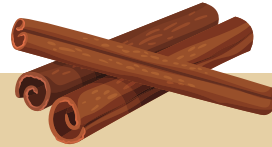


LETTUCE



# ANTI INFLAMMATORY RECIPES

BLACKBERRY BLUEBERRY CINNAMON OATS



## BERRY OATMEAL BOWL

COOK OATS WITH ALMOND  
MILK

TOP WITH A MIX OF  
STRAWBERRIES,  
RASPBERRIES, AND  
BLUEBERRIES

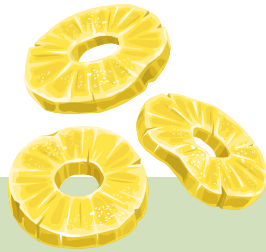
SPRINKLE WITH CINNAMON  
AND CHOPPED WALNUTS

# ANTI INFLAMMATORY RECIPES

KALE



PINEAPPLE



SPINACH



GREEN  
TEA

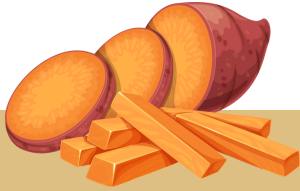


## GREEN SMOOTHIE

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

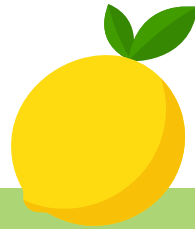
AVOCADO



TOASTED  
SOUR DOUGH



LEMON



SALMON



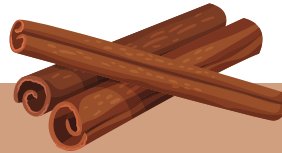
## SALMON AND AVOCADO TOAST

TOP WHOLE GRAIN TOAST  
WITH MASHED AVOCADO AND  
SMOKED SALMON

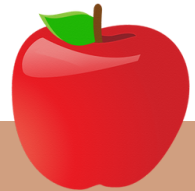
GARNISH WITH LEMON JUICE

# ANTI INFLAMMATORY RECIPES

CINNAMON



RED  
APPLE



## BAKED CINNAMON APPLES

CORE AND SLICE  
APPLES, SPRINKLE  
WITH CINNAMON

BAKE UNTIL TENDER

