

9 Habits

TO GUIDE YOU ON YOUR ANTI-INFLAMMATORY JOURNEY

These 9 simple habits will show you exactly how to reduce inflammation through your food choices—no overwhelm required! We'll focus on adding foods that help your body thrive while strategically upgrading inflammatory choices. Each small change adds up to powerful results.

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This document is for informational purposes only and is not a substitute for professional medical advice. Individuals in good health, those with health concerns, or those aware of any medical conditions or physical limitations should always consult a physician before starting any eating or exercise program.

HABIT 1

START WITH YOUR TOP 3 SWAPS

Certain everyday foods like refined oils, sugars, and processed grains directly trigger inflammatory responses in your body. By identifying and swapping out your most frequent inflammatory foods, you'll significantly reduce your daily inflammatory load.

REPLACE VEGETABLE OILS	EXTRA VIRGIN OLIVE OIL, AVOCADO OIL
SWAP REFINED SUGAR	BERRIES, CINNAMON, MONK FRUIT
TRADE PROCESSED GRAINS	WHOLE GRAINS, GRAIN-FREE OPTIONS

PRO TIP!

Write down your top 3 inflammatory foods and plan specific swaps for each!





HABIT 2

ROTATE THE RAINBOW

Each color in fruits and vegetables represents different antioxidants that fight inflammation in unique ways. More colors = more complete protection!

PURPLE/BLUE

► BRAIN PROTECTION

Berries • Grapes

RED

► HEART HEALTH

Tomatoes • Peppers

ORANGE/YELLOW

► IMMUNE SUPPORT

Sweet Potatoes • Citrus

GREEN

► CELL REPAIR

Leafy Greens • Broccoli

WHITE

► IMMUNE STRENGTH

Garlic • Onions

PRO TIP!

Aim for 3 different colors at each meal!

HABIT 3

TRANSFORM YOUR BREAKFAST

Your first meal sets your body's inflammatory response for the day. Starting with anti-inflammatory foods helps stabilize blood sugar and reduce inflammatory triggers.

SUGARY CEREALS



OATMEAL WITH BERRIES AND NUTS



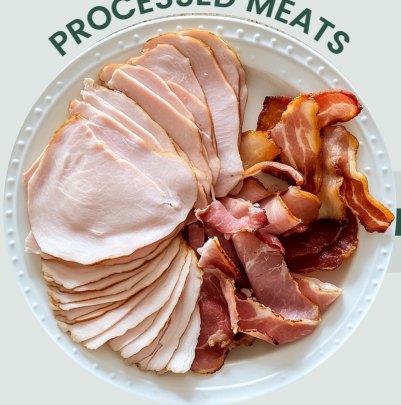
PASTRIES



CHIA PUDDING WITH ANTIOXIDANT-RICH TOPPINGS



PROCESSED MEATS



EGGS OR FISH WITH AVOCADO AND VEGETABLES



PRO TIP! Prep breakfast ingredients the night before!

HABIT 4

UPGRADE YOUR FATS

Quality fats actively fight inflammation while damaged or processed fats trigger it. Even healthy fats can become inflammatory when cooked incorrectly, so both your fat choices AND cooking methods matter for fighting inflammation.



THINGS TO NOTE

Cook with: Extra virgin olive oil, avocado oil, coconut oil

Include omega-3 rich foods like Wild fatty fish, chia seeds, flax seeds, walnuts

Focus on whole food fats like Avocados, nuts, seeds, olives

Cooking methods: Stick to low (350F) - medium heat (400f) & avoid deep frying

Steam or bake foods to minimize oil oxidation

Save the good stuff: Use extra virgin olive oil raw for maximum benefits

PRO TIP! Keep different oils for different uses - one for cooking, one for drizzling! And remember: if your oil is smoking, it's creating inflammatory compounds.

HABIT 5

REVOLUTIONIZE YOUR SEASONING

Herbs and spices are concentrated sources of anti-inflammatory compounds, while artificial additives and excess salt promote inflammation.

SEASONING SECRETS

Add turmeric + black pepper to soups
Sprinkle cinnamon instead of sugar
Use fresh herbs generously
Add ginger to teas and smoothies

PRO TIP!

Create your own anti-inflammatory spice blends! Not only are they delicious but save you ton of money!



HABIT 6

TRANSFORM YOUR PROTEIN

The quality and source of your protein dramatically affect inflammation levels. Factory-farmed and processed meats can trigger inflammation, while quality proteins provide the building blocks your body needs to repair and reduce inflammation.

INFLAMMATORY PROTEINS TO SWAP OUT:

- Processed meats (bacon, sausage, deli meat)
- Factory-farmed red meat
- Conventionally raised chicken
- Deep-fried proteins
- Low-quality protein powders



SUCCESS TIPS

FOCUS ON

- Eat fatty fish 2x weekly such as wild-caught salmon, sardines, mackerel., fresh tuna, cod, or halibut
- Choose grass-fed/wild-caught when possible such as beef, bison, and lamb
- Select free-range chicken and turkey & pasture-raised eggs
- Experiment with plant-based proteins like legumes, quinoa, hemp seeds, tempeh & organic tofu

KEYS TO SUCCESS

Start with one fish meal per week, then build to two

Replace processed lunch meats with leftover home-cooked proteins

Add legumes to soups and salads

Mix plant and animal proteins (like adding lentils to ground meat)

PRO TIP!

Buy quality proteins in bulk when on sale and freeze in portions, making healthy choices more budget-friendly!

HABIT 7

REINVENT YOUR SNACKS

Strategic snacking helps maintain stable blood sugar and provides regular doses of anti-inflammatory compounds.



Turmeric Roasted Chickpeas
Crunchy and packed with curcumin, a powerful anti-inflammatory compound.

Dark Chocolate & Almonds
Dark chocolate (70% or higher) contains flavonoids that combat inflammation.

Carrot & Celery Sticks with Hummus
Chickpeas and olive oil provide fiber and anti-inflammatory benefits.

Greek Yogurt with Honey & Chia Seeds
Probiotics, omega-3s, and antioxidants in one creamy snack.

Golden Milk (Turmeric Latte)
Made with turmeric, ginger, and dairy-free milk, it's soothing and anti-inflammatory.

Cucumber Slices with Guacamole
Hydrating and full of healthy fats.

Pumpkin Seeds & Dark Cherries
Pumpkin seeds have magnesium, and cherries contain anthocyanins that reduce inflammation.

Salmon & Avocado Roll-Ups
A protein-packed, omega-3-rich snack with anti-inflammatory benefits.

PRO TIP!
Pre-portion snacks into grab-and-go containers!

HABIT 8

RETHINK YOUR DRINKS

Beverages can be either major inflammatory triggers or powerful anti-inflammatory allies.



Ginger Tea
Fresh ginger steeped in hot water helps reduce inflammation and soothes digestion.

Green Tea
Contains polyphenols and catechins, which have strong anti-inflammatory properties.

Sparkling Water with Lemon & Fresh Fruit
Hydrating, rich in vitamin C, with added antioxidants from the fruit.

Berry Smoothie
A blend of blueberries, strawberries, and spinach for a high-antioxidant boost.

Infused Water with Cucumber and Mint
Hydrating and packed with vitamins and minerals that fight inflammation.

Apple Cider Vinegar Tonic
A mix of apple cider vinegar, honey, and warm water that supports digestion and reduces inflammation.

Kombucha
A probiotic-rich fermented tea that supports gut health and reduces inflammation.
*Choose low-sugar options

PRO TIP!
Keep a pitcher of infused water in your fridge!

HABIT 9

PRACTICE STRATEGIC SUBSTITUTION

Small, consistent upgrades add up to significant reductions in inflammation over time.

EASY SWAPS

Switch from white bread to whole grain, then experiment with even better options like sprouted grain bread

Replace regular pasta with whole grain versions or legume-based pastas

Swap milk chocolate for dark chocolate with at least 70% cacao

Try cauliflower rice in place of white rice

Use mashed banana or applesauce to replace sugar in baking

PRO TIP!

Make one upgrade at a time and master it before moving to the next!

AND REMEMBER

The goal isn't to eliminate all inflammatory foods overnight. Instead, focus on gradually upgrading your choices. As you add more anti-inflammatory foods and reduce inflammatory ones, pay attention to how your body feels. Many people find that once they experience how much better they feel with anti-inflammatory foods, making healthy choices becomes natural and enjoyable.

