

Your Anti-Inflammatory Jumpstart Checklist

Each week, aim to check off as many of these simple actions as you can!

Add More Healing Foods:

- ☐ Eat at least **one cup of leafy greens** daily (spinach, kale, chard)
 - ☐ Enjoy a **handful of berries** at least 3–4 times a week
 - ☐ Cook **quinoa or another gluten-free whole grain** 2–3 times this week
 - ☐ Add **turmeric and black pepper** to at least one meal
 - ☐ Snack on a small **handful of walnuts** a few days this week
 - ☐ Include **cruciferous veggies** like broccoli or cauliflower at dinner
 - ☐ Sprinkle **ground flaxseeds** into your breakfast or smoothie
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Reduce Inflammatory Foods:

- ☐ Swap sugary drinks for **water, herbal tea, or fruit-infused water**
 - ☐ Replace white bread or pasta with **whole gluten-free grains**
 - ☐ Use **plant-based milk** instead of dairy
 - ☐ Skip processed meats — try plant-based proteins like lentils or chickpeas
 - ☐ Avoid foods with artificial sweeteners — **choose natural sweeteners** instead
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Smart Shopping Tips:

- ☐ Shop the **outer aisles** of the grocery store (where the fresh food lives!)
 - ☐ Read labels — **if you can't pronounce it, reconsider it**
 - ☐ Stock up on staples: leafy greens, berries, quinoa, lentils, nuts, flaxseeds
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Simple Daily Habits:

- ☐ Start your day with **fruit or veggies**
 - ☐ Prep one anti-inflammatory meal or snack for grab-and-go ease
 - ☐ Celebrate **small wins** — every healthy choice counts!
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Final Words of Encouragement:


"Healing isn't about being perfect.

It's about choosing better, more often — and building momentum one meal, one habit, one day at a time."

You have the knowledge.

You have the tools.

Now you have the *power* to create real, lasting change.

Your body is ready to heal — and every choice you make is a step closer to the vibrant, energized life you deserve. 

Bonus Tip:

Print this checklist and put it on your fridge, or keep it handy on your phone.

Track your progress, celebrate your wins, and watch how fast you start to feel the difference!

To your vibrant health,

Chef Frank

Eat Like a Vegan Chef 