

Support your body with easy, everyday staples you can find at almost any store.

Produce Aisle: Antioxidant Powerhouse Foods

Blueberries (frozen or fresh) – rich in polyphenols

Cabbage – budget-friendly, gut-soothing, antioxidant-packed

Leafy greens – romaine, spinach, kale

Beets – support liver and lymph

Ginger & Turmeric root – potent anti-inflammatory compounds

Lemons – alkalizing and rich in vitamin C

Q Protein & Fats: Blood Sugar Balancers

Pastured eggs

Wild-caught salmon or sardines

Organic chicken or grass-fed beef

Raw or sprouted nuts (almonds, walnuts)

Avocados – healthy fat + fiber

Extra virgin olive oil – cold-pressed only

Variation Helpers

Spring water (glass or BPA-free if possible)

Lemons or limes – squeeze into water to aid digestion

Unrefined sea salt or pink salt – add a pinch to support minerals

Coconut water – natural electrolyte support

(check for no added sugar)

Pantry Staples That Calm Inflammation

Herbal teas – ginger, tulsi, peppermint, or chamomile

Bone broth – supports gut lining + joints

Canned salmon or mackerel – high in omega-3s

Unfiltered apple cider vinegar – supports digestion and blood sugar

Cinnamon – natural blood sugar support



Ready to slash inflammation and get a reset at a *cellular level* that you can **actually feel?**

Learn about the 14 Day Reset at livingwellwithjanelle.com.

% Quick Daily Tips That Actually Work

- ✓ Start your morning with water + lemon or NingXia Red
- ✓ Add a veggie to every meal—even breakfast!
- ✓ Eat protein within 60 minutes of waking
 - ✓ Diffuse or apply citrus oils to support mood + lymph
 - ✓ Prioritize rest and rhythm over hustle and pressure

