



Denise Canellos

Eat well. Feel fantastic.

Calm Your Inflammation Checklist

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fruit <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fruit <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fruit <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fruit <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fruit <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fruit <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Berries <input type="checkbox"/>	Berries <input type="checkbox"/>	Berries <input type="checkbox"/>	Berries <input type="checkbox"/>	Berries <input type="checkbox"/>	Berries <input type="checkbox"/>	Berries <input type="checkbox"/>
Greens/ Salad <input type="checkbox"/>	Greens/ Salad <input type="checkbox"/>	Greens/ Salad <input type="checkbox"/>	Greens/ Salad <input type="checkbox"/>	Greens/ Salad <input type="checkbox"/>	Greens/ Salad <input type="checkbox"/>	Greens/ Salad <input type="checkbox"/>
Vegetables <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Vegetables <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Vegetables <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Vegetables <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Vegetables <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Vegetables <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Vegetables <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Whole Grains <input type="checkbox"/> <input type="checkbox"/>	Whole Grains <input type="checkbox"/> <input type="checkbox"/>	Whole Grains <input type="checkbox"/> <input type="checkbox"/>	Whole Grains <input type="checkbox"/> <input type="checkbox"/>	Whole Grains <input type="checkbox"/> <input type="checkbox"/>	Whole Grains <input type="checkbox"/> <input type="checkbox"/>	Whole Grains <input type="checkbox"/> <input type="checkbox"/>
Beans / Soy <input type="checkbox"/> <input type="checkbox"/>	Beans / Soy <input type="checkbox"/> <input type="checkbox"/>	Beans / Soy <input type="checkbox"/> <input type="checkbox"/>	Beans / Soy <input type="checkbox"/> <input type="checkbox"/>	Beans / Soy <input type="checkbox"/> <input type="checkbox"/>	Beans / Soy <input type="checkbox"/> <input type="checkbox"/>	Beans / Soy <input type="checkbox"/> <input type="checkbox"/>
Nuts / Seeds <input type="checkbox"/> <input type="checkbox"/>	Nuts / Seeds <input type="checkbox"/> <input type="checkbox"/>	Nuts / Seeds <input type="checkbox"/> <input type="checkbox"/>	Nuts / Seeds <input type="checkbox"/> <input type="checkbox"/>	Nuts / Seeds <input type="checkbox"/> <input type="checkbox"/>	Nuts / Seeds <input type="checkbox"/> <input type="checkbox"/>	Nuts / Seeds <input type="checkbox"/> <input type="checkbox"/>
Tea <input type="checkbox"/> <input type="checkbox"/>	Tea <input type="checkbox"/> <input type="checkbox"/>	Tea <input type="checkbox"/> <input type="checkbox"/>	Tea <input type="checkbox"/> <input type="checkbox"/>	Tea <input type="checkbox"/> <input type="checkbox"/>	Tea <input type="checkbox"/> <input type="checkbox"/>	Tea <input type="checkbox"/> <input type="checkbox"/>
Herbs / Spices <input type="checkbox"/>	Herbs / Spices <input type="checkbox"/>	Herbs / Spices <input type="checkbox"/>	Herbs / Spices <input type="checkbox"/>	Herbs / Spices <input type="checkbox"/>	Herbs / Spices <input type="checkbox"/>	Herbs / Spices <input type="checkbox"/>
Chocolate <input type="checkbox"/>	Chocolate <input type="checkbox"/>	Chocolate <input type="checkbox"/>	Chocolate <input type="checkbox"/>	Chocolate <input type="checkbox"/>	Chocolate <input type="checkbox"/>	Chocolate <input type="checkbox"/>
Vitamins <input type="checkbox"/>	Vitamins <input type="checkbox"/>	Vitamins <input type="checkbox"/>	Vitamins <input type="checkbox"/>	Vitamins <input type="checkbox"/>	Vitamins <input type="checkbox"/>	Vitamins <input type="checkbox"/>