

Printable | Evidence-informed | No calorie counting

# Anti-Inflammatory Swap List

*40 one-for-one swaps that move your daily plate toward the Mediterranean-plus pattern without a full diet overhaul.*

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## How to use this list

Tape this on the inside of a kitchen cupboard. Pick one swap per week. Do not try to change your whole pantry at once. Most people feel the difference in joint stiffness, morning puffiness, and afternoon energy within 2 to 3 weeks when 3 or 4 swaps stick.

### [MAP] The core pattern in one line

More olive oil, fatty fish, legumes, berries, leafy greens, nuts, herbs, and fermented foods. Less refined seed oil, processed meat, added sugar, ultra-processed snacks, and alcohol. That is 80 percent of it.

## Cooking fat swaps

Swap this	For this
Vegetable / canola oil	Extra virgin olive oil
Margarine / seed-oil spread	Grass-fed butter or EVOO
Fried in soybean oil	Pan-seared in EVOO or ghee
Salad dressing with soybean oil	EVOO + lemon or red-wine vinegar
Sunflower oil	Avocado oil for high heat

## Protein swaps

Swap this	For this
Bacon / breakfast sausage	Smoked mackerel or sardines on toast
Deli ham / lunch meat	Canned wild salmon or tuna in olive oil
Hot dogs	Grilled chicken thighs with herbs
Ground beef 70/30	Ground turkey or 90/10 grass-fed beef
Chicken nuggets	Baked chicken tenders with paprika
Pepperoni pizza	Pizza with anchovy, olives, arugula
Protein bar with seed oils	Greek yogurt + walnuts + honey

## Carb swaps

Swap this	For this
White bread	100% whole-grain sourdough
White rice (daily)	Farro, barley, or brown rice 3x/wk
Instant oatmeal packets	Steel-cut or rolled oats + berries
Pasta (white, daily)	Lentil or chickpea pasta 2x/wk
Breakfast cereal, sweetened	Plain oats + walnuts + cinnamon
Tortilla chips	Roasted chickpeas or almonds
Crackers + cheese snack	Whole-grain crackers + hummus

## Produce upgrades (more of these)

Category	Target per day
Leafy greens	1 to 2 fists (raw) or 1 cup cooked
Berries	1/2 to 1 cup (fresh or frozen)
Cruciferous	1/2 to 1 cup (broccoli, cabbage, kale)
Alliums	Garlic or onion in 1 meal
Herbs (fresh or dried)	Parsley, basil, oregano, rosemary
Olives or olive tapenade	1 tbsp, 3x per week

## Beverage swaps

Swap this	For this
Soda (daily)	Sparkling water + lemon or lime
Sweetened iced coffee	Espresso + oat milk, unsweetened
Fruit juice	Whole fruit + water
Energy drink	Green tea or matcha
Third glass of wine	Tart cherry juice + sparkling water

## Polyphenol boosters (add anywhere)

Polyphenols are plant compounds that show the most consistent anti-inflammatory signal in the last decade of nutrition research. Sprinkle, splash, or steep these into whatever you are already eating.

Booster	How to use
Extra virgin olive oil	1 to 2 tbsp raw over finished plates
Ground cinnamon	1/2 tsp in oats or coffee
Turmeric + black pepper	1/4 tsp in soups, rice, eggs
Cocoa (unsweetened)	1 tsp in overnight oats
Green tea or matcha	1 to 2 cups in place of 1 coffee
Pomegranate seeds	Top yogurt, salad, grain bowls
Ginger (fresh or ground)	Steep in hot water or add to stir-fry

## Fermented foods (build up slowly)

Start with a teaspoon, not a jar. Gut adjustment takes 10 to 14 days. Rotate 2 or 3 different ferments so you get a wider microbial mix.

Food	Start size
Plain Greek yogurt	1/2 cup daily
Kefir (plain or vanilla)	1/4 cup, ramp to 1 cup
Sauerkraut (refrigerated)	1 tsp, ramp to 2 tbsp
Kimchi	1 tsp, ramp to 2 tbsp
Miso (unpasteurized)	1 tsp stirred into soup or dressing
Kombucha, low sugar	4 oz, ramp to 8 oz

### [NEXT] The companion plan

If this list lands and you want the full 14-day plan with recipes, batch-prep schedule, and grocery lists, grab the [Anti-Inflammatory Mediterranean-Plus 14-Day Meal Plan](#).

## Ready for the complete system?

*This free guide is a starting point.*

*The paid guide gives you the complete step-by-step system.*

### **Anti-Inflammatory 14-Day Meal Plan - \$19**

[grabguides.com/products/anti-inflammatory-meal-prep](https://grabguides.com/products/anti-inflammatory-meal-prep)

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