

★ The Autoimmune Snack Blueprint

15 Anti-Inflammatory Snacks to Reduce Pain, Calm Inflammation & Support Steady Energy



➡ What to snack on when you're inflamed, fatigued, flaring, or craving something quick.

This resource contains:

- The Full Anti-Inflammatory Snack List (Including why each snack works, Portions + How Often to Use Them)
- Snack Pairing Formulas for Fatigue, Joint Pain, Sugar Cravings, & Flares
- "Build-Your-Own Anti-Inflammation Snack Box" Guide
- A 3-Day Snack Rotation Plan (done for you)



The Anti-Inflammatory Snack List

With science + portions

Blueberries (fresh or frozen)

Portion: ½–1 cup

Why it works: Anthocyanins → ↓ oxidative stress, improved endothelial function, insulin sensitivity.

Use during: Flares, brain fog, morning fatigue.

Walnuts

Portion: ¼ cup

Why it works: Plant omega-3 ALA → supports anti-inflammatory pathways.

Use during: Afternoon slump, carb cravings.

Chia Pudding

Portion: 2 tbsp chia + milk

Why it works: Fiber + omega-3s → steadier blood sugar + calmer inflammation.

Use during: Evening sugar cravings, pre-bed snack.

Greek Yogurt (or coconut yogurt)

Portion: ½–¾ cup

Why it works: Protein + probiotics → supports gut health & energy.

Use during: Morning fatigue, stabilizing energy.

Hummus + Veggies

Portion: ¼ cup hummus + 1 cup veggies

Why it works: Fiber + polyphenols → supports microbiome & reduces inflammation mediators.

Use during: Mid-day hunger, anxiety-type cravings.

More Anti-Inflammatory Snacks

Almonds

Portion: ¼ cup

Why it works: Vitamin E + monounsaturated fats → supports joint & cellular inflammation control.

Use during: On-the-go, travel days.

Edamame (steamed)

Portion: ½–1 cup

Why it works: Plant-based protein + fiber → supports steady glucose & immune regulation.

Use during: Afternoon fatigue.

Hard-Boiled Eggs

Portion: 1–2

Why it works: Protein/fat → reduces cortisol swings & helps stabilize hunger/energy.

Use during: Morning rush, long days.

Avocado + Sea Salt

Portion: ½ avocado

Why it works: Potassium + monounsaturated fats → supports inflammation & blood pressure regulation.

Use during: Stressful days, pre-work snack.

Apple + Almond Butter

Portion: 1 small apple + 1 tbsp almond butter

Why it works: Fiber + healthy fats → steadier blood sugar = calmer inflammation.

Use during: Late-night cravings.

More Anti-Inflammatory Snacks

Tuna Pack + Crackers

Portion: 1 mini tuna pack + whole-grain crackers

Why it works: Omega-3s → inflammation modulation.

Use during: When you need grounding protein.

Turmeric Latte (Golden Milk)

Portion: 8 oz

Why it works: Curcumin → supports inflammatory pathway modulation. *Use caution if on blood-thinners.

Use during: Evening wind-down.

Pumpkin Seeds

Portion: ¼ cup

Why it works: Magnesium + zinc = muscle relaxation + immune support.

Use during: Stress flares & PMS week.

Cottage Cheese + Pineapple

Portion: ½ cup

Why it works: Protein + bromelain enzyme may support inflammation balance.

Use during: Morning or post-exercise.

Frozen Grapes

Portion: ½–1 cup

Why it works: Polyphenols → antioxidant support.

Use during: Sweet cravings.

★ Snack Pairing Formulas



FOR FATIGUE

Choose 1 fruit + 1 protein:

- Blueberries + Greek yogurt
- Apple + almonds
- Chia pudding + berries

FOR FLARE DAYS

Choose 1 omega-3 source + 1 antioxidant fruit:

- Walnuts + blueberries
- Chia pudding + raspberries
- Tuna + grapes

FOR SUGAR CRAVINGS

Choose 1 fiber-rich item + 1 healthy fat:

- Hummus + carrots
- Avocado + crackers
- Apple + almond butter

FOR BRAIN FOG

Choose polyphenols + protein:

- Blueberries + cottage cheese
- Grapes + nuts
- Greek yogurt + berries

★ "BUILD YOUR ANTI-INFLAMMATION SNACK BOX"



Choose 1 Fiber Base

- Berries
- Veggies
- Apple
- Edamame



Add 1 Protein

- Greek yogurt
- Hard-boiled egg
- Tuna
- Cottage cheese



Add 1 Healthy Fat

- Almonds
- Walnuts
- Avocado
- Pumpkin seeds



Optional Anti-Inflammatory Add-Ons

- Cinnamon
- Turmeric
- Ginger
- Extra chia or flax



Example box:

Blueberries • Walnuts • Greek yogurt • Cinnamon

(High polyphenols + omega-3s + protein = PERFECT for flares & fatigue.)

★ 3-DAY AUTOIMMUNE SNACK ROTATION



DAY 1

AM: Blueberries + yogurt

PM: Walnuts + grapes



DAY 2

AM: Chia pudding + berries

PM: Hummus + veggies



DAY 3

AM: Apple + almond butter

PM: Cottage cheese + pineapple

This helps reduce inflammation triggers, stabilize energy, and prevent "what do I eat?" overwhelm.

Important Note: Everyone's body is different — especially with autoimmune conditions. Please avoid any foods you are allergic or sensitive to, and always talk with your healthcare provider about what's safe and right for your medical history. This guide is for education only and not medical advice.

★ Next Step



If fatigue, brain fog, and flare unpredictability are hitting hard...

I created a free video that shows the **three-phase system** I use to help autoimmune women feel stable, clearer, and more energized — without extreme diets or protocols.

👉 **[Watch the Free Video Here](#)**