Week of _____

TMJ & Sleep Therapy Centre

Fruits / Vegetables

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_____
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Lean Meats / Fish / Protein

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_____
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_____
_____
_____

Grains / Rice

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_____
_____
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Fats / Nut & Nut Milks

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Seasonings / Herbs

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Household Items

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_____

When in doubt, avoid dairy, gluten and sugar to maintain a low-inflammatory diet.