



Vegetables:

Artichoke
 Arugula
 Asparagus
 Beets *
 Bok Choy
 Broccoli *
 Brussels Sprouts *
 Cabbage *
 Carrots *
 Cauliflower
 Celery
 Collard Greens
 Dandelion *
 Eggplant
 Endive
 Fennel
 Green Beans
 Horseradish
 Jerusalem Artichokes
 Jicama
 Kale *
 Kohlrabi
 Leeks
 Mushrooms *
 Okra
 Onions *
 Peppers (hot and sweet)
 Pumpkin
 Purslane
 Spinach *
 Squash (winter and summer)
 Sweet Potatoes
 Swiss Chard *
 Tomatoes
 Turnips
 Watercress *

Meats:

Organic Eggs *
 Free Range Poultry:
 (chicken and turkey)
 Grass Fed Beef (beef and lamb)
 Wild Game: (buffalo, venison, elk)
 Crustacea:
 (crayfish, prawns, shrimp, lobster, crabs)
 Mackerel
 Mollusks:

(clams, mussels, scallops, oysters)
 Sardines *
 Tuna
 White fleshed fish (cont'd)
 (cod, flounder, halibut, sol, pollack, rockfish)
 Wild Alaskan Salmon* (wild salmon in general)

Fruit:

Apples
 Apricots
 Avacados *
 Bananas (plantain)
 Blueberries *
 Cantaloupe
 Cherries *
 Clementine's
 Coconut *
 Cranberries
 Dates
 Figs
 Goji Berries
 Grapefruit
 Grapes (red and dark)
 Guava *
 Honeydew Melon
 Kiwifruit *
 Lemons/Limes
 Mangoes
 Oranges
 Papaya
 Peaches
 Pineapple
 Prunes
 Raisins (organic only)
 Raspberries *
 Strawberries *
 Watermelon
 Pears
 Persimmons

Dairy:

Organic Butter/Ghee *
 Cheeses (raw organic from cow, goats, sheep good as well)
 Yogurt/keiffer (organic)

Grains/Beans/Seeds

Almonds *
 Brazil Nuts
 Cashews
 Hazelnuts
 Macadamia Nuts
 Peanuts/peanut Butter
 Pecans *
 Pistachio Nuts
 Pumpkin Seeds
 Sesame Seeds, tahini
 Sunflower Seeds
 Walnuts *
 Pine Nuts
 Chickpeas

Green Peas
 Lentils
 adzuki beans
 kidney beans
 Oatmeal (cont'd)
 Quinoa

Other:

Sprouts *
 Sea Vegetables *
 Whey Protein Powder (cold pressed, raw organic milk used) *
 100% fresh vegetable and fruit juice (no additives, 100% pure) *
 Red Wine (moderation of course!)
 Teas (herbal is the best)
 Spirulina, Chlorella
 WATER ***
 Brown Rice Whey & Hemp Whey (specific source)
 Dark Chocolate 70% & Up
 Coffee (moderation, and nothing after 2 pm, aim for little to no caffeine)

Spices and cooking oils

(oils should be cold pressed)
 Almond oil
 Coconut Oil *
 Cold pressed extra virgin
 Olive Oil *
 Flaxseed Oil *
 Hemp Seed Oil
 Macadamia nut oil *
 Red Palm Oil
 Sesame Oil
 Cardamon
 Cilantro
 Cinnamon *
 Cloves
 Cumin
 Garlic *
 Ginger *
 Mustard
 Oregano *
 Parsley
 Rosemary
 Sage
 Thyme
 Tumeric *
 Apple Cider Vinegar
 Sea Salt

Sweeteners:

Un-pasteurized Honey
 Blackstrap Molasses
 (sorry that's it!)