

## Vegetables

- Broccoli
- Cauliflower
- Spinach
- Kale
- Rapini
- Brussels sprouts
- Celery
- Carrots
- Cucumbers
- Watercress
- Arugula
- Okra
- Swiss chard
- Onions
- Leeks
- Spaghetti squash
- Asparagus
- Green beans
- Romaine lettuce
- Mushrooms
- Radish
- Greens onions

\* The most optimal sources are organic

## Protein

- Chicken
- Beef
- Turkey
- Duck
- Bison
- Elk
- Caribou
- Cornish hen
- Salmon
- Shrimp
- Sole
- Sardines
- Cod
- Eggs
- Sea bass
- Wild boar
- Lamb
- Halibut
- Clams
- Oysters
- Mussels
- Sole
- Cod

\* All forms are fine (ground, cutlets etc.)  
 \* Try and always buy antibiotics free  
 \* Avoid cans and deli meats

## Fruit

- Blueberries
- Raspberries
- Strawberries
- Cranberries
- Boysenberries
- Blackberries
- Grapefruits
- Cherries
- Apples
- Oranges
- Pears
- Pineapples
- Limes
- Plums
- Apricots
- Grapes
- Peaches
- Watermelon

\* Always organic, frozen is fine

## Nuts & Seeds

- Pecans
- Cashews
- Pistachios
- Almonds
- Pumpkin seeds
- Sesame seeds
- Brazil nuts
- Pine nuts
- Macadamia nuts
- Walnuts
- Sunflower seeds
- Coconuts
- Flaxseed
- Hemp seeds
- Hazelnuts

\* Raw, plain, organic  
 \* Rotate all nuts and seeds weekly

## Starch

- Sweet potatoes
- Red potatoes
- White potatoes
- All colors and types of rice
- Quinoa
- Buckwheat

\* These servings must be monitored and are adjusted to your body type

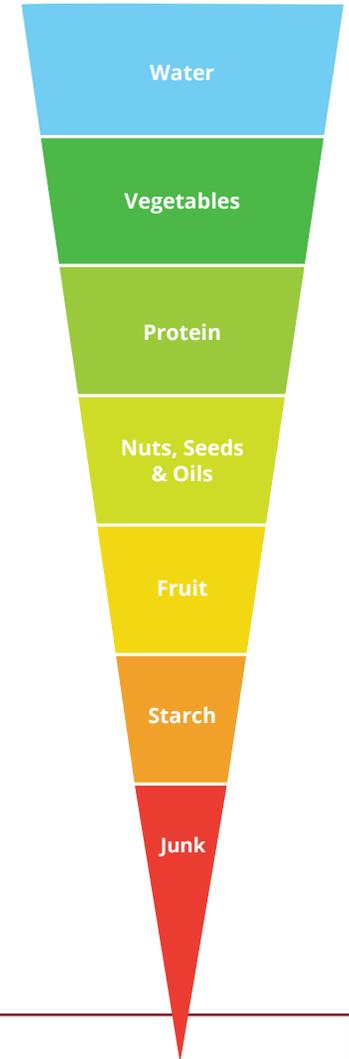
## Cooking Oil

- Coconut oil
- Grapeseed oil
- Avocado oil
- Extra virgin olive oil

## Spices

- Oregano
- Garlic
- Cinnamon
- Thyme
- Rosemary
- Black pepper
- Sea salt
- Dill
- Turmeric
- Saffron
- Basil
- Cilantro
- Chives
- Mint

\* All spices are great!  
 Feel free to add at any time



Please always follow your food sensitivity test