**VEGETABLES & LEGUMES**

**Choose fresh or frozen**

Acorn Squash

Aduki beans

Arrowroot

Artichokes

Asparagus

Avocado

Beets

Black beans

Black radish

Bok Choy

Broccoli

Brussels sprouts

\*Cabbage-purple

Cactus

Carrots-purple

\*Cauliflower-purple

Celery

\*Chard-Swiss/rainbow Cherry tomatoes

Chives

\*Cilantro

Collard greens

Cucumber Eggplant Endive Fennel Garbanzo beans \*Garlic

\*Ginger

Green beans

\*Green onion

Kale/purple

Kidney beans

\*Kohlrabi

\*Leeks

Lentils

Lettuces-all but iceberg

Lima beans

Mushrooms

Mustard greens

Okra

Olives

\*Onions-purple

Parsley

Parsnip

\*Peppers-all types-hotter the better

Pinto beans

Potatoes-purple-skin on

Pumpkin

Radishes

Radicchio

Rhubarb

Rutabaga

Salad savoy

Shallots

\*Soybeans/edamame organic

\*Spinach

Sprouts-all types

\*Sprouts-Broccoli

Sweet potatoes-regular/purple

Squash-all

Tofu

Tomatillo

Tomatoes

Turnips

Wasabi root

Yams

Yucca root

Zucchini

**FRUITS & BERRIES**

**“Wild crafted” for best results – organic preferred – wash but don’t peel – darker the better**

\*Acai-no added sugar

Apples-Granny smith, crab

Avocados

\*Blackberries

\*Blueberries

Bitter melon

Boysenberries

Cherries-sour

\*Cranberries

\*Coconut

\*Currants-black, red

\*Elderberries

Figs

\*Goji

Gooseberries

Grapefruit

Grapes-black

Huckleberries

Key limes

Kiwi-fruit

Kumquats

Lemons

Limes

Ligonberries

Mulberries

Oranges-blood

Plums-black

\*Pomegranate

Prunes

Raspberries

Sea-buckthorn

Strawberries

**NUTS (raw – no salt)**

Almonds

Brazil nuts

Cashews

Chestnuts

Filberts

Hazelnut

Macadamias

Pecan

Pine nuts

\*Pistachios

Walnuts-black

**SEEDS (raw – no salt)**

Chia

Cumin black seeds

Flaxseed

Hemp

Pumpkin

Sesame

Sunflower

**FLOURS**

Amaranth

Artichoke

Barley

Buckwheat

Coconut

Kamut

Oat Flour

Rye

Sorghum

Spelt Flour

Teff

**Bean Flours**

Black bean

Chickpea

Fava bean

Garbanzo bean

Kidney

Lentil

**Nut Flours**

Almond

Almond meal

Ground pecans

Ground walnuts

**Seed Flours**

Ground flaxseed (fresh ground)

Pumpkin seed flour/meal

Quinoa

Sesame seed meal

Sunflower seed meal

**GRAINS & PASTA**

Amaranth

Arrowroot

Artichoke pasta

Barley

Brown rice noodles

Buckwheat

Kamut

Mung bean pasta

Non-yeasted breads

Oats-Irish/steel cut

Oat bran

Oatmeal

Quinoa-black, red

Quinoa pasta

Rice-black, red

Rye

Soba

Soba noodles

\*Sorghum

Spelt

Spinach pasta

Sprouted grain breads/pasta

Teff

**Butters & Oils**

**organic, raw**

**Butters**

Almond butter

Butter, organic

Coconut butter

**Oils**

Almond

\*Black seed

\*Coconut

\*Extra Virgin Olive Oil (EVOO)

\*Fish oil

Flax

Grape seed

\*Pistachio nut

Sesame

Sunflower

**Dairy (organic, raw)**

Butter

Coconut yogurt

Goat cheese/milk/yogurt

Kefir Plain yogurt Raw milk

**Cheeses – organic, raw, w/out rbGH & antibiotics**

Blue cheese

Cheddar

Cottage cheese

Cream cheese

Feta cheese

Goat cheese

Mozzarella

Parmesan/Asiago

Ricotta

Sour cream

**Alternative milk**

Almond milk

Coconut milk

Goat milk

Hemp milk

**FISH / SHELLFISH**

**The smaller the fish, the less chance of mercury contamination**

Anchovies

Cod

Crab

Halibut

Orange roughy

\*Salmon-wild caught

\*Sardines

Shrimp

Trout

\*Tuna

Other fish-canned/fresh

**POULTRY**

Chicken-free range

Cornish hen duck

Eggs

Goose

Pheasant

Turkey

Duck

**RED/OTHER MEATS**

**Choose grass-fed antibiotic free – grilling/barbequing more likely to cause cancer – marinating meat in rosemary, dark beer or red wine neutralizes this effect** Antelope

Beef

Bonsmara beef

Buffalo

Lamb

Ostrich

Pork-uncured-unsmoked

Rabbit

Squirrel

Veal

Venison

Wild game

**SAUCES/CONDIMENTS**

Braggs

Liquid Amino Acids

Braggs Herbs & Spices Seasoning

Capers

Cardamon

\*Cayenne pepper

Chilies

Chili powder

Chili sauce

Chinese mustard

Chipotle

\*Cinnamon

Coriander

Cumin, ground

Cumin black seed

\*Curry powder

Dijon Mustard

Fennel

\*Fresh Garlic (white & black)

Garlic powder

Ginger

Gomasio (sea salt & seaweed)

\*Kelp (& Mekabu)

Ketchup (organic, sugar-free)

\*Kimchi

Lemon/Lime juice

Marinara sauce (sugar-free)

Miso

Mustard

Nigella (onion seed)

Nutmeg

Nutritional yeast

Olives

Onion powder

\*Oregano

Pesto

Pickles

\*Raw unrefined honey

Red chili paste

\*Rosemary

Sage

Salsa

\*Sauerkraut

Sea salt (Celtic or Himalayan)

Sesame seed

Sriracha

Tamari

Tarragon

Tabasco

Tomato paste

\*Turmeric

Vanilla

**Sweeteners**

Black strap Molasses

Cacao

Cinnamon

Coconut palm sugar

Luo Han Guo (Lo Han)

Maple syrup, pure

Nutmeg

Raw unrefined honey

Stevia

Vanilla

\*Xylitol

Yacon

**Beverages**

Water

Purified water

Sparkling water

**Juice**

Fresh Juice/smoothies More veggies than fruit. \*Small, dark and bitter fruits. The darker the better. 100% organic

Tart cherry

Currant

Pomegranate

Purple carrot

**Coffee organic**

Light roast organic coffee

**Teas organic**

\*White

\*Green

Black

Pau D’Arco

Herbal teas

Kombucha

Coconut water (O.N.E Brand)

**Weapons of Mass Reduction**

**Our recommendations are available in clinic with instructions to improve metabolism & fat loss if desired**

Eco Thyro

Magnesium gel

B Complex

Selenium/Minerals

Vitamin D3

IodoRx (iodine/iodide)

Black seed oil

Adding BALi Greens & Purple with Whey protein is recommended as 1-2 meal replacements a day.

(doses available to clients)