

Vegies

Artichokes
Arugula
Asparagus
Beets
Bok Choy
broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
celery
Dandelion
Eggplant
Endive
Fennel
Grenn Beens
Horse radish
Kale
Leeks
Mushrooms
Onions
Peppers
Pumpkin
Spinach
Squash
Sweet Potatos
Tomatoes
Turnips
Watercress
Parsnips
Snow Peas

Grains

Oatmeal
Quinoa

Beans & Legumes

Beans
Green Peas
Lentils

Fruits

Apples
Apricots
Avocados
Bananas
Blueberries
Canatloupe
Cherries
Coconut

Cranberries
Dates
Figs
Grapefruit
Grapes
Guava
Honeydew
Kiwifruit
Lemons/Limes
Mangoes
Oranges
Papaya
Peaches
Pineapple
Prunes
Raisens
Raspberries
Styrawberries
Watermelon

Nuts/Seeds

Almonds
Brazil Nuts
Cashews
Hazelnuts
Macadamia Nuts
Peanuts/Peanut Butter
Pecans
Pistachio Nuts
Pumpkin seeds
Sesame Seeds
Sunflower Seeds
Walnuts

Soy Foods

Edamame
Fermented Soy
Natto

Dairy (all organic)

Butter
Cheese
Raw Organic Milk
Yogurt

Meat/Poultry/Eggs

Eggs
Chicken and Turkey (free range best)
Beef
Lamb

Liver
Wild Game

Fish/Seafood

Crustacea
(crayfish/prawns/lobster)
Mackeral
Mollusks
Sardines
Tuna
White fleshed fish
Salmon

Speciality Foods

Dark Chocolate (60% cocoa of more)
Olives
Sauerkraut
Sprouts
Whey Protein Powder

Beverages

Water
Coffee (2-3 Max)
Cranberry Juice
Fresh Fruit & Veg Juice
Pomergranate Juice
Red Wine (1 per night max)
Tea

Herbs

Cinnamon
Cloves
Cumin
Garlic
Ginger
Oregano
Parsel
Rosemary
Sage
Thyme
Turneric
Vinegar

Oil

Almond Oil
Coconut Oil
Extra virgin olive oil
Flaxseed oil
Macadamia Nut oil