



## FOOD AND NUTRITION LIST

### FOODS TO HAVE

THE FOODS BELOW ARE GREAT SOURCES OF PROTEIN, FIBER AND OTHER VITAL NUTRIENTS

#### MEAT & MEAT SUBSTITUTES

- Poultry:** Chicken, turkey (no dark meat; organic frozen poultry works well, also)
- Eggs:** Free-range and organic if possible
- Fish:** Wild caught is best (salmon, tilapia)
- Tofu & Tempeh:** In moderation, and only organic to avoid GMOs

#### WHOLE GRAINS AND LEGUMES

- Brown Rice
- Millet
- Sprouted Lentils
- Quinoa
- Amaranth
- Sprouted Multi-Grain, Gluten-Free Bread

#### VEGETABLES TO HAVE (FRESH, \*FROZEN, \*CANNED)

**\*Avoid unnecessary additives in frozen or canned veggies**

- Artichokes
- Cucumber
- Okra
- Swiss Chard
- Arugula
- Eggplant
- Onions
- Turnip Greens
- Asparagus
- Fennel Garlic
- Pickles
- Water Chestnuts
- Broccoli
- Heart of Palm
- Radicchio
- Watercress
- Bok Choy
- Jicama
- Rhubarb
- Zucchini
- Brussels Sprouts
- Kale
- Sauerkraut/Fermented Veggies
- Cabbage
- Leeks
- Scallions
- Cauliflower
- Lettuce
- Sea Vegetables
- Celery
- Mushrooms
- Spinach
- Collard Greens
- Mustard Greens
- Sprouts

#### NUTS & SEEDS:

- Almonds
- Walnuts
- Sesame Seeds
- Sunflower Seeds
- Flax Seeds
- Pumpkin Seeds
- Hemp Seeds

#### Dairy or Dairy Substitutes:

- Organic Grass-fed cow's milk
- Goat Cheese
- Feta Cheese
- Unsweetened & Organic Nut Milks (almond, cashew, etc.)
- Vegan cheese with little or no additives

**IT IS ALWAYS ADVISED TO CONSULT WITH YOUR PRIMARY CARE PHYSICIAN AND/OR DOCTOR**