

FRUITS

Apples
Bananas
Blackberries
Blueberries
Cherries
Grapes
Kiwi
Lemons
Limes
Mandarins
Nectarines
Oranges
Peaches
Pears
Pineapple
Plums
Raspberries
Strawberries



VEGETABLES

Asparagus
Avocado
Beets
Bell peppers
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Cucumber
Garlic
Kale
Mushrooms
Onions
Radishes
Spinach
Swiss chard
Tomatoes
Watercress

LEGUMES

Alfalfa sprouts
Black beans
Chickpeas
Green beans
Kidney beans
Lentils
Navy beans
Peas
Pinto beans



NUTS & SEEDS

Almonds
Brazil nuts
Chia seeds
Flax seeds
Hazelnuts
Hemp seeds
Pecans
Pistachios
Pumpkin seeds
Sesame seeds
Walnuts



WHOLE GRAINS

Barley
Brown rice
Buckwheat
Bulgur
Couscous
Farro
Millet
Oats
Quinoa
Teff

MEAT, POULTRY & SEAFOOD (IN MODERATION)

Grass-Fed Meat

Beef

Elk

Lamb

Venison



WILD-CAUGHT FISH

Anchovies

Mackerel

Salmon

Sardines

Tuna

HERBS & SPICES

Black pepper

Cayenne pepper

Chili pepper flakes

Cinnamon

Clove

Coriander

Dill

Frankincense

Ginger

Oregano

Parsley

Rosemary

Turmeric



FREE-RANGE POULTRY

Chicken

Duck

Goose

Turkey



BEVERAGES

Bone broth

Coconut water

Coffee

Green tea

Herbal tea

Kefir

Kombucha



MISCELLANEOUS

Apple cider vinegar

Avocado oil

Coconut oil

Collagen

Dark chocolate (>70% cocoa)

Extra-virgin olive oil

