



FRUITS

- Strawberries
- Acai Berries
- Lime
- Orange
- Kiwi
- Blueberries
- Goji Berries
- Apples
- Mangos
- Grapefruit
- Raspberries
- Cherries
- Pears
- Pineapple
- Rhubarb
- Blackberries
- Lemon
- Bananas
- Cantaloupe
- Cranberries
- Apricot
- Nectarine
- Papaya
- Peach
- Plum

- Grapes
- Watermelon
- Pomegranate
- Tomatoes
- Avocado

VEGETABLES

- Asparagus
- Brussel Sprouts
- Collard Greens
- Ginger Root
- Olives
- Spinach
- Water Chestnuts
- Bell Peppers
- Cabbage
- Cucumber
- Green Beans
- Onions
- Squash
- Beets
- Cauliflower
- Eggplant
- Green Lettuces
- Pumpkin
- Swiss Chard

- Artichoke
- Pea
- Broccoli

PROTEINS

- Eggs (cage free)
- Beef (grass fed)
- Venison
- Turkey
- Bison
- Chicken
- Lamb
- Quail

FISH

- Fish (Wild Caught)
- Bass
- Cod
- Grouper
- Halibut
- Salmon
- Walleye
- Trout
- Tuna
- Sardines

NUTS & SEEDS

- Almonds
- Walnuts
- Pistachios (Unsalted)
- Sunflower Seeds
- Chia Seeds
- Pinto Beans
- Pecans
- Brazil Nuts
- Black Beans
- White Beans
- Cashews
- Pine Nuts
- Chestnuts
- Sesame Seeds
- Adzuki Beans
- Lima Beans
- Macadamia Nuts
- Pumpkin
- Hazelnut
- Flaxseeds
- Kidney Beans
- Hemp Seeds
- Note: NO Peanuts
(a moldy biotoxin)



FATS/OILS

- Olive Oil
- Coconut Oil
- Butter (Pastured)
- Coconut Oil
- Ghee
- Grapeseed Oil
- Macadamia Oil
- Sesame Oil
- Palm Oil
- Walnut Oil

CONDIMENTS

- Guacamole
- Bragg's Liquid Aminos
- Apple Cider Vinegar
- Hummus
- Organic Flavorings (Vanilla, Almond, etc.)
- Balsamic Vinegar
- Mustard
- Pepper
- Sea Salt
- Coconut Vinegar
- Coconut Aminos

BEVERAGES

- Spring Water Or
- Filtered
- Almond Milk
- Coconut Kefir
- Coconut Milk
- Kombucha
- Raw Vegetable
- Stevia Sodas
- Coffee (Black)

SWEETENERS

- Stevia
- Xylitol
- Raw Honey

HERBS AND SPICES

- Cumin
- Dill
- Fennel
- Garlic
- Ginger
- Mint
- Mustard Seeds
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Sage
- Tarragon
- Thyme
- Turmeric