

FRUITS

Strawberries
Acai Berries
Lime
Orange
Kiwi
Blueberries

- Goji Berries
- Apples

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
- Artichoke
 Pea
 Broccoli

PROTEINS

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

FISH (Wild Caught)

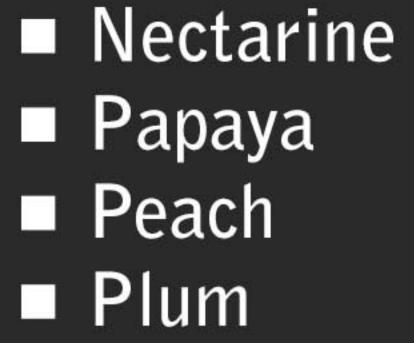
Bass
Cod
Grouper
Halibut
Salmon

NUTS & SEEDS

Almonds
Walnuts
Pistachios (Unsalted)
Sunflower Seeds
Chia Seeds
Pinto Beans
Pecans

Mangos
Grapefruit
Raspberries
Cherries
Pears
Pineapple
Rhubarb
Blackberries
Lemon
Bananas
Cantaloupe
Cranberries
Apricot

Brazil Nuts
Black Beans
White Beans
Cashews
Pine Nuts
Chestnuts
Sesame Seeds
Adzuki Beans
Lima Beans
Macadamia Nuts
Pumpkin
Hazelnut
Flaxseeds
Kidney Beans



Eggplant
 Green Lettuces
 Pumpkin
 Swiss Chard

Walleye
Trout
Tuna
Sardines

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

BEVERAGES

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

HERBS AND SPICES

- Cumin Dill Fennel
- Garlic
- Ginger
- Mint
- Mustard Seeds
- Nutmeg

Walnut Oil

CONDIMENTS

Guacamole

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

SWEETENERS

Stevia ■ Xylitol

Raw Honey

- Oregano Paprika
- Parsley
- Peppermint
- Sage
- Tarragon
- Thyme
- Turmeric



