

### “Proteins”

Salmon, wild caught  
Tuna  
Halibut  
Trout  
Eggs  
Red Kidney Beans, dried  
Black-eyed Peas, dried  
Lentils, dried  
Garbanzo beans, dried  
Soy Beans  
Green Peas  
Alfalfa Sprouts

### Nuts/Seeds

Almonds  
Walnuts  
Peanuts  
Pistachios  
Pignoli Pine Nuts  
Hazelnuts  
Sunflower seeds  
Sesame seeds  
Pumpkin seeds  
Flaxseeds/oil

### Fats

Olive oil (cold-pressed, organic, extra virgin)  
Coconut Oil  
Canola Oil  
Butter  
Cheese  
Whole Milk  
Yogurt (No Sugar Added, Greek)

### Cooking Preferences

- 1) Raw
- 2) Steamed
- 3) Sautee
- 4) Baked/Roasted

### Grains

Brown Rice  
Wild Rice  
Whole grain/wheat bread  
Oatmeal  
Yukon Gold potatoes  
Purple potatoes  
Quinoa  
Tortillas  
Whole wheat cous cous  
Whole wheat pasta  
Amaranth

### Vegetables

Sweet Potatoes  
Carrots  
Beets  
Turnips  
Zucchini  
Corn  
Butternut Squash  
Acorn Squash

### Greens

Spinach  
Swiss Chard  
Asparagus  
Romaine Lettuce  
Dandelion  
\*Kale  
\*Mustard Greens  
\*Brussel Sprouts  
\*Broccoli  
\*Eat <4x/week

### Fluids

Water  
Green Tea  
Red Wine

### Purchase Preferences

- 1) Organic
- 2) Local, in-season
- 3) Unpackaged, unprocessed
- 4) Frozen
- 5) Canned, if necessary

### Fruits

Oranges  
Blueberries  
Strawberries  
Bananas  
Tomatoes  
Avocados  
Apricots  
Cherries  
Cranberries  
Lemon  
Grapes  
Lime  
Cantaloupe  
Mango  
Raspberry  
Pineapple (between meals)  
Olives

### Herbs/Spices (Fresh)

Garlic  
Onion  
Celery  
Leeks  
Peppers, chili, cayenne  
Fresh Turmeric  
Fresh Ginger  
Fennel  
Dill  
Mint  
Basil  
Rosemary  
Thyme  
Sage  
Oregano  
Cinnamon  
Cardomom  
Cumin  
Coriander/Cilantro  
Nutmeg  
Saffron  
Carob  
Cocoa (High Cocoa Chocolate)  
Honey (Local)  
Maple Syrup  
Molasses/Sorghum  
Stevia  
Sea Salt  
Vinegar (Balsamic/Wine)

