

MEAT

Turkey nfs

FISH

Carp

Cod Atlantic Nutrient dense food

Cusk nfs

Drum Freshwater nfs

Half Moon fish nfs

Halibut nfns

Mackerel Atlantic cs

Monkfish

Mullet nfs

Muskellunge nfs

Perch Silver

Perch White nfs

Perch Yellow

Pickrel

Pollock Atlantic

Pompano Florida nfs

Red Snapper ds

Rosefish nfs

Sailfish nfs

Salmon Atlantic Pacific Wild cs Nutrient dense food

Sardine Atlantic (canned in oil) cs ds

Snail cs ds

Sucker white nfs

Swordfish nfs

Trout brook nfs

Trout rainbow

Trout sea cs

Whitefish mixed species

Whiting mixed species

NUT or SEED

Flax Seed cs ds

Pumpkin seed butter

Black Walnut cs ds

Walnut english ds

BEAN LEGUME

Adzuki nfns

Black Bean nfns

Black Eyed Pea nfns

Fava Bean nfns cs ds

Green Bean nfns cs
Lentils domestic
Lentils green
Lentils red
Peanut Peanut Butter
Pinto Bean
Soy Bean Soy Nut Butter cs ds nfns
Soy Cheese nfns cs ds
Soy Flakes nfns cs ds
Soy Granules nfns cs ds
Soy Milk nfs cs ds
Tempeh nfns cs
Tofu nfns

OIL

Black Currant Seed Oil ds
Cod Liver Oil nfs
Flax Seed Oil cs ds
Olive Oil cs
Sesame Oil nfs
Walnut Oil ds

GRAIN

Amaranth cs
Buckwheat Kasha Soba nfns
Essene Bread nfns
Oat Flour nfns
Oat Meal nfns
Rice cakes flour nfns
Rye Bread 100%
Rye Flour Medium
Soba Noodles nfns
Soy Flour full-fat nfns cs ds
Wheat Bread sprouted nfns

VEGETABLE

Alfalfa Seed sprouted nfns
Aloe nfns
Artichokes globe or french
Artichoke Jerusalem
Beet Greens
Broccoli Broccoli Sprouts ds cs
Carrot nfns
Carrot Juice nfns
Celery Celery Juice nfns
Chicory Roots

Collard Greens ds
Dandelion Greens cs ds
Escarole ds
Fennel Bulb nfns
Garlic nfns cs
Ginger Root
Horseradish prepared nfns
Kale
Kholrabi
Leeks
Lettuce Romaine nfns
Mushroom Champignon Silver Dollar AVOIDfns cs ds
Mushroom Maitake cs ds
Okra
Onions cs
Parsnips
Pumpkin ds
Rappini Broccoli Rabe nfns ds
Spinach ds
Swiss Chard ds
Turnips

FRUIT FRUIT JUICE

Apricots Apricot Juice
Blackberries cs ds
Blueberries cs ds
Boysenberries
Cherries cs ds
Cherry Juice cs
Cranberries
Cranberry Juice nfs
Elderberries nfs cs
Figs dried
Grapefruit cs
Grapefruit Juice cs
Lemons Lemon Juice
Limes Lime Juice nfns
Pineapple ds
Pineapple Juice
Plums ds
Prunes Prune Juice ds
Water lemon added
Watermelon nfs cs

BEVERAGES

Coffee
Green Tea ds cs

Wine table red
Wine table white

CONDIMENTS

Miso soy
Tamari nfns
Brewers Yeast nfs ds

SWEETENER

Barley Malt Flour nfns
Molasses
Molasses Blackstrap nfns

HERB SPICE

Cilantro nfs ds
Parsley nfns
Tumeric nfns cs