

MEAT

Lamb nfs
Mutton nfs
Rabbit nfs
Turkey

EGGS or ROES

Chicken (Egg White) Nutrient dense food
Chicken Egg (Whole) Nutrient dense food nfs
Chicken Egg (Yolk) Nutrient dense food nfs

FISH

Cod Atlantic cs ds Nutrient dense food
Grouper mixed species Nutrient dense food
Herring Atlantic nfs
Mackerel Atlantic Nutrient dense food ds
Mahi Mahi Nutrient dense food
Monkfish
Pickerel Nutrient dense food
Porgy Nutrient dense food
Red Snapper
Sailfish
Salmon Atlantic Pacific Wild cs
Shad Nutrient dense food ds
Snail cs ds
Sole other species
Sturgeon Nutrient dense food
Trout rainbow nfns
Tuna fresh bluefin

DAIRY

Cottage Cheese
Farmer Cheese
Feta Cheese
Ghee clarified butter cs
Goat Cheese nfns
Kefir cs
Milk goat
Mozzarella Cheese whole milk
Parmesan Cheese
Provolone Cheese
Ricotta Cheese
Sour Cream
Yogurt whole milk nfns cs

NUT or SEED

Chestnuts
Black Walnut cs
Walnut english ds

BEAN LEGUME

Lentils green
Navy Bean nfns
Peanut Peanut Butter nfns cs ds
Pinto Bean cs
Soy Bean Soy Nut Butter nfns
Tofu nfns ds
Walnut Oil ds cs

GRAIN

Amaranth cs
Essene Bread cs
Ezekiel Bread
Millet cooked
Oat Flour
Oat Meal
Rice Bran
Rice Cakes Flour
Rice Milk
Rice Puffed
Rice white brown basmati
Rice Wild
Rye Bread 100%
Rye Flour Medium
Soy Flour full-fat AVOIDfns
Spelt nfns

VEGETABLE

Alfalfa Seed sprouted
Beet nfns
Beet Greens ds
Broccoli Broccoli Sprouts ds cs
Carrot Juice
Celery Celery Juice
Collard Greens ds
Cucumber with peel
Dandelion Greens
Eggplant

Garlic cs
Ginger Root nfs cs ds
Kale cs
Mushroom Maitake ds
Mustard Greens ds
Parsnips cs
Potato Sweet
Tomato Tomato Juice nfs cs
Yam raw

FRUIT FRUIT JUICE

Blackberries nfs cs ds
Blueberries nfs ds
Cherries cs ds
Cherry Juice cs
Cranberries
Cranberry Juice
Elderberries nfs cs ds
Figs dried cs
Gooseberries ds
Grapes all varieties cs
Grapefruit
Kiwi Fruit
Lemons Lemon Juice
Limes Lime Juice nfs
Loganberries ds
Pineapple ds
Plums
Watermelon

BEVERAGES

Green Tea cs ds
Wine table red nfs cs ds

CONDIMENTS

Miso soy nfns ds
Yeast Brewers nfs ds

SWEETENER

Molasses Blackstrap

HERB SPICE

Bay Leaf nfs
Curry Powder cs

Oregano
Parsley cs
Tumeric nfs cs ds