

MEAT

Goat cs ds nutrient dense food
Lamb cs ds nutrient dense food
Liver (calf) nfs
Mutton cs ds nutrient dense food
Rabbit high density nutrient
Venison Nutrient dense food

EGGS or ROES

Caviar Black/Red nfs

FISH

Carp nfs
Cod Atlantic cs ds Nutrient dense food
Croaker Atlantic Nutrient dense food
Flounder Nutrient dense food nfs
Grouper mixed species Nutrient dense food
Haddock Nutrient dense food
Hake Nutrient dense food
Halibut cs Nutrient dense food nfs
Harvest Fish Nutrient dense food
Mackerel Atlantic Nutrient dense food cs ds
Mahi Mahi Nutrient dense food
Monkfish
Perch Ocean Nutrient dense food
Pickerel Nutrient dense food
Pike Walleye nfs Nutrient dense food
Porgy Nutrient dense food
Salmon Atlantic Pacific Wild cs nfs
Sardine Atlantic (canned in oil) cs ds Nutrient dense food
Shad Nutrient dense food ds
Sole other species nfs
Sturgeon Nutrient dense food

DAIRY

Cottage Cheese ds nfs
Farmer Cheese
Feta Cheese
Ghee clarified butter nfs cs
Goat Cheese ds
Kefir cs ds
Milk cow nonfat nfs
Milk cow whole nfs
Milk goat
Mozzarella Cheese whole milk ds

Paneer
Ricotta Cheese ds
Whey sweet dried nfs
Yogurt whole milk cs

NUT or SEED

Black Walnut cs ds
Walnut english nfs ds

BEAN LEGUME

Kidney Bean nfs
Lima Bean nfs cs
Navy Bean nfs
Tempeh nfs ds

OIL

Black Currant Seed Oil nfs
Flax Seed Oil nfs
Olive Oil cs ds
Walnut Oil nfs ds

GRAIN

Essene Bread
Ezekiel Bread nfs
Millet cooked
Oat Flour nfs
Oat Meal nfs
Rice Bran
Rice Cakes Flour
Rice Milk
Rice Puffed
Spelt nfs
Beet
Beet Greens
Broccoli Broccoli Sprouts ds cs
Brussels Sprouts
Cabbage all species nfs cs
Cabbage Juice nfs
Carrot
Cauliflower cs
Collard Greens ds
Eggplant nfs
Garlic nfs cs
Ginger Root cs
Kale ds

Mushroom Shiitake ds
Mustard Greens ds
Okra nfs
Onions nfs cs
Parsnips
Peppers Green and Yellow nfns
Peppers Red all varieties nfns
Potato Sweet
Yam raw

FRUIT FRUIT JUICE

Banana nfns
Blackberries nfs cs ds
Blueberries nfs cs ds
Boysenberries nfs
Cherries nfs cs ds
Cherry Juice nfs cs
Cranberries
Cranberry Juice ds
Currants Black Red nfs
Elderberries nfs
Figs dried nfs
Grapes all varieties
Guava Guava Juice nfs cs
Papayas
Pineapple Juice
Plums
Raspberries nfs
Watermelon cs ds

BEVERAGES

Green Tea cs ds
Wine table red nfs
Wine table white nfs
Yeast Brewers ds

SWEETENER

Molasses Blackstrap
Curry Powder cs
Licorice Root
Oregano nfs
Parsley cs

