

MEAT

Beef / Organic / Grass Fed cs ds High quality protein, increases lean muscle mass
Buffalo cs ds High quality protein, increases lean muscle mass
Heart (beef) cs ds High quality protein, increases lean muscle mass
Lamb nfs
Liver (calf) nfs
Mutton cs ds High quality protein, increases lean muscle mass
Ostrich nfs
Partridge nfs
Pheasant nfs
Rabbit nfs
Squab nfs
Sweetbreads High quality protein increases lean muscle mass
Veal High quality protein increases lean muscle mass
Venison High quality protein increases lean muscle mass

EGGS and ROES

FISH

Bass Bluegill / Striped Nutrient dense food Increases muscle mass
Bass Sea nfs
Bass Striped Atlantic Coast nfs
Cod Atlantic cs ds Nutrient dense food
Hake nfs
Halibut cs nfs
Herring Atlantic nfs
Mackerel Atlantic nfs cs
Perch Ocean Nutrient dense food Increases lean muscle mass
Perch Silver Nutrient dense food Increases lean muscle mass
Perch White Nutrient dense food Increases lean muscle mass
Perch Yellow Provides high quality protein Increases lean muscle mass
Pike Walleye Nutrient dense food Increases lean muscle mass
Red Snapper ds
Sardine Atlantic (canned in oil) cs nfs
Shad Nutrient dense food Increases lean muscle mass
Sole other species Nutrient dense food Increases lean muscle mass
Sturgeon Nutrient dense food Increases lean muscle mass
Tilefish Provides high quality protein Increases lean muscle mass
Trout rainbow ds Provides high quality protein Increases lean muscle mass
Yellowtail Provides high quality protein Increases lean muscle mass

NUT or SEED

Flax Seed nfs cs ds
Pumpkin seed butter
Black Walnut cs ds
Walnut english ds

BEAN LEGUME

Adzuki nfns cs

Black Eyed Pea nfns cs

OIL

Almond Oil nfs

Avocado Oil

Flax Seed Oil nfns ds

Olive Oil

Walnut Oil nfs ds

GRAIN

Essene Bread

VEGETABLE

Artichokes globe or french

Artichoke Jerusalem

Beet Greens ds

Broccoli Broccoli Sprouts ds cs

Carrot nfs

Chicory Root ds

Collard Greens ds

Dandelion Greens cs

Eggplant nfs

Escaroe ds

Fiddlehead Ferns nfs

Garlic nfs cs

Ginger Root

Horseradish prepared

Kale cs ds

Kelp

Kholrabi

Lettuce Romaine nfns

Okra

Onions cs ds

Parsnips nfns

Peppers Red all varieties

Potato Sweet nfns

Pumpkin

Seaweed

Spinach cs

Swiss Chard ds

Turnips nfns

FRUIT FRUIT JUICE

Avocado AVOIDfs
Banana
Blueberries cs
Cherries cs
Cherry Juice cs
Figs dried
Guava Guava Juice cs
Mangos Mango Juice
Pineapple Juice
Plums ds
Pomagrantes nfs cs
Prickly Pear nfs
Prunes Prune Juice ds

BEVERAGES

Green Tea cs
Seltzer Water
Soda Club
Wine table red nfs
Yeast Brewers nfs

HERB SPICE

Basil nfs
Bay Leaf nfs
Carob nfns cs
CurryPowder cs ds
Dulse ds
Licorice Root nfs
Oregano nfs
Parsley
Saffron nfs
Tarragon nfs
Tumeric nfns cs ds