



Foods to Enjoy

Quality Meats/Proteins

- *Organic, grass-fed beef
- *Organic, grass-fed lamb
- *Organic, grass-fed pork
- *Organic, pasture-raised

- *Organic, pasture-raised poultry (chicken, duck, turkey)
- *Pacific salmon, Pollack, Sole)

- *Water- packed fish (sardines)
- *Wild game
- *Wild-caught fresh fish

Organic Vegetables

- *Artichokes
- *Asparagus
- *Bamboo shoots
- *Beets
- *Bok choy
- *Broccoflower
- *Broccoli
- *Broccolini
- *Brussel sprouts
- *Cabbage
- *Carrots

- *Cauliflower
- *Celery
- *Chives
- *Cucumbers
- *Kale
- *Leeks
- *Lettuce
- *Mushrooms
- *Okra
- *Olives (canned in water)
- *Onions

- *Parsnips
- *Sea veggies (seaweed, kelp)
- *Spinach (all leafy greens)
- *Squash (acorn, butternut, spaghetti, kabocha)
- *Sweet potatoes
- *Turnips
- *Yellow squash
- *Zucchini

Organic Fruits

- *Avocados
- *Bananas
- *Blackberries
- *Blueberries
- *Cherries

- *Grapes
- *Kiwis
- *Kumquats
- *Lemons
- *Limes

- *Peaches
- *Pears
- *Raspberries
- *Strawberries
- *Tangerines

Organic Grains

- *Amaranth
- *Buckwheat
- *Kaniwa

- *Millet
- *Oatmeal (If not contaminated)

- *Quinoa
- *Sorghum
- *Teff

Organic Nuts and Seeds

- *Almonds
- *Cashews
- *Chia
- *Flax

- *Hazelnuts
- *Hemp
- *Macadamia Nuts
- *Pecans

- *Pumpkin
- *Sesame
- *Walnuts

Organic Beans

- *Black
- *Kidney

- *Lima
- *Navy

- *Pinto



Organic Flour

- *Almond
- *Coconut
- *Spelt

Organic Milk

- *Almond
- *Brazil

- *Cashew
- *Coconut

- *Hemp
- *Macadamia

Healthy Fats

- *Avocado oil
- *Coconut oil

- *Ghee
- *Grapeseed oil

- *Olive oil
- *Safflower oil

Healthy Condiments

- *Apple Cider Vinegar
- *Arrowroot
- *Balsamic Vinegar
- *Black Peppercorn
- *Dark Chocolate (Cacao)

- *Kimchi
- *Miso
- *Mustard
- *Nutritional Yeast
- *Sea or Himalayan Salt

- *Spirulina
- *Vegetable or Chicken Broth

Healthy Herbs and Spices (Organic)

- *Basil
- *Beet Roots
- *Black Pepper
- *Chia Powder
- *Cilantro
- *Cinnamon

- *Clove
- *Cumin
- *Garlic
- *Ginger
- *Oregano
- *Paprika

- *Parsley
- *Rosemary
- *Sage
- *Thyme
- *Turmeric

Healthy Drinks

- *Bone Broth
- *Cumin
- *Garlic
- *Ginger
- *Green Juice (No Fruit)
- *Green Tea
- *Herbal Teas
- *Lemon Water
- *Sparkling Water with Lemon or Lime
- *Water

Health Benefits of Herbs and Spices

- ❖ Beet Root helps with blood pressure, circulation, antioxidant
- ❖ Chia Powder promotes healthy skin, cardiovascular benefits, balances blood sugar
- ❖ Cilantro rids the body of heavy metals, antioxidant, lowers anxiety
- ❖ Cumin helps the immune system, anticancer properties
- ❖ Black Pepper helps with the absorption of nutrients
- ❖ Cinnamon improves Circulation, antimicrobial
- ❖ Clove protects against environmental toxins
- ❖ Oregano antimicrobial, antioxidant
- ❖ Rosemary stimulates the immune system, improves digestion
- ❖ Sage contains anti-inflammatory agents and antioxidant
- ❖ Turmeric beneficial for the heart, anti-inflammatory, anticancer properties
- ❖ Thyme benefits lung function, antioxidant, antibacterial
- ❖ Parsley promotes good breath, contains antioxidants, and antitumor properties
- ❖ Paprika antioxidant, helps with autoimmune issues, may help prevent cancer
- ❖ Basil good for the heart, antioxidant, antibacterial

The Clean Fifteen

Every year the Environmental Working Group (EWG) lists the safest fruits and vegetables to eat. They give us a variety markers but the most important is the toxicity of the food. If you want more information on the EWG visit their website at ewg.org.

These are ok to buy conventional (not organic) – Updated 2019:



1. Avocados
2. Sweet Corn
3. Pineapples
4. Sweet Peas Frozen
5. Onions
6. Papayas
7. Eggplants
8. Asparagus
9. Kiwis
10. Cabbages
11. Cauliflower
12. Cantaloupes
13. Broccoli
14. Mushrooms
15. Honeydew Melons



Per the EWG, a small amount of sweet corn, papaya and summer squash sold in the United States is produced from Genetically Engineered (GE) seed stock. Buy organic varieties of these crops if you want to avoid Genetically Engineered produce.