

Holistic food list

Apple
Avocado
Blueberry
Dates
Figs
Grapes- red
Lemon & Lime great for liver
Mango
Orange
Raspberry
Strawberry
Blackberries
Blueberries
Asparagus - helps alkaline
Bell peppers: red, orange, yellow
Celery
Garlic
Ginger
Jalapeno pepper
Kale
Lettuce
Onion
Spinach
Tomato
Zucchini
Spinach
Book choy
No sugar added dried fruits
Almonds
Cashews
Macadamia nuts
Pine nuts
Pistachios
Walnuts
Flax seeds
Chia seeds
Hemp seeds
Sunflower seeds
Pumpkin seeds
Raw almond butter
Nut butters
Nut "milks"
Seed crackers - have flax sesame etc in it

Millet
Buckwheat
Quinoa
Oats- steel cut best
Cereal- make own
Granola- make own
Black beans
Edamame
Lentils
Chickpeas
Adzuki beans
Mung beans
extra-virgin olive oil
virgin coconut oil
Raw coconut butter
Chia seeds
coconut water
Herbal tea
Stick with fish seafood
Unsweetened coconut
Carob powder
cacao nibs
Hemp protein powder
Spirulina
Chlorophyll
Make own ice cream
Fermented foods such as miso, kimchee and sauerkraut
Sesame oil
apple cider bc alkalines your body
Cayenne pepper
Celtic sea salt
Chocolate, raw
Cinnamon,
Cumin,
Curry
Turmeric
Nama shoyu (raw soy sauce)
Sea salt
Seaweed
Sundried tomato
All herbs!
Coconut sugar
Stevia
Date sugar
Unsweetened cocoa powder (add to greek yogurt etc)
Coconut yogurt best

Veggie:

Artichokes asparagus broccoli brussels sprouts cabbage cauliflower celery collard greens cucumbers eggplant green beans lettuce peppers onions spinach sprouts tomatoes turn up zucchini squash

FOOD IDEAS:

•GRAVY.

Make your own.

packets + canned gravy has wheat.

Wheat is inflammatory + 25 other harmful things.

•CRUSTS. Make your own using tiger nut flour or Brown rice flour + xanthan gum (a thickener }

NO wheat or white flour!

white flour is like eating sugar!

•MEAT. If you eat meat.

Ear Organic + wild + hormone free & RINSE IT UNDER WATER BEFORE USING & paper towel dry.

chicken, pork, etc.

it will remove extra chemicals & massive salt from it!

•RAW NUTS. They are healthy. SUPER Filling.

Full of vitamins+ nutrients.

Add into stuffing, desserts, crust your main meal in it, salads, etc.

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