

Life-Giving Foods

Produce

Fresh Fruit (e.g. berries, apples, bananas)
Nutrient Dense Vegetables (e.g. kale, spinach,
Romaine lettuce, bell peppers, carrots, etc..)
Fresh Salsa and Guacamole (or make your own)

**** Use the Dirty Dozen & Clean 15 Rule.**

Grains

Whole Grain or Sprouted Grain Ezekiel Bread
Whole Grain, Ezekiel, or Whole Wheat Pitas
Steel-cut or Old-Fashioned Oats
Whole Grain or Ezekiel Sprouted Grain Pasta
Whole wheat, brown rice, quinoa, or almond flour
Whole Grain Crackers (e.g. Triscuits)
Quinoa and/or Brown Rice (gluten-free option)
Whole Grain Brown Rice Cakes
Wheat Germ

**** Look for Whole Grain.**

Pantry Items

Canned beans (low sodium)
Canned fruit (in water)
Soups (sugar free & low sodium or make your own)
No-Sugar Added Condiments and Sauces (e.g. Rao's
Homemade Tomato Basil Marinara)

**** Avoid high sodium, added sugar, high fructose
corn syrup, and artificial sweeteners.**

Dairy

Block Cheese and/or Mozzarella Cheese Sticks
Milk (regular, unsweetened almond milk)
2% low-sodium cottage cheese

**** Look for low or full-fat, check labels for
ingredient list, consume in moderation.**

Meat/Protein

Eggs (Free-Range or Pasture-Raised)/Egg Whites
Greek yogurt (plain)
Kefir (full fat or low-fat, check label)
Chicken or Turkey breast
Salmon, Tuna, Other seafood (**wild-caught**)
Canned tuna in water
Lean Ground Beef or Turkey
Pork Tenderloin
Steak (Eye of Round, Flank, Top Round, Sirloin)
Turkey Bacon
Deli Meat (**Nitrate/Nitrite free, e.g. Applegate
Farms, Boars Head Natural**)
Tofu
Tempeh
Veggie Burgers
Protein Powder

**** All meats should be antibiotic and hormone-
free, preferably grass-fed and/or organic.**

Nuts, Seeds, and Oils

Extra Virgin Olive Oil
Raw, organic butter (in moderation)
Raw, unsalted nuts
Dried Seeds (e.g. sunflower, flaxseed)
Coconut Oil, Nut oil, or Flaxseed oil
Nut Butters (e.g. natural peanut butter)
Salads dressing (EVOO or yogurt-based)

**** Avoid margarine, soybean oil, corn oil, canola
oil, and vegetable or hydrogenated oils.**

Sweeteners

Honey, Pure Maple Syrup, Pure Stevia,
Coconut sugar ****Avoid refined white sugar, high
fructose corn syrup, and sugar substitutes.**