

Nourishing Foods to Include:

Vegetables

Artichoke
Arugula
Asparagus
Beets
Broccoli
Brussel Sprouts
Bok Choy
Cabbage
Carrots
Cauliflower
Chard
Cucumber
Fennel
Jicama
Kale
Leek
Lettuce
Mushroom
Onion
Parsnip
Rutabaga
Spinach
Squash
Sweet Potato

Fruits

Apple
Apricot
Avocado
Banana
Berries
Cherries
Citrus
Coconut
Date
Fig
Grapes
Kiwi
Mango
Melons
Peach
Pear
Persimmon
Plum
Pineapple
Pomegranate
Watermelon

Fats

Avocado Oil
Beef Tallow
Chicken Fat
Coconut Oil
Olive Oil
Palm Oil

Herbs & Spices

Basil
Bay Leaf
Chives
Cilantro
Cinnamon
Dill
Ginger
Garlic
Mint
Parsley
Peppermint
Rosemary
Saffron
Sage
Thyme
Turmeric

Proteins

Beef
Bison
Chicken
Duck
Fish
Lamb
Shellfish
Turkey
Venison

Pantry

Apple Cider
Vinegar
Arrowroot
Starch
Carob
Powder
Cassava
Flour
Coconut
Flour
Coconut
Sugar
Dried Fruit
Honey
Tapioca
Starch
Tigernut
Flour

Green Tea
Matcha
Black Tea
(Caffeine in
moderation)
Herbal Teas