



# If it doesn't grow or have feet... Don't eat it!

## Vegetables

Asparagus  
 Green Beans  
 Beet Greens  
 Beets  
 Broccoli  
 Brussel  
 Sprouts  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery  
 Cucumber  
 Eggplant  
 Kale  
 Lettuce  
 Okra  
 Onions  
 Green Peas  
 Green  
 Peppers  
 Spinach  
 Squash  
 Tomatoes  
 Turnip  
 Collard  
 Greens  
 Fennel  
 Garlic  
 Leeks  
 Mushrooms  
 Sweet  
 Potatoes  
 Swiss Chard  
 Pickles  
 Chives  
 Water  
 Chestnuts  
 Pimento  
 Pumpkin  
 Sauerkraut  
 Olives

## Meat (Grass Fed)

Bison  
 Lean Pork  
 Lean Beef  
 Lamb  
 Venison  
 Veal  
 Liver  
 Elk

## Whole Grains

Brown Rice  
 Barley  
 Buckwheat  
 Rye  
 Quinoa  
 Spelt  
 Oats  
 Millet

## Seeds

Pumpkin  
 Sesame  
 Sunflower  
 Flaxseed  
 Chia

## Fish (Wild Caught)

Salmon  
 Tuna  
 Sardines  
 Catfish  
 Flounder  
 Herring  
 Pollock  
 Freshwater-  
 Trout  
 Haddock  
 Anchovies  
 Mackerel  
 Cod  
 Halibut  
 Scallops  
 Mahi Mahi  
 Sword fish

## Seafood

Clams  
 Mussels  
 Sea Urchin  
 Shrimp  
 Sea Cucumber  
 Shark  
 Lobster  
 Crab  
 Squid  
 Octopus

## Eggs

Chicken Duck Ostrich Roe  
 Reptile Caviar Quail

## Fowl (Free Range)

Turkey  
 Chicken  
 Duck  
 Quail  
 Ostrich

## Nuts

Almonds  
 Cashews  
 Walnuts  
 Brazil  
 Pistachio  
 Pecans  
 Pine  
 Macadamia  
 Chestnuts  
 Hazelnuts

## Fruit

Apples  
 Avocado  
 Strawberries  
 Cantaloupe  
 Lemons  
 Rhubarb  
 Plums  
 Oranges  
 Apricots  
 Prunes  
 Pears  
 Figs  
 Blueberries  
 Apricots  
 Grapes  
 Kiwi  
 Limes  
 Raspberries  
 Cranberries  
 Raisins  
 Blackberry  
 Cherries  
 Goji Berries  
 Grapefruit  
 Pomegranate  
 Peaches  
 Elderberries  
 Papaya

*\*Eat TWICE as many*



*veggies as Fruit!!!\**