

Grains:

Amaranth
Quinoa
Brown Rice

Beverages:

Water (Distilled, spring or mineral)
Herbal teas (unsweetened and naturally decaffeinated)
Fresh Fish/Poultry/Meat:
Chicken
Turkey
Beef
Lamb
Fish (not scavengers or bottom feeders)

Eggs (Omega 3/Free Range)**Unprocessed Oils:**

Olive
Safflower
Sesame
Sunflower

Nuts (raw):

Almonds
Brazil
Hazel
Macadamia
Pecans
Pine

Vegetables (fresh or frozen):

Asparagus
Beets
Brussel Sprouts
Broccoli
Cabbage
Carrots
Celery
Cucumbers
Eggplant
Garlic
Greens (all kinds, from Bok Choy to Kale)
Herbs (fresh only)
Okra
Onions (all kinds, including leeks and chives)

Peppers
Spinach
Summer Squash (for example, zucchini)
Tomatoes

Sea Salt