

Here is a list of good ingredients to build meals around. For one meal each day, try one item from each category. Be colorful, have fun, savor, and enjoy!

Proteins

*Salmon, wild caught
*Tuna
*Halibut
*Trout
Eggs
Red Kidney Beans, dried
Black-eyed Peas, dried
Lentils, dried
Garbanzo beans, dried
Soy Beans
Green Peas/Beans
Alfalfa Sprouts
*Limit to one per week

Nuts/Seeds

Almonds
Walnuts
Peanuts
Pistachios
Pignoli Pine Nuts
Hazelnuts
Sunflower seeds
Sesame seeds
Pumpkin seeds
Flaxseeds/oil

Fats

Olive oil (cold-pressed, organic, extra virgin)
Coconut Oil
Canola Oil
Butter
Cheese
Whole Milk
Yogurt (No Sugar Added, Greek)

Cooking Preferences

- 1) Raw
- 2) Steam
- 3) Sauté
- 4) Bake/Roast

Grains

Brown Rice
Wild Rice
Whole grain/wheat bread
Oatmeal
Yukon Gold potatoes
Purple potatoes
Quinoa
Corn
Tortillas
Whole wheat cous cous
Whole wheat pasta
Amaranth

Vegetables

Sweet Potatoes
Carrots
Beets
Turnips
Parsnips
Zucchini
Butternut Squash
Acorn Squash

Greens

Spinach
Swiss Chard
Asparagus
Romaine Lettuce
Dandelion
*Kale
*Mustard Greens
*Brussel Sprouts
*Broccoli & sprouts
*Limit to 3 servings/week

Fluids

Water
Green Tea

Purchase Preferences

- 1) Organic
- 2) Local, in-season
- 3) Unpackaged, unprocessed
- 4) Frozen
- 5) Canned, if necessary

Fruits

Oranges
Blueberries
Strawberries
Bananas
Tomatoes
Avocados
Apricots
Cherries
Cranberries
Lemon
Grapes
Lime
Cantaloupe
Mango
Raspberry
Pineapple (between meals)
Olives

Herbs/Spices/Sweeteners

Garlic
Onion
Celery
Leeks
Peppers: poblano, cayenne, red bell
Fresh Turmeric
Fresh Ginger
Fennel
Dill
Mint
Basil
Rosemary
Thyme
Sage
Oregano
Cinnamon
Cardamom
Cumin
Coriander/Cilantro
Nutmeg
Saffron
Carob
Cacao
Honey (Local)
Maple Syrup
Molasses/Sorghum
Stevia
Sea Salt
Vinegar (Balsamic/Wine/Apple)

Information for this list gleaned from "The Encyclopedia of Healing Foods" by Michael Murray, ND, et al. (Atria Books, 2005)