

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
- Poblano Pepper
- Red Bell Pepper

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/Sweetners

- 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)