

# **FOOD LIST**

This is a list of foods that represent healthy, well balanced food that should make up 85-90 percent of your diet of your diet.

## **PROTEIN**

Cod  
Halibut  
Pollock  
Salmon  
Trout

## **NUTS AND SEEDS**

Almonds  
Brazil nuts  
Chia seeds  
Coconut  
Flaxseeds  
Hazelnuts  
Hemp seeds  
Linseeds  
Macadamia nuts  
Nut butter  
Pecans  
Pine nuts  
Pumpkin seeds  
Sunflower seeds  
Tahini  
Walnuts

## **FRUITS**

Blackberries  
Blueberries  
Cherries  
Cranberries  
Grapes  
Lemon  
Lime  
Pears  
Pomegranate  
Raspberries

Strawberries  
Apples  
Grapefruit  
Papaya  
Pineapple  
Banana

## **VEGETABLES**

### **BRASSICAS**

Bok choy  
Broccoli  
Broccoli sprouts  
Brussels sprouts  
Cabbage  
Cauliflower  
Collard greens  
Kale  
Mustard greens  
Radishes  
Turnips  
Watercress  
Leeks

### **DETOXIFYING LEAFY GREENS**

Beet greens  
Bok choy  
Coriander  
Fennel  
Parsley  
Spinach

### **LIVER AND KIDNEY SUPPORT**

Artichokes  
Asparagus  
Avocado  
Beetroot  
Carrots  
Celery  
Courgette  
Cucumber  
Garlic  
Green beans

Leeks  
Lettuce  
Onion  
Peas  
Sea veg  
Butternut squash  
Sweet potato

## **PULSES**

Black Bean soups  
Canelini  
Chickpeas  
Hummus  
Kidney  
Lima  
Mung  
Navy  
Pinto  
Lentil

## **GRAINS**

Almond flour  
Buckwheat  
Millet  
Quinoa  
Wild rice

## **OILS**

### **PLANT OILS**

Avocado  
Flax oil  
Extra virgin olive oil  
Walnut oil

### **COOKING OILS**

Coconut oil  
Olive oil  
Avocado oil

### **Dairy alternatives**

Almond milk – unsweetened  
Coconut milk

Hazelnut milk  
Hemp milk  
Rice milk  
Try full fat Goat's milk  
Feta, sheep and goat's cheese

### **DRINKS**

Dandelion leaf tea  
Fruit tea  
Green tea  
Herbal tea  
Lemon water  
Nettle tea  
Water  
Rooibos tea  
Vegetables juices

### **MISC**

Apple cider vinegar  
Baking powder  
Bicarb of soda  
Balsamic vinegar  
Cacao powder  
Dijon mustard