



Cancer Fighting Foods

Amla Powder (Indian Gooseberry)

Black Tea

Coffee

Green Tea

Apples

Apricots

Blueberries

Cherries

Cranberries

Grapefruit

Kiwi

Mangos

Nectarines

Oranges

Papaya

Cancer Fighting Foods

Plums

Pumpkin

Purple Grapes
w/ Seeds

Raspberries

Strawberries

Tomatoes

Blackberries

Beans

Fish

Tree Nuts

Walnuts

Flaxseed

Asparagus

Cancer Fighting Foods

Beets

Broccoli

Broccoli
Sprouts

Brussel
Sprouts

Carrots

Cauliflower

Garlic

Ghee (butter
replacement)

Green Olives

Kale

Purple
Potatoes

Spinach

Turnips

Winter Squash

Cancer Fighting Seasonings

Turmeric

Ginger

Allspice

Garlic

Cinnamon

Basil

Caraway
(Fennel)

Clove

Coriander

Cumin

Dill

Mustard Seed
Powder

Rosemary

Saffron

Thyme