

FREE FOODS

VEGETABLES:

Alfalfa seeds sprouted
Arugula
Asparagus
Bamboo shoots
Beans green
Beans snap green
Beet greens
Broccoli
Cabbage
Cauliflower
Celeriac (celery root)
Celery
Chard swiss
Collards
Cucumber
Dandelion greens
Eggplant
Endive
Fennel bulb
Hearts of palm
Jicama
Kale
Lettuce
Mustard greens
Mushrooms - (except shitake)
Olives ripe
Okra
Parsley
Peppers
Pumpkin
Purslane
Radicchio
Radishes
Rhubarb
Sauerkraut
Scallions (green onions)
Spinach
Squash summer
Squash zucchini
Tomatillos
Tomatoes
Tomato juice

Turnips
Turnip greens
Watercress

FRUIT:

Avocados
Raspberries
Strawberries

NUTS:

Macademia Nuts
Pecans

MEAT AND FISH:

All Meat and fish
Caviar
Crab
Lobster
Shrimp

EGGS AND DAIRY:

Butter
Buttermilk lowfat
Cheese cheddar
Cheese Edam
Cheese Gouda
Cheese Swiss
Cream cheese
Cottage cheese % milkfat
Eggs
Half and Half
Heavy Cream
Goat milk
Mayonnaise
Milk
Ricotta cheese whole milk
Yogurt plain whole milk

BEVERAGES:

Coffee (with Stevia only)
Tea (with Stevia only)
Water



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