**MELANIN DAY SCHOOL ACADEMY**

“Easier to build strong children than to repair broken men”

**2021 HIGH VIBRATIONAL FOODS!**

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**THE GOAL IS TO INCREASE OUR LIFE FORCE WITH ELECTRIC HIGH VIBRATIONAL FOODS! THROUGH NUTRITION WE GIVE MELANATED FAMILIES A FIGHTING CHANCE TO THRIVE!**

**THESE FOODS ARE HIGH NUTRiTIONAL FOODS WITH LITTLE TO NO PROCESSING.**

**FRESH PRODUCE\*\* Organic when possible + Other warming building whole foods. Example there are more that can fit in these categories!**

| **Fruits** | **Vegetables** | **Nuts/Seeds/Dried fruit\*\* Raw no added sugar or salt** | **grains/Legumes\* dried** |
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| * **Citrus**
* **Grapes**
* **Papaya**
* **Berries**
* **coconuts**
* **Avocados**
* **Pears**
* **Pomegranates**
* **Kiwi**
* **Papaya**
* **Mango**
* **Apples**
* **watermelon**
 | * **Squash**
* **Ginger**
* **Pumpkins**
* **Broccoli**
* **Carrots**
* **String beans**
* **Cauliflower**
* **Greens**
* **Sprouts**
* **Onions**
* **Peppers**
* **Herbs: cilantro, parsley,etc**
 | * **Dates**
* **Raisins**
* **Plums**
* **Figs**
* **Almonds**
* **Pumpkin seeds**
* **Sunflower seeds**
* **chia**
 | * **Beans**
* **Quinoa**
* **Black wild rice**
* **Buckwheat**
* **Spelt**
* **Kamut puffs**
* **Air popped popcorn**
* **Millet puffs**
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* **For donations CashApp: $MelaninScholars and or Contact Nakia Porter (571)201-5867 for scheduling pickups**