

The Primary Mineral Food Chart List

WELCOME TO THE EDENIC MINERAL BASED FOOD LIST. ALL FOODS LISTED BELOW ARE ONLY SUGGESTIONS BASED UPON THOROUGH STUDY, TESTING & RESEARCH. ALL CATEGORIES ARE BASED UPON THE MAIN MINERALS THE HUMAN BODY NEEDS ONLY A DAILY TO HEAL, REJUVENATE AND RESTORE. THE BODY NEEDS 102 MINERALS WITH THE PERFECT FOOD COMBINATION YOU CAN HAVE ALL THE MINERALS YOU NEED DAILY ON ONE PLATE. THIS LIST IS BASED ON VEGETABLES ALONE FOR THE FRUIT LIST PLEASE CHECK DOCUMENTABLE DOWNLOADS ON WEBSITE

POTASSIUM:
SWEET POTATO
KALE
SPINACH
TOMATOES
CUCUMBERS
ZUCCHINI
PLANTAINS
BANANAS

MAGNESIUM:
KALE
SPINACH
COLLARD
GREENS
TURNIP GREENS
MUSTARD
GREENS.

IRON PHOSPHATE:
SWISS CHARD
SWEET POTATOES
BROCCOLI
CELERY
CABBAGE
LENTILS
CHICKPEAS
SWEET PEAS

CALCIUM:
BOK CHOY
KALE
TURNIP GREENS
COLLARD GREENS
OKRA
LEEKs
PARSLEY
BUTTERNUT SQUASH
DANDELION GREENS
ACORN SQUASH

COPPER:
OYSTER MUSHROOMS
LIONS MANE MUSHROOMS
AVOCADOS
CASHEWS
OLIVES
GARLIC
AVOCADO
KELP NOODLES
SUMMER SQUASH
ASPARAGUS
BEET GREENS

PHOSPHORUS:
HEART OF PALMS
BRUSSEL SPROUTS
ALFALFA SPROUTS
ALFALFA LEAF
SWEET PEAS
RADISHES
ARTICHOKE
AVOCADOS

