



THE HEIMERDINGER FOUNDATION

Meals 4 Health and Healing



**Always organic,
local when possible**



FOODS INCLUDED

All fresh vegetables
Locally grown sprouts
Quinoa
Millet
Amaranth
Fonio
Brown rice
Wild grain rice
Corn (non-GMO)
Soba noodles
Lentils
Beans: black, pinto, white, navy, garbanzos
Red skinned, purple, and sweet potatoes
Homemade nut milks
Coconut oil* (high heat)
Avocado oil* (high heat)
Extra virgin olive oil* (no heat exposure)
Flax seed oil* (no heat exposure)
Sesame oil* (high heat)
Avocado
Olives
All raw seeds and nuts
Green apples
Berries
Dehydrated unsweetened coconut & cranberries

FOODS INCLUDED

Local pasture raised chicken & eggs
Wild caught seafood
Raw local honey
Pure grade maple syrup
Coconut sugar
Unprocessed salt & sea salt
Sea vegetables
All herbs and spices
Capers
Vinegars
Vegan parmesan
Cacao
Mushrooms (including various medicinal and local varieties)
Filtered or spring water
Chia seeds
Hemp seeds
Vegetable or chicken stock

FOODS NEVER INCLUDED

All highly processed or refined
Fried foods
Fast food
Red meat/pork
Smoked meats
All forms of gluten
White flours or refined grains
Processed table salt
White sugar
High fructose corn syrup
Corn syrup
White potatoes
Highly processed refined oils (including soybean, canola, cottonseed)
Chili peppers
Radiated herbs and spices
Artificial sweeteners
Peanuts
All forms of soy
Transfats
Hydrogenated fats
All forms of dairy
Genetically modified organisms
Food colorants
Bottled salad dressings/sauces
Bottled purified water/tap water

*all oils unrefined & cold pressed

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www.hfmeals.org