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

*all oils unrefined & cold pressed

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

Always organic, local when possible