



Foods that Make You Thrive

Select Fresh, Canned, Frozen, Dried
Emphasize Organic to avoid pesticides

Seasonal Veggies:

*Bell Peppers
 Cruciferous: Broccoli, *Kale
 Cabbage, Cauliflower
 Chard
 *Celery
 Cucumber
 *Lettuce
 Mushrooms
 Onions
 Roots: Beets, Carrots,
 Parsnip, Rutabaga, Turnip
 Sweet Peas
 Squash (seasonal varieties)
 *Spinach
 Sweet Potatoes
 Tomatoes

Seasonal Fruit:

*Apples
 Avocado
 *Berries
 Citrus: Grapefruit, Lemon,
 Lime, Orange
 Kiwi
 Mango
 Melon
 *Peaches
 Pears
 Pomegranate
 Pineapple
 Persimmon
 Canned Fruit, no added sugar

Grains:

Amaranth
 Barley (contains gluten)
 Buckwheat
 Corn (Organic only)
 Millet
 Rice
 Tapioca
 Teff
 Quinoa
 Oats (may contain gluten)

Wild Fish:

Anchovies
 Herring
 Oysters
 Salmon
 Sardines
 Trout
 Tuna
 Other _____

Meat (humanely raised):

Beef (Grass-Fed)
 Chicken (Pastured)
 Lamb (Grass-Fed)
 Jerky, non-MSG
 Organ meats (liver, heart, etc)
 Pork (Pastured)
 Rabbit, Sage Grouse
 Turkey

Dairy & Eggs

Milk: Almond, Hemp, Coconut,
 Goat, Grass-Fed Cow Milk
 Cheese
 Eggs - chicken, duck, quail
 Plain Cultured Yogurt
 Cultured Cottage Cheese

Fermented Foods:

Sauerkraut
 Kombucha
 Kefir
 Tempeh

Sweet spices:

Cinnamon
 Allspice
 Ginger
 Cardamom
 Nutmeg
 Clove

Savory spices:

Peppercorns
 Cumin seeds
 Curry powder
 Other Fresh Herbs

Nourishing Fat:

Olive Oil
 Sesame Oil
 Coconut Oil
 Walnut Oil
 Macadamia Oil
 Hazelnut Oil
 Almond Oil
 Avocado Oil
 Grass-fed butter
 Ghee

Nuts, Seeds, Nut Butter

Almonds
 Brazil Nuts
 Cashews
 Hazelnuts
 Macadamia
 Pecans
 Pistachios
 Pumpkin Seeds

Legumes- aim for variety

Lentils
 Beans
 Peanuts

Condiments:

Lemon/Lime Juice
 Ketchup, no corn syrup
 Mustard
 Apple cider vinegar
 Bragg's Amino Acids
 Horseradish
 Hot Sauce

Soup and Sauce

Tomato Sauce and Paste
 Bone broth
 Non-MSG Broths

Specialty

Seaweed, Kelp
 Bones (for making broth)