



## PLANTS

### BEANS AND LEGUMES

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SWEET POTATOE

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BROCCOLI

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CAULIFLOWER

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LEAFY GREENS

(Spinach, Kale, etc.)

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CHILI PEPPERS

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GARLIC

## DRINK

GREEN TEA

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BLACK COFFEE

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APPLE CIDER  
VINEGAR

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## DESSERT

DARK CHOCOLATE

in moderation

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BERRIES

## ANIMALS

LEAN MEAT

Chicken and Turkey

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SALMON

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TUNA

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EGGS

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GREEK YOGURT

0%M.F. - Plain

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## OTHER

NUTS AND SEEDS

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COCONUT OIL

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QUINOA

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WHOLE GRAINS

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AVOCADO

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GRAPEFRUIT

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CINNAMON

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