

YES FOODS

DD = Environmental Working Group's Dirty Dozen. Get these fruits & veggies organic! Learn more at www.ewg.org/foodnews

→ PROTEINS

Free-range, Organic Chicken
 Free-range, Organic Turkey
 Wild Caught Halibut
 Wild-caught Alaskan Salmon
 Pacific Sardines
 Mackerel
 Trout

In moderation:

Oysters
 Mussels
 Clams
 Grass-fed Lamb
 Grass-fed Beef
 Grass-fed Marrow
 Pastured Pork (reliable, local, source)
 Grass-fed/free-range & organic
 Chicken, Beef, & Lamb Liver

Vegetarian sources:

If no dairy sensitivities - Non-denatured, low-heat processed Whey Protein
 Plain, organic Greek Yogurt
 Free-range Chicken or Duck eggs

Legumes: especially soaked and/or sprouted Lentils & Adzuki Beans
 Non-gluten grains: especially soaked and/or sprouted brown rice & quinoa

→ VEGETABLES

Bell peppers (red & green) DD
 Bok Choy
 Broccoli/broccolini
 Broccoli sprouts and "microgreens"
 Brussel sprouts
 Cabbage
 Cauliflower
 Celery DD
 Chard
 Collards DD
 Endive

Escarole
 Green beans
 Kale DD
 Leeks
 Lettuces
 Mustard greens
 Onions
 Peppers (hot) DD
 Radicchio
 Shallots
 Spinach DD

→ STARCHY & ROOT VEGETABLES

Limit consumption to 3-4 ½ cup servings per day

Beets
 Carrots
 Celery Root
 Parsnips

Pumpkin
 Turnips
 Squash: Acorn, Butternut, Spaghetti
 Sweet Potatoes

→ **POWERHOUSE FOODS**

The sulfur-containing brassica family vegetables (broccoli, cauliflower, brussel sprouts, kale, cabbage) helps to thin mucus secretions, contain cancer fighting compounds, abundant antioxidants, and tons of vitamin C.

→ **MUSHROOMS (because they are neither animal nor vegetable)**

Most food mushrooms, even the lowly button mushroom and its relatives Crimini and Portabella, contain immune-enhancing, antioxidant, and anti-inflammatory compounds.

Button | Crimini | Shiitake | Maitake | Oyster | Etc.

→ **FRUITS**

Choose preferably all organic and limit to 2-3 1/2 c servings per day

Apples	DD	Not in season but can be found
Berries	DD	frozen, higher in C than oranges:
Grapefruit		
Kiwi		Mango
Lemons		Pineapple
Limes		Papaya
Oranges		Strawberries
Pears		DD
Persimmons		
Pomegranates		

Note: Omit citrus if you have reflux or a citrus sensitivity.

→ **NUTS & SEEDS**

Almonds	Hemp seeds
Brazil nuts	Pecans
Cashews	Pistachios
Chia seeds	Pumpkin seeds
Fennel seeds	Sesame seeds
Flax seeds	Sunflower seeds
Hazel nuts	Walnuts

→ **PROBIOTIC-RICH FOODS**

Sauerkrauts

“True” pickled vegetables - i.e., lacto-fermented

Kimchi

Plain Greek yogurt (if dairy is well-tolerated, and no congestion, allergy, or cold is present)

Water kefir

Kombucha - low-sugar variety!

Chickpea or Organic Soy Miso (if no soy sensitivity is present)

→ HERBS & SPICES

All herbs and spices are a go!

Basil	Garam masala	Red pepper
Black pepper	Garlic	Rosemary
Cayenne	Ginger	Sage
Clove	Marjoram	Tarragon
Cinnamon	Mint	Thyme
Cilantro	Nutmeg	Turmeric
Cumin	Oregano	Vanilla
Dill	Parsley	Za'atar

→ OILS

For cooking:

Organic, extra virgin olive oil
 Coconut oil
 Ghee or grass fed, organic butter (if dairy is tolerated and there is no congestion, allergy, or cold present)

Omega-3 rich oils - not for cooking, great for eating as-is:

Flax oil
 Hemp oil
 Cod liver oil

Flavoring oils: for drizzling on food, adding to smoothies, or making sauces

Organic, cold-pressed sesame oil
 Cold pressed walnut or hazelnut oil

→ BEVERAGES

Water - add lemon!
 Green tea - add lemon for enhanced catechin absorption
 Reishi Roast
 Immune Broth
 All herbal teas - especially Ginger , Holy Basil , Mint , & Rosehip
 Hot water with lemon, honey, cinnamon or cayenne
 Nut milks (no sugar, preferable home-made or at least carrageenan-free)
 Golden Milk (turmeric paste + nut milk)

Reishi Roast - Medicinal Mushrooms

Reishi & Chaga are 2 woody, fruiting-bodied mushrooms that thrive in the deep woodlands.

Studies have found Reishi to contain more than active constituents that account for its antioxidant, anti-cancer, anti-inflammatory, and Immune-modulating properties. Studies have found Reishi extracts to be particularly active against the Herpes family of viruses. Clinically, I have seen Reishi strengthen the lungs, quell allergy, improve stress resilience and resistance to illness. Chaga possesses immune-modulating and anti-viral properties, in addition to having the highest ORAC (antioxidant measure) of any natural food.