

MACRONUTRIENTS

PROTEINS

- FISH (salmon, trout, tuna, red snapper, halibut, sea bass, etc.)
- FREE-RANGE CHICKEN (hormone/anti-biotic-free)
- GRASS-FED/FREE-RANGE RED MEAT (including buffalo and venison)
- CAGE-FREE EGGS (eaten with yolks)
- RAW NUTS & SEEDS
- TOFU (soy)

CARBOHYDRATES

- SWEET POTATOES
- SPROUTED GRAIN BREAD
- BROWN RICE
- BUCKWHEAT/SOBA NOODLES
- ANCIENT GRAINS*
- OATS/GRANOLA
- FRUIT
- VEGETABLES

FATS

- OLIVE & SESAME OIL (cold-pressed)
- FISH OIL (pharmaceutical grade)
- AVOCADO (guacamole)
- RAW NUTS & SEEDS
- CAGE-FREE EGGS
- GOAT CHEESE

*Whole Grains: The 3 Most Healthful Ancient Whole Grains

1. **millet**: gluten-free, one of the most outstanding alkaline foods in the world, contains an abundance of minerals and vitamins, the most complete protein of any true cereal grain, rich in fiber and silica (which detox intestines), anti-fungal, one of the best grains for those with Candida
2. **amaranth**: high in protein and fiber, rich in vitamins and amino acid lysine, 4 times amount of iron than brown rice
3. **quinoa**: valued in fitness circles as a high-energy food and for ease of digestion, gluten-free, great amount of high-quality protein and amino acids, rich in calcium

NUTRIENT-RICH FOODS: "POWER FOODS" LIST

Eat from this list as much as possible:

VIT B1 (Thiamine): beans, salmon, brown rice, whole grains

VIT B6 (Pyridoxine): bananas, brwn rice, whole grains, beans, chicken, salmon

VIT A: sweet pots, carrots, spinach, cantaloupe, broccoli, squash, apricots

VIT B2 (Riboflavin): broccoli, spinach, soybeans, eggs, whole grains

VIT B12: salmon, eggs, tofu, chicken, shellfish

VIT C: citrus fruits, blueberries, red peppers, broccoli, cantaloupe, tomatoes

VIT B3: brown rice, salmon, tuna

FOLACIN: broccoli, spinach, romaine lettuce, beans

ZINC: oatmeal, beans, dark poultry meat (pumpkin seeds)

CALCIUM: broccoli, almonds, figs, apricots, sardines, salmon, greens, tofu

IRON: broccoli, spinach, lean beef, beans, berries, prunes, raisins, turkey

POTASSIUM: avocado, dried fruits, beans, oranges, bananas, winter squash tomatoes, sardines