

Produce							
Dark leafy greens: lift mood, heal organs, counteract damage from stress		Squash: blood-alkalinizing		Fruit:			
Collard	Watercress	Acorn	Kabocha	Apple, LungCapacity	Kumquat, CncrColPros	Pineapple, enzyme	
Dandelion		Buttercup	Pumpkin	Banana, enzyme	LemonRind, Polymethoxylated flavones	Pomegranate, Q-5	
Kale		Butternut	Red kuri	BloodOrg, arteries	LimeRind, Polymethoxylated flavones	Pomelo, LwrlDL	
Mustard		Delicata		Blueberry, anti-age	Nectarine	Satsuma, cntl BP	
Romaine		Dumpling		Clementine, OxaDmg	Orange	Strawberry	
Spinach, NO <sub>2</sub>		Hubbard		GrapeFrt-WhtPeel, nootkatone	Pear	Watermelon, citrulline (fatigu	
Cruciferous: cancer-preventing nutrients/antioxidants, breakdown/dissolve fats, eliminate toxins				Other:		Mushroom:	
						Anti-BacFunMicOxiVir; cancer	
Broccoli		Artichoke, apigenins		Peas		chanterelle-A	
Brussels sprouts		Asparagus		Sprouts:		cordyceps-athletic perf	
Cabbage: Napa, Purple, Savoy		Avocado, Ω-3, enzyme, LungCapacity		alfalfa		enoki-C, immunity	
Cauliflower		Bell peppers, oxalic		kale		maitake-C (breast)	
Choy: Bok, Pac		Cucumber		mung		oyster-HIV	
Collard		Endive		Tomato, anti-age		porchini-anti-inflam	
Raddish: Daikon, red, watermelon		Escarole				reishi - A,C	
Tatsoi		Green bean				shiitake-tumors	
		Jicama				shimeji-C, asthma, diabetes	
						ButCrimPort-C (prostate)	
Roots/tubers: provide vit-A, beta-carotene, minerals, fiber, antioxidants				Sea: easily asorbable vit/minerals, alkaline forming, reduce tumors/masses, bind to radioactive sub/heavy metals - pull them from our bodies			
Beet, oxalic, NO <sub>2</sub> , PreWkt		Lotus root		Agar-Agar Arame Dulse		Kombu (kelp) Nori Wakame	
Burdock		Parsley, oxalic, apigenins					
Carrots, anti-age		Parsnips					
Celery, apigenins		Potato: baking, sweet					
Celeriac		Rutabaga		Bulbs: dissolves fats/excess mucus, heart healthy, anti-inflammatory, antibacterial, antiviral			
Fennel		Turnip		Garlic Leeks Onions Scallions Shallots			
Ginger		Yam					
Noteworthy:							
Prevent Injury:				Run Further / Faster:			
Red Pepper, Edamame, Salmon, Tuna, Mackerel, Egg, Mushroom, Blueberry, Honey, Pumpkin Seeds, Beans, LeafyGreen, Walnut				Champagne, Avocado, Olive, Nut, Seed, Salmon, Mackerel, Tuna, Herring, Anchovy, LeafyGreen, Chocolate, ChickPea, Quinoa, KidneyBean, Apple, RedOnion, Berries			
Maintain Muscle:				Get Lean:			
Spinach, Beet, Egg, Seed (Sunflower, Flax, Sesame), Bean, Edamame, Avocado, Trout, Salmon, Pomegranate, Kale, Mushroom, Sweet Potato				JasmineTea, ChilliPepper, Lamb, Cod, Beef, Chicken, Pork, Grapefruit, Coconut Oil			
Pantry							
Nuts / Seeds: protein/fat which convert to energy w/o impacting calcium/mineral absorption				Miscellaneous: items not listed elsewhere			
Bene fats		Bene fats		Sat fats			
Almond		Chia		Brazil			
Cashew		Flax		Hazelnut			
Macadamia, Ω-7		Hemp		Pine			
* Peanut, oxalic		Pumpkin, collagen (tenden/ligament)					
Pecan		Sesame		nut butter			
Pistachio		Sunflower		almond			
Walnut				peanut			
edamame, anti-inflam (KneePain)				tahini			
Beans:		Grains: following are gluten-free, all are phytic		Pasta:		Pkg:	
Adzuki	Garbanzo	Amaranth	Oats	Black bean	Pasta, brand = Jovial		
Anasazi (pinto)	Kidney	Buckwheat	Rice: Black, Sprouted (brown, red)	Chickpea	Wraps:	Paleo	
Black	Navy	Millet	Teff	Quinoa	Rice		
Cannellini	Peas, BlackEye	Quinoa	Wild rice	Seaweed			
Notes: red => buy organic							
phytic: phytic acid (interferes w/ absorbing: zinc, calcium, iron, etc); minimized by soaking/rinsing & cooking with sea veg							
oxalic: oxalic acid (nutrients difficult to assimilate/can pull important minerals from bones; reg consumption: egg - digestion, kidneys, arthritis); counter by combo w/ citric acid							

Pantry		
<b>Baking:</b>	<b>Oils &amp; Vinegars:</b>	<b>Beverages:</b>
Agar powder Baking powder Baking soda Yeast Sea salt Spices: Coconut flakes Sugar: coconut, maple Honey, enzyme Maple syrup Cocoa powder Vanilla flour almond arrowroot chickpea coconut oat quinoa rice, brown rice, white tapioca teff wheat Cacao nibs cornmeal milk powder potato starch xanthan gum  <i>GlutenFree</i> or ⇔ <i>Paleo</i>	<b>Oils:</b> Avocado      Cooking Spray Cacao butter      Crisco Coconut Grapeseed Macadamia Olive, Ω-9, enzyme Peanut Rapeseed, cold-pressed Red palm Sesame Sunflower Walnut  <b>Vinegar:</b> Balsamic Cider White  <b>Condiments:</b> Anchovy paste - <i>Ortiz</i> Vinegar: cider, white Capers, quercetin      Worcestershire FishSauce - <i>Redboat40N</i> Tahini Hot sauce      Broth LiquidAminos: Braggs, coconut      Salsa Mayo Mustard Olives, Ω-9, enzyme Peppers Relish ThaiCurryPaste	<b>Beer:</b> Champagne, NO <sub>2</sub> Coffee: Ground, WholeBean Espresso Kombucha <b>Juice:</b> Cherry (bed), Grapefruit, Pomegrante (PostWkt), Tomato Pineapple, Beet, Lemon <b>Milk:</b> almond, coconut, hazelnut, hemp <b>Soda:</b> Tea: Jasmine, royibos, ginger, EarlGrey, Oolong Water Aloe, Cactus, coconut, distilled, purified <b>Wine</b>  <b>Tinned meat/fish:</b> Chicken Crab Ham Salmon Tuna
<b>Cereal:</b>	<b>Fruit, dried:</b>	<b>Supplement:</b>
Buckwheat, creamy Oats bran quick Scottish Quinoa Flakes Puffed Rice, brown-puffed	apple sauce      goji <b>apricot</b> fig, enzyme blueberry      mulberry, anti-age <b>cherry</b> tomato, anti-age cranberry, oxalic currant, anti-age dates, enzyme dragonfruit	Bone Broth Protein      Collagen Casein      Gelatin Creatine Monohydrate      Agar-Agar Glucosamine-chondroitin      TigerNut Psyllium Husk Powder      Macca Magnesium citrate      Multi-Vit MaxVibrance Vit.D3, 2000IU PGX (glucmannan, kojak)
Cold Cases		
<b>Dairy:</b>	<b>Meats: carnitine (counter w/ tomato)</b>	<b>Fruit/Veg:</b>
cheese Asiago Blue Brie Cheddar Feta Parm PepJack Cottage Cheese Eggs Milk      Buttermilk Kefir SourCream Yogurt	1x wk      Beef - <i>grass fed, organic, choice/select</i> 3x wk      Chicken - <i>organic, pasture-raised</i> daily      Ham daily      Pork - <i>organic, pasture-raised</i> 1x wk      Turkey	Blueberry, anti-age <b>Cherry</b> <b>Strawberry</b> Mango
	<b>Fish: buy wild-caught, sustainable</b>	<b>HBA / Household:</b>
	Bream ChileanSeaBass, <i>not farmed/Atlantic</i> Cod, <i>not farmed/Atlantic</i> Crab Haddock Hake Halibut, Pacific Pollock Salmon, <i>wild</i> fresh smoked Shrimp - <i>IQF, not farmed/Atlantic</i> Scallops - <i>dry</i> Tilapia, <i>not farmed/Atlantic</i>	_____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
<b>Miscellaneous:</b>		
_____ _____ _____ _____		