



Vegetables

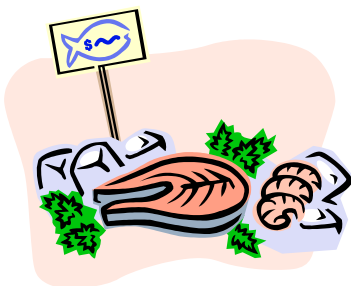
Arthichoke
 Aruluga
 Asparagus
 Avocados
 Beets/beet greens
 Bell Peppers
 Bok Choy
 Broccoli
 Broccoli Rabe
 Brussel Sprouts
 Cabbage
 Carrots
 Cauliflower
 Celery
 Celery Root
 Collards
 Corn
 Cucumber
 Dandelion Greens
 Eggplant

Endive
 Fennel
 Fiddlehead Ferns
 Garlic
 Green Beans
 Jeruselem Artichoke
 Jicama
 Kale
 Kholrabi
 Leeks
 Mushrooms
 Mustard Greens
 Olives
 Onions
 Parsnips
 Peppers
 Pumpkin
 Purslane
 Radishes
 Romaine

Spinach
 Spaghetti Squash
 Squash
 Swiss Chard
 Tomatoes
 Turnip /Turnip Greens
 Watercress
 Sea Vegetables such as kelp,
 Wakame, dulse, irish moss
 Bladderwrack, nori, kombu

Use in Moderation

Cassava
 Potatoes
 Sweet Potatoes
 Wild Rice
 Yams
 Taro



Fish

Anchovies
 Bass
 Cod
 Eel

Northern Pike
 Orange Ruffy
 Perch
 Red Snapper

Shellfish

Abalone
 Clams
 Crab
 Crayfish

Fish

Flounder
Haddock
Halibut

Rockfish
Salmon

Herring
Mackerel
Mahi Mahi
Monkfish
Mahi Mahi
Monkfish
Mullet

Sardines
Sole
Tilapia
Trout
Tuna
Walleye
All Wild Fish

Shellfish

Mussels
Octopus
Oysters
Prawns
Scallops
Shrimp
Snail
Squid



Meat and Poultry

Beef
Chicken
Cornish Game Hen
Goat
Lamb
Pork
Veal
Bacon
Sausage
Ham

Wild Game

Alligator
Bear
Buffalo
Caribou
Duck
Elk
Emu
Goose
Pheasant

Kangaroo
Ostrich
Quail
Rabbit
Snake
Turkey
Venison

Organ Meats

Hearts
Kidney

Liver
Bone Marrow

Sweetbreads
Tongue



Eggs

Chicken
Duck
Emu

Goose
Pheasant
Quail

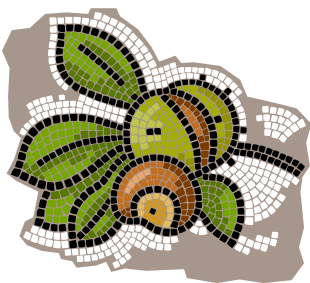
Roe/Caviar
Other bird eggs



Grains

Amaranth
Brown Rice
Buckwheat
Corn

Millet
Oat
Quinoa



Nuts and Seeds

Almonds
Brazil Nuts
Chestnuts
Hazlenuts
Hempseeds

Pecans
Pine Nuts
Pistachios
Pumpkin Seeds
Sesame Seeds

Sunflower Seeds
Walnuts
Nut and Seed Butters
Flax Seeds
Chia Seeds



Avocado Oil
Butter/Ghee
Cream
Coconut Oil
Lard

Macadamia Oil
Olive Oil
Sesame Oil
Tallow
Unprocessed Palm Oil

Walnut Oil
Cod-Liver Oil



Preferred Fruit

Blackberries
Blueberries

Other Fruits

Apple
Apricot
Banana
Cantalope
Cherries
Coconut
Figs
Goji Berries
Grapefruit
Grapes
Guava

Boysenberries
Cranberries

Honeydew Melon
Kiwi
Lemon
Lime
Lychee
Mango
Nectarine
Orange
Papaya
Passion Fruit
Peaches

Gooseberries
Raspberries

Pears
Persimmon
Plums
Pomegranate
Rhubarb
Star Fruit
Strawberries
Tangerine
Watermelon
All Other Fruits



Herbs and Spices

Anise
Basil
Black Pepper
Cayenne Pepper
Chili Pepper
Cilantro
Coriander Seeds
Cinnamon
Cloves

Cumin
Dill
Fennel
Ginger
Mint
Mustard Seeds
Nutmeg
Oregano
Paprika

Peppermint
Rosemary
Sage
Stevia
Tarragon
Thyme
Turmeric



Noodle Alternatives

Kelp Noodles

Spaghetti Squash

Brown Rice Pasta



Sweeteners in Moderation

Whole Cane Sugar
Pure Maple Syrup

Raw Honey

Stevia



Dairy

Raw Milk
Yogurt

Kefir
Cottage Cheese

Cream
Raw Milk Cheese

*I get my raw milk from Pride and Joy Dairy in WA state www.prideandjoydairy.com. To find raw milk in your area in the US visit <http://www.realmilk.com/real-milk-finder/> There is also a great raw dairy in California that you can order from if you are in-state. They do ship out of state raw, cultured cheese and organic, pastured ground beef. Here is where you can find them. <http://www.organicpastures.com/shop.html>

*I also get a lot of my food from www.azurestandard.com which delivers to local drop points monthly. They have affordable, organic pastured eggs, raw cheese, snack foods, etc... at great prices. They deliver once a month to many states in the US. You can see if they have a drop point near you by visiting www.covenantranchonline.com Click on 'Delivery Schedule' on the menu bar and then on 'Drop Locations' to see if they deliver to your area or to look into becoming a drop point. When you order this way, it only costs \$2 for the whole delivery! You can also order online for UPS or USPS shipping.

*Another great source for oils, organic food, grass-fed meat, etc... is www.tropicaltraditions.com

* Trader Joe's and Costco have great choices/prices as well

*Save money on organic produce while supporting your local, small, organic farmer with a weekly delivery of farm fresh fruits and vegetables. Find a farm that is right for you here <http://www.localharvest.org/organic-farms/>

A few supplements that I take are:

Cod-liver Oil with High Vitamin Butter Oil which you can find here:

<http://www.greenpasture.org/public/Products/ButterCodLiverBlend/index.cfm>

[Vitality Super Green](#) which I start every day with because it is detoxifying, gut healing and energizing.

I drink it with water and fresh lemon juice.

I also drink Spring Dragon Longevity tea every day, twice ☺ [You can find it here.](#) And I drink it for these reasons: This tonic is carefully crafted to enhance your longevity, adaptability, and thriving! (We're talking about thriving here, not just surviving!) Throughout Asia, Gynostemma teas are consumed as a daily tea by health conscious folks. Gynostemma is known as "Magical Grass" in China. It is commonly used as an adaptability-enhancing anti-aging herb. Gynostemma is an herb with double direction activity. It can be consumed in the morning to help you get started for the day. It can also be drunk at night to help you relax. Spring Dragon Longevity Tea contains no caffeine. With five

premier tonic herbs infused into premium grade Gynostemma leaves, this tea yields one of the most broad spectrum health promoting tonic brews in the world.

Product	Good Choice	Better Choice	Best Choice
Meat	Hormone free, nitrate free, antibiotic free	Organic, hormone free, antibiotic free, nitrate free	Organic, free range, grass-fed
Dairy	Hormone free, antibiotic free	Organic, hormone free, antibiotic free	Raw, organic, grass-fed
Eggs	Whole, organic eggs	Whole, organic, local	Whole, grass-fed, free range, organic, pastured, local
Breads	Whole Grain Breads. Ezekiel Sprouted grain bread.	Spelt, rice or whole grain gluten free bread. I like Essential Baking Co. Gluten Free Bread from Costco (whole grain and no additives is important!	No gluten. Choose grains like quinoa, oats (make sure they're gluten-free), and brown / wild rice.
Grains	No white or enriched grains	No wheat. Choose spelt or rye instead.	No gluten. Choose amaranth, millet, quinoa, buckwheat, rice.
Produce	Incorporate fresh fruits and vegetables into your daily meal plans	Purchase the 'clean 15' non-organic produce and all others purchase organic	Buy local, farm fresh, pesticide-free produce grown in rich soil. Or, purchase organic at the store.
Seafood	Canned wild-caught	Frozen wild-caught	Fresh wild-caught
Alcohol	Limit alcohol consumption. A good alcohol option is vodka on the rocks; fruit juice only adds empty sugar calories. The best brand is Chopin, which is made from potatoes, not wheat	Keep alcohol intake to 1-3 glasses per week. A better alcohol option is organic red wine. The rich flavor encourages you to drink slowly. Red wine also contains fewer calories and carbohydrates than other types of alcohol.	Consume 1 glass per week or none at all.
Flour	Whole wheat, whole grain flour	Spelt, oat, millet	Almond flour, coconut flour. Good source for recipes, Elanapantry.com, Marksdailyapple.com, any paleo recipes online.

Non GMO Foods

Genetically modified foods are shown to cause much dis-ease in the body, especially as it pertains to the gut. Eat as much non GMO food as possible by educating yourself at the following link.

<http://responsibletechnology.org/Shopping-Guide-Fall-2013.pdf?key=31703200>

Get a list of the least and most sprayed produce here so you can make good choices when deciding to buy organic or not. The clean 15 are the produce that is safest to purchase non-organic if your budget does not allow to buy all organic food.

<http://www.ewg.org/foodnews/>

Check out my blog for recipes: flourless pancakes, muffins, snacks and more using ingredients from the list above!

www.mariarippo.com