

Daily Goals

1. Eat Variety
2. 2 prebiotic foods**
3. Eat 1 fermented & 1 root veg each day.
4. Eat organic foods

Weekly Goals

Exercise (5Dx30+min)
Circle 30

Vegetables

Acorn Squash
Artichoke
Arugula
Asparagus
Banana Squash
Bitter Melon
Beet greens
Beet root
Bell Pepper
Bok choy
Broccoli
Brussel Sprout
Butternut Squash
Cabbage
Calabaza squash
Callaloo greens
Carrot
Cauliflower
Celery
Chard
Chayote Squash
Delicata Squash
Collard Greens
Cucumber
Corn
Daikon radish
Eggplant
Endive
Fennel bulb
Frisee lettuce
Garlic**
Gem Squash
Green beans
Hubbard Squash
Jicama**
Kale
Kefir
Kohlrabi
Leek
Lettuce

Mustard Greens
Mushrooms
Okra
Olives
Onion**
Parsnip
Peas
Pumpkin
Rhubarb
Rutabaga
Salsify
Scallions
Quandong
Radish
Radicchio
Shallot
Skirret
Spaghetti squash
Spinach
Sprouts
Summer Squash
Sun chokes**
Sweet Potatoes
Tamarind
Taro
Turnip
Water Chestnut
White Potato*
Zucchini

Fruit

Apple/Homemade
organic applesauce**
Apricot
Avocado
Banana* **
Black current
Black Berries
Blue Berries
Cantaloupe
Cherries
Clementine
Dates
Durian
Dragon fruit
Figs
Gooseberries
Grapefruit
Grapes
Guava
Honeydew
Date
Jackfruit

Jujube date
Kiwi
Kumquat
Lemon
Lime
Longan
Loquat
Lychee
Mango
Nectarine
Orange
Papaya
Passionfruit
Pawpaw
Peach
Pear
Persimmon
Pineapple
Plantain*
Plum
Pomegranate
Pumelo
Raspberries
Starfruit
Strawberries
Salmonberry
Tangerines
Watermelon

Nuts and Seeds^

Almond
Cashews
Chestnuts
Chia Seed
Coconut (meat)
Flax seed**
Hazelnuts
Hemp seed
Pecans
Pistachios
Sesame/tahini
Sunflower
Walnuts
Pumpkin seed

Grains

Amaranth
Buckwheat
Millet
Oats**
Quinoa
Rice
Teff

Legumes

Beans
Chickpeas
Lentil
Miso^
Soybean^
Tempeh^
Tofu^

Fermented Foods

Kimchi
Kombucha
Sauerkraut
Yogurt or kefir^

Herbs and Spices

Basil
Chives
Dill
Fennel
Ginger
Oregano
Parsley
Rosemary
Sage
Thyme
Turmeric
Other Spice

Misc.

Ghee
Dark chocolate72%
Olive oil
Collagen or pea protein
Green tea
Whey protein^

^Allergen alert do not eat if eliminating it has been discussed

*Chips DON'T count☺