

REPAIR Weeks: 2 - 3 [1st check box = foods you need; 2nd = foods in cart]

Vegetables

- Anis
- Artichokes
- Asparagus
- Beets
- Bok choy
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chives
- Cucumbers
- Garlic
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mustard greens
- Onions
- Parsley
- Radishes
- Rhubarb
- Shallots
- Spinach
- Squash
- Sweet potatoes
- Water chestnuts
- Watercress
- Yams
- Zucchini
- Olives

Fruits

- Apples
- Apricots
- Avocados
- Blueberries
- Boysenberries
- Cherries
- Grapefruit
- Grapes
- Lemons
- Oranges
- Peaches
- Pears
- Plums
- Raspberries
- Strawberries

Herbs / Spices

- Basil
- Black pepper
- Cilantro
- Coriander
- Cumin
- Garlic
- Ginger
- Lemongrass
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Sea salt
- Thyme

Coconut

- Coconut butter
- Coconut cream
- Coconut milk
- Coconut oil
- Coconut flakes (unsweetened)
- Coconut yogurt (unsweetened)

Oils

- Coconut oil
- Olive Oil
- Avocado Oil

Meats

- Chicken ^
- Turkey ^
- Lamb ^
- Beef ~
- Fish *

Fermented #

- Kombucha
- Pickled ginger
- Sauerkraut
- Kimchi

Drink

- Water (8-10 glasses/day)
- Green tea
- Herbal teas

apple-cider vinegar

Noodles

- Brown Shirataki yam noodles

CLEAR: Weeks: 4 - 5 - 6 [add foods to REPAIR menu, see brochure for exclusions]

- Nuts: Almonds, Pecans, Walnuts, Hazelnut, Macadamian nut
- Grains: Rice, Millet, Quinoa, Buckwheat, Tapioca
- Beans: Navy, White, Red, Kidney, Black, etc.
- Peas: freash, split, snap

^ Select hormone free and antibiotic free Chicken, Turkey, and Lamb
 ~ Selective Beef that is grass fed, hormone free, and antibiotic free.
 * Swordfish, most Tuna, and King Mackerel are very high in Mercury.
 * Select Fish that are less prone to heavy metal contamination.