

# Just For Today

## Eat With The Intention To Heal®

Each day try to eat 10-15 servings of a variety of these foods

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### **Fruits**

Apple  
Apricot  
Avocado  
Blackberry  
Black Raspberry  
Blueberry  
Cranberry  
Currant  
Grapes  
Grapefruit  
Lemons  
Melon  
Orange  
Peach  
Pear  
Pineapple  
Plum  
Pomegranate  
Raspberry  
Red Grape  
Red Tart Cherry  
Strawberry  
Watermelon

### **Proteins**

Almonds  
Brazil nuts  
Cashews  
Chestnuts  
Dry Beans  
Fermented Cheese  
Grass-fed Animals (limited)  
Hazelnuts  
Legumes  
Peanuts  
Pine nuts  
Pistachio  
Walnuts  
Wild Caught Sea Food  
Whole grains

### **Seeds**

Chia  
Flax  
Pumpkin  
Hemp  
Sesame

### **Herbs**

Basil  
Chive  
Cilantro  
Dill  
Garlic  
Ginger  
Fenugreek  
Lavender  
Licorice  
Marjoram  
Mint  
Nutmeg  
Oregano  
Parsley  
Rosemary  
Thyme  
Turmeric w/pepper  
Sage

### **Vegetables**

Artichoke  
Arugula  
Asparagus  
Beet  
Bok Choy  
Broccoli  
Brussel Sprout  
Button Mushrooms  
Cabbage  
Capers  
Carrots  
Cauliflower  
Celeriac  
Celery

### **Vegetables cont'd**

Collard  
Cucumber  
Fennel  
Green Bean  
Kale  
Leek  
Lima Bean  
Maitake Mushroom  
Mesclun  
Onion  
Parsnip  
Peas  
Pepper  
Pumpkin  
Purple Potato  
Radish  
Romaine Lettuce  
Rutabaga  
Scallion  
Shallot  
Soybean  
Spinach  
Sprouts (variety)  
Squash (variety)  
Sweet Potato  
Swiss Chard  
Tomato  
Turnip  
Watercress

### **Other**

Black Raspberry Powder  
Curries  
Dark Chocolate (70+%)  
Fermented Foods  
Green & Black Tea  
Grape Seed Oil  
Black Seed (Kalonji) Oil  
Olive Oil  
Red Wine (occasionally)