

# ENJOY PLD FOODS

PLD DIET ©

Acorn squash	Brussels sprouts	Daikon radish	Guava	Lemon	Oregano	<b>Spelt</b> ☼
All fruit spread	Buckwheat noodles	Dandelion greens	Hempseed	Lemon egg	Oyster plant	Spelt grass juice
Almond butter	Buckwheat soaked	Dates	Hempseed butter	Lemon grass	Papaya	Spelt Ø yeast bread
Almond milk	Burdock root	Delicata squash	Hempseed oil	<b>Lemon juice</b> ☼	Parsley	Squash
Almonds	Cabbage	<b>DIMs (broccoli sprouts)</b> ☼	Himalayan pink salt	Lemon thyme	Parsnip	Stuffing no wheat
Amaranth	<b>Cabbage Juice</b> ☼	Drumstick plant	Honeydew melon	Lemons myer	Passion fruit	Succotash
Apple juice fresh	Cabbage, savoy	Dry land cress	HT = Herb Tea	Lettuce curly leaf	Peach	<b>Sunchokes</b> ☼
Apple sweet	Cantaloupe local	Durian	HT: African nectar	Lettuce exclude iceberg	Pear	Swedes
Apricot	Cardoon	Elderberries	HT: chamomile	Lettuce oak leaf	Peas	Sweet potato
Arrowroot	Carrots	Endive, chicory	HT: chamomile citrus	Lettuce romaine	Persimmons	Swiss chard
<b>Artichoke</b> ☼	Cassava	Escarole	HT: chocolate mint truffle	Lettuce, butter	Pineapple	Tangerine
Artichokes globe	Cauliflower	<b>Figs dried and fresh</b> ☼	HT: hibiscus	Lime juice	Platanos	Tapioca
Artichokes Jerusalem	Cereal grass juice	Gabi	HT: honey bush	Limes	Pomelo	Taro root
Artichokes sunchokes	Chamomile	Garlic	HT: lemon grass	Linden flower tea	Popcorn no salt	Thyme
Asparagus	Chard	GB = Grain Beverage	HT: lemon thyme	Loquat	Potatoes sweet jewel	<b>Tupelo honey</b> ☼
Avocado	Cherimoya	GB: bambu	HT: lemon verbena	Mache lettuce	Potatoes sweet Okinawa	<b>Turmeric</b> ☼
Baby spring greens	Cherries	GB: barley brew	<b>HT: lemon water</b> ☼	Mandarins	Pumpkin	Turnip greens
Bamboo shoots	Chestnut	GB: barley cup	HT: linden flower	Mango	Quince	Turnips
Banana	Chia	GB: caffix	HT: milk thistle	Mangostein	Quinoa soaked	Ube
Barley grass juice	Chia oil	GB: caro	HT: red bush	Melon juice	<b>Radish</b> ☼	<b>Veronica tea</b> ☼
Barley soaked	Chia seeds	GB: carob powder	HT: red tea	Melon smooth skinned	Radish sprout	Walnuts
Basil	Chicory	GB: inka	HT: roasted grain beverage	<b>Milk thistle silymarin</b> ☼	Raisin, organic	Water
Bean sprouts	Chinese cabbage	GB: java herb uncoffee	HT: rooibos	Millet soaked sprouted	Ramps	Water chestnuts
Beans all, soaked	Chinese peas	GB: kara kara	HT: rose hips	Mint	Raspberry	Watercress
Beans string beans	Chives	GB: organic instant grain	<b>HT: saffron</b> ☼	Mixed wild greens	Raw produce	Watermelon
Beef tea distilled	Cilantro	GB: prewetts chicory	HT: silymarin	Mother's milk	Red rice	Watermelon seed tea
Beet roots	Citron	GB: roma	HT: speedwell	Mulungai leaves	Rhizomes	Whole grains, organic
Beet tops	Citrus fruits	GB: spelt kaffee	HT: sugar cookie sleigh ride	Mushrooms	Rice milk	Wild rice
Bitter melon	Clementine	GB: teeccino	HT: thyme	Myer lemon	Rice syrup	Winter squash
Black raspberry	Coconut	GB: yannoh	HT: tilleul	Nasturtiums	Romaine lettuce	Yams
Black rice	Coconut milk	GB: yorzoh	<b>HT: veronica</b> ☼	Nectarines	Rose hips	Yellow squash
Blackberry	Coconut water	Globe artichoke	Jerusalem artichoke	Nettle extract non alcoholic	Rutabagas	Yuca
Bok choy	Collard greens	Gobi	Kabocho squash	Nettle leaf	Rye	Zucchini
Boysenberry	Corn	Golden delicious apple	Kale	Neusli (mache)	<b>Saffron</b> ☼	
Brassica	Corn meal organic	Grape	Kamut	Oats	Saffron tea	
Breast milk	Corn salad neusli	Grapefruit	Kiwi	Okinawan sweet potato	Salsify	
Broccoli	Cranberry Juice avoid fruit	Gravenstein apple	Kohlrabi	Okra	Sapote	
<b>Broccoli DIMs</b> ☼	Crocked neck squash	Greens collard	Kumquat	<b>Olive oil</b> ☼	Shallots	
Broccoli rabe	Cruciform vegetables	Greens leafy	Land cress	Onions	Snow peas	
Broccoli sprouts	Cucumber	Greens mustard	Leafy greens	Orange	Soba noodles	
Brown rice	Currants	Grits, organic	Leeks	<b>Orange juice</b> ☼	Sorrel	

◦ PLANT BASED ALKALINE DIET

◦ NEUTRAL PROTEIN 0.6 GRAMS/KILOGRAM

◦ LOW SALT 1200 MG SODIUM HIMALAYAN PINK SALT

◦ WATER