

# ENJOY THESE FOODS

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

☺ PLANT BASED ALKALINE DIET    ☺ NEUTRAL PROTEIN 0.6 GRAMS/KILOGRAM    ☺ LOW SALT 1200 MG SODIUM    HIMALAYAN PINK SALT    ☺ WATER