



@KimLAllen

Kim L Allen

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@Kim_KeptMoving

List with benefits

Vegetables

- AVACADO
- BELL PEPPER
- OLIVES
- OKRA
- TOMATO (CHERRY/PLUM ONLY)
- TURNIP GREENS
- WATERCRESS
- MUSHROOMS (ALL EXCEPT SHITAKE)
- CHAYOTE (MEXICAN SQUASH)
- CUCUMBER
- LETTUCE (ALL EXCEPT ICEBERG)
- PURSLANE (VERDALAGO)
- SEA VEGETABLES (WAKAMA/ DULSE/ ARAME/ HIJIKI/ NORI)
- DANDELION
- ONIONS
- SQUASH
- ZUCHINI
- CHICK PEAS
- TOMATILLO
- WILD ARGULA

Difs

- HEMPSEED
- GRAPSEED
- OLIVE OIL (DO NOT COOK)
- COCONUT OIL (DO NOT COOK)
- AVACADO
- HEMP

Fruits

- APPLES
- MANGOS
- DATES
- CURRANTS
- MELONS (SEEDED)
- ORANGES (SOUR PREFERRED)
- BANANAS (SMALL-MIDSIZED)
- PRICKLY PEAR (CACTUS FRUIT)
- ALL BERRIES (EXCEPT CRANBERRIES)
- CHIRIMOYA
- SOFT JELLY COCONUTS
- FIGS
- PEACHES
- PEARLS
- CHERRIES
- PLUMS
- PRUNES
- RAISINS (SEEDED)
- CANTALOUPS
- TAMARIND

Grains

- AMARANTH
- FONINO
- KAMUT
- RYE
- SPELT
- WILD RICE
- TEFF
- QUINOA

Salts

- PURE SEA SALT
- GRANULATED SEA
- WEED (KELP/DULSE/NORI)

Sweets

- PURE AGAVE
- DATE SUGAR

Spices & Flavors

- BASIL
- ONION POWDER
- BAY LEAF
- CLOVES
- SWEET BASIL
- OREGANO
- SAGE
- ACHIOTE
- DILL
- PARSLEY
- TARRAGON
- THYME
- HABANERO
- CILANTRO
- CAYENNE