

Extended Food List

This food list is intended to be a supplement to your medical food shakes. It is not intended to be dietary plan by itself and should be used under supervision. **Your medical food shake is your meal.**

Vegetables

- Artichokes
- Arugala
- Asparagus
- Beets
- Bok Choy
- Brussles Sprouts
- Cabbage
- Carrots
- Celery
- Cucumbers
- Kale
- Leaf Lettuce
- Leeks
- Mushrooms
- Onion
- Parsnips
- Radish
- Romaine Lettuce
- Shallot
- Spinach
- Sweet Potato
- Swiss Chard

Oils

- Apricot
- Avocado
- Coconut
- Flax
- Olive
- Safflower
- Sesame

Fruits

- Apples
- Apricots
- Avocado
- Blackberries
- Blueberries
- Cherries
- Cranberries
- Currants
- Dates
- Figs
- Lemons
- Limes
- Mango
- Mangos
- Nectarines
- Papaya
- Pears
- Plums
- Prunes
- Raspberries
- Strawberries
- Tomatos

Beans

- Black
- Butter
- Garbanzo
- Lima
- Pinto
- Soy

Meats

- Beef (Limited)
- Chicken
- Pork (Limited)
- Salmon
- Trout
- Tuna (Water Packed)
- Turkey
- White Fish
(All Varieties)

Nuts & Seeds

- Almonds
- Cashews
- Filberts
- Pecans
- Pistachio
- Pumpkin
- Sesame
- Walnuts

Grains

- Amaranth
- Buckwheat
- Millet
- Oats
- Quinoa
- Tapioca

Herbs & Spices

- Basil
- Bay Leaf
- Caraway Seeds
- Chives
- Cilantro
- Cinnamon
- Curry
- Dill
- Dry Mustard
- Garlic
- Ginger
- Herbal Tea
- Honey (Raw)
- Maple Syrup
- Nutmeg
- Oregano
- Rice Syrup
- Rosemary
- Thyme
- Xanthan Gum

Condiments

- Liquid Aminos
- Sea Salt (Limited)
- Spike
- Vinegar
- Apple Cider
(Unfiltered w/the mother)