

Dark Chocolate 70%+ Cacao / Cocoa (Lindt, Ghirardelli, Godiva)
Avocado, Mango, Papaya, Guava
Almonds, Pistachio, Cashew, Brazil Nuts and even Peanuts
Pinto, Black, White, Kidney, Chick Peas, Lentils and Pink Beans
Red Pepper
“Unsalted” Pumpkin, Sunflower, Dates or Squash Seeds 1 / 4 cup
Wheat, Oats, Oatmeal, Barley, Brown Rice and Buckwheat
Bananas
Spinach, Kale, Arugula, Romaine lettuce, Chard, Lettuce
Cinnamon
Garlic, Onion
Potato “Baked is best” (Especially Sweet)
Tomato
Green Tea & Herbal teas that contain hibiscus
Broccoli, Cauliflower
Green beans, Celery
Orange, Lemon, Grapefruit, Tangerine and Real Orange Juice
Blueberries, Black Berries, Raspberries, Strawberries
Pomegranate fruit and as juice “watch sugar”
Apple
Grapes, Raisins, Prunes
Cherries
Cilantro, Parsley, Oregano, Basil, Ginger, Tumeric
Peach, Apricots and Nectarines
Cucumber, Melons, Pineapple, Cantaloupe, Watermelon
Black Olives, Olive Oil “Extra Virgin” even better
Red Beets (Even Juice), Carrots, Peas
Artichokes, Leeks
Lean Beef, Chicken
Salmon, Mackerel, Tilapia, Trout, Tuna, Halibut, Herring (Fish Oil)
A glass or 2 Red Wine, a Beer or 2 even a shot of liquor
Whole Grain Breads
Kiwifruit
Millet, Quinoa
Butternut, Yellow/Summer, Zucchini Squash
Apple Cider Vinegar, Pickles
Eggs
Chromium, Magnesium, Potassium
Shirataki Noodles