



UNPROCESSED FOOD LIST

SUGGESTED UNPROCESSED FOODS WITH QUANTITIES.

COLUMN A: PROTEIN	COLUMN B: FRUIT	COLUMN C: VEGETABLES	COLUMN D: STARCH
6oz breakfast, 4oz lunch & dinner each, 2oz snack Buy 1 doz eggs and 8lbs per person per week	6 oz breakfast & snack Buy 7lbs per person per week	7oz lunch and dinner Buy 5lbs per person per week	6oz cooked each meal Buy 18 servings per person per week
grass-fed beef veal goat lamb mutton - pork - game meats - chicken 2 eggs (3 breakfast, 1 snack) - turkey - duck - game birds - molluscs (clams, etc) - crustaceans (shrimp, etc.) - Saltwater fish - freshwater fish Pulses- 9oz breakfast/6oz lunch, dinner/3oz snack Pulses (beans, lentils, etc) - amarantha - quinoa Men can have 5oz of poultry/meat, 6oz of fish.	apple pear - apricots nectarine peach medium plums - berries - cantaloupe honeydew watermelon - cranberries blueberries - kiwi - pineapple - rhubarb - grapefruit tangerines orange lemons or limes	asparagus onions beets chard spinach yellow/green beans snow peas sprouts artichoke bok choy broccoli brussel sprouts cabbage cauliflower collards radishes rutabaga turnips watercress - carrots celery parsley - chicory endive escarole lettuce romaine mushrooms - eggplant peppers pimento tomato - cucumber yellow squash zucchini bamboo shoots okra	<u>Grass family:</u> amaranth brown rice millet oat bran oat groats (non-gluten) oatmeal (non-gluten) Steel cut oats (non-gluten) buckwheat - beans peas chickpea jicama - sweet potato - winter squash spaghetti squash pumpkin acorn squash butternut squash - quinoa - water chestnuts