

# FOODS FOR BREAK-FAST

**NO FLOUR - NO MEAT - NO ALCOHOL - NO DAIRY - NO SUGAR  
NO COFFEE - NO FRIED FOOD - NO SODAS/CAFFEINATED DRINKS**

**50% Raw Foods** (Organic Fresh Fruits and Vegetables)

**Fish 4-6 oz** (farm-raised Tilapia and "Wild" Alaskan Salmon – broiled, baked or grilled)

**Spring water** (Drink your ½ weight in ounces each day)

**All Fruits** (Organic only) mostly berries, cantaloupe, citrus, mango, avocado, apples and pineapple.  
(No bananas, watermelon or grapes or dried fruit-if weight loss is desired)

**All Vegetables** (Organic only) No limit –

1. Raw, marinated or sautéed 1 minute or less (must be crunchy);
2. Mixed or field greens, romaine lettuce (no iceberg); green or red cabbage
3. Dark greens (kale, chard, spinach, mustard, collards, turnips); eat as many colors as possible per meal (red, yellow, orange, purple).

\*\* If you have arthritis or joint pain, be careful of nightshade plants (tomatoes, bell peppers, eggplant, etc.)

## Salad Dressings

1. Homemade recipe – Xtra Virgin Olive Oil, Bragg's Amino, Italian spices, lemon juice
2. Paul Newman's – Balsamic vinegar; Oil & Vinegar, Vinaigrette
3. Annie's or Amy's - Balsamic or Raspberry Vinegar

**Soups** – Vegetable stock, Lentil, Black Bean, 7 Bean soups (organic-Wolfgang Puck; Amy's)

**Beans** – Black beans, red beans, white beans, lentils (green or red)

**Organic Brown Rice or Wild Rice** – Long or short grain

## Nuts & Seeds (Raw only)

1. Almonds, Walnuts, Pecans, Cashews, (**No Peanuts**)
2. Flax seeds (ground), Sunflower seeds, Pumpkin seeds
3. Create a Trail mix (only 1 tablespoon organic raisins per ¼ lb of nuts & seeds)

**Fish** – Tilapia, "Wild" Alaskan Salmon (fresh, frozen or canned), Sardines

**Chicken** – Organic chicken only (Maverick, Buddy's)

**Eggs** – Organic, free-range, hormone-free (Scrambled – Boiled – Omelets – Poached)

## Beverages

1. Spring Water
2. Freshly juiced/squeezed vegetables and fruits (No canned or bottled)
3. Rice milk or Almond milk (Rice Dream/Almond Dream)

**Sweeteners** – Stevia, Therasweet

**Breads** (1 Serving [slice] per day) {AVOID BREAD IF CHOOSING TO LOSE WEIGHT}

1. Ezekiel 4:9- Raisin Cinnamon
2. Seven Grain Sprouted bread

**Cheese** – Almond or Rice

**No Foods with hydrogenated oil, artificial sweeteners, artificial colors/flavors and preservatives.**