

RECOMMENDED: GOD-MADE, NON HYBRID FOODS:

Below is a list of recommended foods that best for human consumption and will help "amp up" the body's electricity:

NON HYBRID VEGETABLES

Amaranth greens – same as Callaloo, a variety of Spinach
Avocado
Asparagus
Bell Peppers
Chayote (Mexican Squash)
Corn Chips, corn Tortillas or air-popped corn
Cucumber
Dandelion greens
Garbanzo beans (chick peas)
Green banana Izote – cactus flower/ cactus leaf- grows naturally in California Jicama
Kale Lettuce (all, except Iceberg)
Mushrooms (all, except Shitake)
Mustard greens
Nopales – Mexican Cactus
Okra
Olives
Onions
Poke salad -greens
Sea Vegetables (wakame/dulse/aramé/hijiki/nori)
Squash
Spinach (use sparingly)
String beans
Tomato – cherry and plum only
Tomatillo
Turnip greens
Zucchini

NUTRITIONAL GUIDE RECOMMENDED FOODS FRUITS - Dr. Sebi says, " no canned or seedless fruits".

Apples Bananas – the smallest one or the Burro/mid-size (original banana)
Berries – all varieties- Elderberries in any form – no cranberries
Cantaloupe
Cherries
Currants
Dates
Figs
Grapes -seeded
Limes (key limes preferred with seeds)
Mango
Melons -seeded
Orange (Seville or sour preferred, difficult to find)
Papayas
Peaches
Pears
Plums

Prunes
Raisins -seeded
Soft Jelly Coconuts
Soursops –Latin or West Indian markets)
Sugar apples (chermoya)

ALL NATURAL HERBAL TEAS

Allspice
Anise
Chamomile
Cloves
Fennel
Ginger
Lemon grass
Raspberry

NUTRITIONAL GUIDE RECOMMENDED FOODS SPICES & SEASONINGS Mild Flavors

Basil
Bay leaf
Cilantro
Dill
Marjoram
Oregano
Savory Sweet Basil
Tarragon
Thyme

Pungent & Spicy Flavors

Achiote
Cayenne
Cumin
Coriander
Onion Powder
Sage

Salty Flavors

Pure Sea Salt Powdered Granulated Seaweed (Kelp/Dulce/Nori – has "sea taste")

Sweet Flavors 100%

Pure Maple Syrup – Grade B recommended Maple "Sugar" (from dried maple syrup) Date
"Sugar" (from dried dates)
100% Pure Agave Syrup – (from cactus)

NUTRITIONAL GUIDE RECOMMENDED FOODS NUTS & SEEDS -(includes Nut & Seed Butters)

Raw Almonds and Almond butter
Raw Sesame Seeds
Raw Sesame "Tahini" Butter
Walnuts