

Food Suggestions (Emphasizing Wheat-Free, Sugar-Free and Dairy Free Options)

Meal / Mini Meal: Pick one From Each Category				Snack / Dessert	
Protein	Vegetable I (organic)	Vegetable II (organic)		Fruit (organic)	
Beef (grass-fed, organic)	Spinach-o	Asparagus	Green Beans	Raspberries	Banana
Chicken (free-range, organic)	Kale	Bean Sprouts	Hot Peppers	Blueberries	Peach-o
Turkey (free-range, organic)	Chard (several varieties)	Beets	Mushrooms	Black berries	Pineapple
Fish (wild caught, smaller fish)	Collard Greens	Bell Pepper-o	Onion	Strawberries-o	Cantelope
Cornish Hen (free-range, organic)	Mustard Greens	Butternut Squash	Sweet Peas	Nectarine-o	Honeydew
Lamb (grass-fed, organic)	Broccoli	Cabbage	Sugar Snap Peas	Persimmon	Watermelon
Duck	Brussel Sprouts	Eggplant	Radish	Cherries-o	
Pheasant	Mixed Leafy Greens	Winter Squash	Daikon	Mango	
Buffalo (grass-fed, organic)	Arugula	Acorn Squash	Tomato	Pear-o	
Ham (nitrate-free, organic)	Endive	Spaghetti Squash	Artichoke	Apple-o	
Bacon (nitrate-free, organic; beef or pork)	Bok Choy	Sweet Potatoes	Zucchini	Grapefruit	
Shrimp	Beet Greens	Cauliflower	Anise	Orange	
Lobster	Mizuna	Celery-o	Rutabaga	Grapes-o (import)	
Clams	Escarole	Carrots	Parsnip	Papaya	
Mussels	Broccoli Raab/Rapini	Cucumber	Jicama	Plum	
Crab	Dandelion Greens	Lettuce-o		Tangerine	
	Watercress	Potatoes-o		Kiwi	

O = Listed in EWG's top 12 pesticide residue—buy organic!

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