

HORMONE HEALTHY FOODS:

I FRESH, ORGANIC PRODUCE:

- Acorn Squash
- Alfalfa Sprouts
- Artichoke
- Arugula
- Asparagus
- Avocado (it's actually a fruit)
- Bamboo Shoots
- Bell peppers
- Beets
- Bok Choy
- Broccoli
- Brussel Sprouts
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Celery Root
- Cucumber
- Edamame
- Eggplant
- Fennel
- Ginger
- Grapes
- Greens (arugula, beet greens, kale, spinach, etc.)
- Garlic
- Grapefruit
- Green Beans
- Jalapeno
- Kale
- Kimchi
- Leeks
- Lemon
- Mint
- Mushrooms
- Onions
- Pomegranate Seeds
- Potatoes
- Radiccio
- Swiss Chard
- Spinach
- Tangerine
- Tomatillos
- Blueberries
- Raspberries
- Scallions
- Seaweed
- Snow Peas
- Strawberries
- Tomatoes
- Yellow Squash
- Zucchini



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PROTEIN

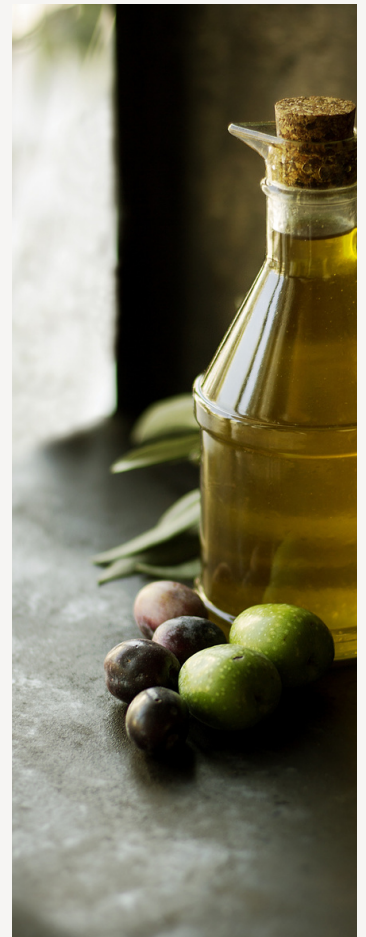
- Eggs (organic and cage-free)
- Beef (grass-fed)
- Chicken (organic)
- Goat cheese
- Turkey (organic)
- Pancetta or bacon (nitrate/nitrite free)
- Protein powder, including collagen or vegetarian protein powder (Choose one with less than 5 grams of sugar per serving)
- Shellfish (shrimp, scallops, oysters, etc.)
- Tofu/Miso/Tempeh
- White fish (flounder, tilapia, sole, etc.)



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OILS/VINEGARS

- Apple cider vinegar (unfiltered)
- Avocado oil
- Coconut oil
- MCT oil
- Olive oil, extra-virgin
- Organic ghee or butter (from grass-fed cows)
- Rice or coconut vinegar
- Sesame oil
- Walnut oil





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HERBS AND SPICES

- Allspice
- Basil, fresh or dried
- Bay leaves
- Black pepper, ground
- Chives, fresh
- Cilantro
- Cinnamon sticks
- Dry mustard
- Garlic powder
- Ginger root, fresh
- Lemons
- Limes
- Mint, fresh or dried
- Paprika
- Parsley, fresh or dried
- Red pepper flakes
- Sea salt
- Tarragon, fresh or dried



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NUTS AND SEEDS

- Almond or cashew butter
- Almonds
- Chia seeds
- Flaxseeds
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts



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TEAS

- Chai
- Chamomile
- Cinnamon
- Green tea
- Mushroom tea
- Other herbal teas



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ADDITIONAL FOODS/CONDIMENT'S

- Almond flour
- Capers
- Coconut aminos
- Coffee
- Full-fat whipping coconut cream
- Kalamata olives
- Maca, powdered, or Mighty Maca Plus
- Nutritional yeast
- Red curry sauce
- Roasted red peppers, jarred
- Tahini
- Tamari sauce, preferably low-sodium

