

## Food List 3

All Meat, Fish, Poultry, Eggs, Luncheon Meat, Dairy, Fats and Oils, Vegetables listed on list 1 and 2

*Beans and legumes (soaked or fermented is best)*

Add these along with what on lists 1 and 2:

Pinto beans

Split peas

Red beans

Garbanzo beans

Broad beans

Lima beans

Black-eyed peas

Edamame (boiled soybeans) – in small amounts

*Nuts and seeds (organic, raw, soaked is best)*

Add these along with what is listed on lists 1 and 2:

Almonds (dry roasted)

Almond butter (roasted)

Walnuts (dry roasted)

Tahini (roasted)

Pecans (dry roasted)

Macadamia nuts (dry roasted)

Sunflower seeds (dry roasted)

Pumpkinseeds (dry roasted)

Pumpkinseed butter (roasted)

Sunflower butter (roasted)

Peanuts, dry roasted (must be organic) (in small quantities)

Peanut butter, roasted (must be organic) (in small quantities)

Cashews, raw or dry roasted in (small quantities)

Cashew butter, raw or roasted (in small quantities)

*Condiments, spices, seasonings (organic is best)*

– all those listed on lists 1 and 2

*Fruits (organic fresh or frozen is best)*

Along with fruits listed on lists 1 and 2, add:

Banana

Papaya

Mango

Canned fruit (in its own juices)

Dried fruit (no sugar or sulfites): raisins, figs, dates, prunes, pineapple, papaya, peaches, and apples

*Beverages*

Along with beverages listed on lists 1 and 2, add:

Raw, unpasteurized vegetable juice

Raw, unpasteurized fruit juice

Organic wine and beer (in very small amounts)

*Grains and starchy carbohydrates (whole-grain, organic, soaked or sprouted is best)*

Sprouted Ezekiel-type bread

Sprouted Essene bread

Fermented whole-grain sourdough bread

Quinoa

Amaranth

Buckwheat

Millet

Kamut (in small quantities)

Sprouted cereal

Oats (in small quantities)

Brown rice (in small quantities; pre-soak in water and an acidic medium for 7-12 hrs. before cooking)

Spelt (in small quantities)

Barley (in small quantities)

Whole-grain kamut or spelt pasta (in small quantities)

*Sweeteners*

Along with sweeteners listed on lists 1 and 2, add:

Pure maple syrup