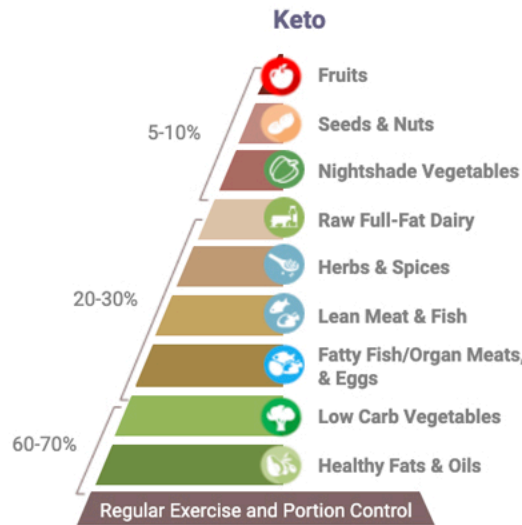


Advanced Food Pyramid

For Wellness Use Only

John Doe

May 28, 2020 02:48 PM



Consider Eating More

Consider Eating Less

Fruits	
 <ul style="list-style-type: none"> Elderberry Strawberry Blackberry 	<ul style="list-style-type: none"> Blueberry Cranberry Raspberry Boysenberry Coconut
Seeds & Nuts	
 <ul style="list-style-type: none"> Pecans English Walnut Macadamia Sunflower Seed Flax Seed 	<ul style="list-style-type: none"> Cashew Nut Black Walnut Pine Nut Hickory Nut Sacha Inchi Seed
Nightshade Vegetables	
 <ul style="list-style-type: none"> White Potato Tomato Red Potato 	<ul style="list-style-type: none"> Potato Starch Pepper - Green, Red, Orange & Yellow Eggplant Onion
Raw Full-Fat Dairy	
 <ul style="list-style-type: none"> Goat Cheese Ricotta Cheese Kefir Heavy Whipping Cream Yogurt 	<ul style="list-style-type: none"> Cream Cheese Butter Greek Yogurt Cottage Cheese
Herbs & Spices	
 <ul style="list-style-type: none"> Anise Seed Poppy Seed Parsley Horseradish 	<ul style="list-style-type: none"> Cilantro Garlic Chives Cumin Seed
Lean Meat & Fish	
 <ul style="list-style-type: none"> Mackerel Calamari or Squid Crayfish (Crawfish) Quail Scallop 	<ul style="list-style-type: none"> Pacific Cod Halibut Bluegill (Bream) Haddock Black Cod (Sablefish)