

ART & SCIENCE OF FERMENTATION

FOOD LIST

FOODS TO EAT

VEGGIES

- Cauliflower
- Kale
- Broccoli Sprouts
- Chard
- Asparagus
- Squash
- Carrot
- Root Veggies
- Broccoli
- Silver Beet
- Medicinal Mushrooms

SPICES & HERBS

- Rosemary
- Cardamom
- Cilantro
- Cumin
- Turmeric
- Thyme
- Parsley
- Ginger
- Cinnamon

BEVERAGES

- Filtered Water
- Matcha
- Yerba Mate

FRUIT

- Apple
- Blueberry
- Cranberry
- Strawberry
- Blackberry
- Raspberry
- Fig
- Lemon
- Lime
- Pineapple
- Orange
- Papaya

FERMENTS

- Curtido
- Sauerkraut
- Kimchin
- Coconut Kefir
- Water Kefir
- Kombucha
- Beet Kvass
- Cashew Yoghurt
- Coconut Yoghurt

MEATS/FISH

- Deep Sea Fish
- Organic Beef
- Organic Bison
- Organic Chicken
- Organic Lamb
- Organic Turkey
- Organic Duck
- Organic Eggs

FATS

- Olives
- Coconut Oil
- Olive Oil
- Flax Oil
- Avocado
- Cashews
- Walnuts
- Almonds
- Pumpkin Seeds
- Pepita Seeds

FOODS TO AVOID

VEG/FRUITS/GRAINS

- Eggplant
- Tomatoes
- Bell Peppers
- Spicy Peppers
- White Potatoes
- Ripe Bananas
- Dates
- All Grains
- All Beans
- All Bread

ADDITIVES

- Refined Sugar/Aspartame
- Corn Starch
- Nitrites/Nitrates
- Soy Lecithin
- Guar Gum/Xanthan Gum
- MSG + All Additives/Preservatives

FATS

- Butter
- Ghee
- Soybean Oil
- Margarine
- Canola Oil
- Cottonseed Oil
- Corn Oil
- Peanuts
- Peanut Oil
- All Vegetable Oils

BEVERAGES

- Tap Water
- Alcohol
- Coffee

MEATS/FISH

- Farmed Fish
- Overfished Seafood
- Non Organic Meat
- Grilled Meat
- Smoked Meat
- Dairy
- Deli Meats

FERMENTS

- Tofu
- Tempeh
- Soy Sauce
- Nato
- Miso
- Dairy Kefir
- Dairy Yoghurt
- Cheese
- Sour Cream

HELPFUL CO-FACTOR SUPPLEMENTS

- Bone Broth
- Collagen Peptides
- Green Banana Starch
- L-Glutamine
- Digestive Enzymes
- Curcumin
- Probiotics
- Prebiotics
- Diatomaceous Earth
- Berberine
- Postbiotics