

Natural Fit Food Selection:

VEGETABLES - Fresh or frozen, remove seeds and choose organic when possible.

Artichoke



Asparagus



Bamboo shoots



Bean sprouts



Beet greens



Bok Choy



Broccoli or Brocciflower



Brussels sprouts



Cabbage



Cauliflower



Celery



Chard



Chives



Collard Greens



Cucumbers



Fennel



Garlic



Ginger root



Green beans



Kale



Kohlrabi



Leeks



Lettuce - except iceberg



Mushrooms



Mustard greens



Okra



Onions



Oyster plant



Parsley



Peppers



Pickles - dill only



Radishes



Sauerkraut - no sugar



Sea vegetables



Snow and Snap peas



Spinach



Sprouts



Squash-summer/spaghetti



Tomatoes



Turnip greens



Water chestnuts



Zucchini



FRUIT- Fresh or frozen. Choose organic when possible.

Apple



Blackberry



Blueberry



Cherry



Grapefruit



Loganberries



Mulberries



Nectarine



Orange



Pomegranate



Raspberry



Strawberry



Tangerine



PROTEIN- Choose organic, hormone-free, free range and grass fed when possible. Choose wild caught fish when possible.

Beef – lean



Buffalo / Bison



Chicken breast



Cottage cheese



Crab - non imitation



Eggs



Fish - white / wild



Lamb



Lobster



Scallops



Shrimp



Tofu - nonGMO



Turkey breast



Venison - all wild game



Yogurt - plain Greek / kefir



SNACKS

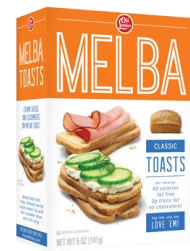
Blue Diamond Nut Thins



Simply Natural Vegetable Chips



Melba Toast



Rice Crackers



Grissini Breadstick



Crunchmaster



Flackers - Flax Seed



Mary's Gone Cracker



Allowed Condiments & Extras

Braggs Amino Acids / Soy Sauce



Braggs Apple Cider Vinegar



Braggs Nutritional Yeast



Franks Red Hot



Tabasco



Mustard



Simple Girl Dressings



Horseradish



Salsa



Stevia



Celtic Sea Salt



Herbs/Spices



Sparkling Water



Unsweetened Tea



Coffee



Xylitol Based Gum



Ice Chips



Broth

