

Dr Fitt's BALi Eating / Foods List

* denotes anti-fungal / superfood

DAIRY

yogurt-plain. Greek God's brand is really good. One with honey is like having ice cream.
Soy cheese
Goat milk
Coconut milk
Cottage cheese
Raw milk
Almond milk
You can search internet to learn how to make your own nut milks.

SWEETENERS

xylitol,
nutmeg
cinnamon
vanilla
blackstrap molasses
Pomegranate/black cherry/blueberry concentrates

SAUCES AND CONDIMENTS

Red Chile Paste
Chinese Mustard
Dijon Mustard
Organic sugar free Ketchup
Marinara Sauce
Sauerkraut
Salsa
Kim chee
Sriracha
*Curry powder
*turmeric
*Rosemary
*Cinnamon
Nutmeg
Garlic/onion powder
Gomasio(Sea salt+ seaweed)
Kelp
Cayenne pepper
Tobasco
Tomato paste

Herbs and Spices

Basil
Black Pepper
Cayenne Pepper & Red Chili Pepper
*Cilantro
*Cinnamon
Dill
Ginger
Mustard seed
Parsley
*Rosemary
*Turmeric

Eating Out

Choose Thai, Chinese, Indian, Mediterranean, Japanese especially if you eat out frequently. Always leave out rice ,corn , and items made from wheat flour. No chips or bread. Get dishes with meat/fish/chicken and vegetables. Leave off deep fried and breaded items. Start meal with big salad made of vegetables from above list. If salad bar avoid items loaded with sugar and mayonnaise like tuna/macaroni salad. Get vegetables. Use dressing with no sugar. Big hot soups loaded with meat/chicken/fish and vegetables at Asian restaurants work great. A hot spicy soup as an appetizer blunts appetite. Most Fast food chains are out. The ones that making big salads are in.

WEAPONS OF MASS REDUCTION Suggested Supplements

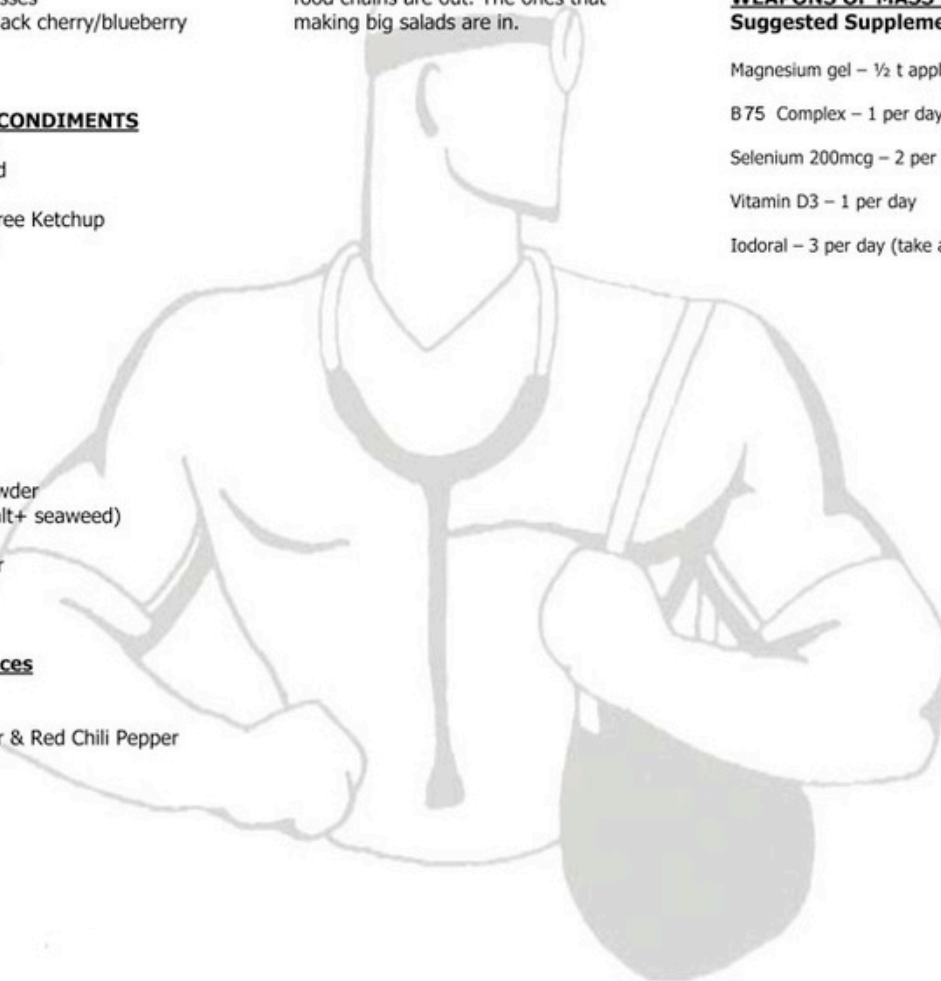
Magnesium gel – ½ t applied topically daily

B75 Complex – 1 per day

Selenium 200mcg – 2 per day

Vitamin D3 – 1 per day

Iodoral – 3 per day (take all 3 at once)



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VEGETABLES & LEGUMES*Choose fresh or frozen over canned.**Organic preferred.*

Artichokes
 Asparagus
 Avocado
 Beets
 *Black Beans
 *Broccoli
 *Brussels Sprouts
 *Purple Cauliflower
 Celery
 *Chard
 *Cilantro
 Cucumber
 Eggplant
 *Garlic (black is best)
 Garbanzo Beans
All types of dark green / red / purple leafy vegetables except iceberg lettuce.
 Kidney Beans
 * Kohlrabi
 *Leeks / Shallots / Green Onions / Red Onions
 Lettuce - Romaine / Spring mix
 Lentils
 Lima Beans
 Okra
 Parsley / Parsnip
 Peppers - *All types. Hotter is Better.*
 Pinto Beans
 Radishes
 *Potatoes - *Purple and sweet, no white potatoes. Best to also eat skin.*
 Rutabaga
 Soybeans / Edamame
 *Spinach
 Sprouts - *All kinds, especially Brocco Sprouts.*
 Squash
 Tofu
 Tomatoes
 Turnips
 Yams

FRUITS & BERRIES*Look for "wild crafted" to get best results.**Organic preferred. Wash but don't peel. The darker the better.** Acai - *Use Genesis Brand that uses whole fruit and no added sugar.*

Apples / Dark Red

Blueberries

Blackberries

Cantaloupe

*Cranberry

Kiwi Fruit

*Blood Oranges

*Pomegranate

Black Plums

Raspberries

Strawberries

Mangos

Papaya

Prunes

Dark Grapes

Red Grapefruit

Lemons

Limes

Watermelon

*Red Sour Cherries

Currants

NUTS

Almonds

Brazil Nuts

Filberts

Macadamias

Pecan

Pine Nuts

*Pistachios

*Black Walnuts

SEEDS (Raw, No Salt)

Pumpkin

Sesame (Black is Better)

Sunflower

Flax seed-grind fresh each time

Hemp

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Organic preferred.

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Asparagus

avocado

Beets

*Black beans

*Broccoli

*Brussel sprouts

*Purple Cabbage

*Purple Cauliflower

Celery

*Chard

Cucumber

Eggplant

*Garlic

Garbanzo Beans

All types of dark green/red/purple leafy vegetables except iceberg lettuce

Kidney Beans

*Kohlrabi

*Leeks/shallots/green onions/red onions

Lettuce-romaine/spring mix

Lentil's

Lima Beans

Okra

Parsley/ parsnip

*Cilantro

Peppers, all types. Hotter is better.

Pinto Beans

Radishes

*Potatoes, purple & sweet-no white potatoes. Best to also eat skin.

Rutabaga

Soybeans/edamame

*Spinach

Sprouts, all kinds especially "Brocco Sprouts"

Squash

Tofu

Tomatoes

Turnips

Yams

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Pine nuts

*Pistachios

*Black Walnuts

SEEDS (raw, no salt)

Pumpkin

Sesame

Sunflower

Flax seed-grind fresh each time

BUTTERS & Oil's

Almond

Sesame

Sunflower

Real Butter

Flax

*Extra virgin Olive

Fish Oil

*Coconut oil

Grape seed

*Pistachio nut oil

GRAINS

*Barley

Black rice

Black quinoa

Kamut

oats & oatmeal-steel cut

rye

spelt

teff

non-yeasted breads

Sprouted grain breads & pastas

Soba or brown rice noodles

Sorghum

Buckwheat

BEVERAGES

Purified water (lemon, sparkling water, lime)

Get Soda Stream-Bed Bath and Beyond

Pau D'Arco Tea decaffeinated herbal teas

Tomato juice (low sodium V8)

Black Coffee-can add coconut milk

Coconut water-best beverage for hydration during/after exercise

White/green/black tea. White is best

FISH / SHELLFISH

-The smaller the fish, the less chance of mercury contamination

cod

crab

halibut

orange roughy

salmon (canned or fresh)-wild caught

shrimp

trout

*tuna (canned or fresh)

other fish / shellfish

sardines

anchovies

POULTRY

chicken / free range

cornish hen duck

eggs

goose

pheasant

turkey

RED MEATS

-Choose grass-fed antibiotic free. Grilling/barbequing makes meat more likely to cause cancer. Marinating meat in rosemary neutralizes this effect.

antelope

beef

buffalo

Ostrich

Lamb

pork, uncured, unsmoked

rabbit

squirrel

veal

venison

Bonsmara beef

Quorn-meat substitute. High protein.

High fiber. Choose "Grounds" as

ground beef substitute. Choose

"Tenders" as chicken nuggets

substitute. Avoid their breaded

products.