

# PEAK FREQUENCY® FOODS

<b>VEGETABLES</b>	<b>BERRIES</b>	<b>HERBS &amp; SPICES</b>	<b>OILS-Cold/Expeller Pressed</b>
Artichoke	Bilberries	Allspice	Avocado Oil
Asparagus	Blackberries	Anise	Corn Oil
Arugula	Boysenberries	Bay leaf	Flaxseed oil
Avocado	Cranberries	Basil	Grape Seed oil
Beets (red)	Gooseberries	Cardamom	Hemp oil
Broccoli	Hawthorn Berries	Cayenne	Olive Oil, extra virgin
Caper	Juniper Berries	Chives	Safflower oil (best for frying)
Cauliflower	Loganberries	Cilantro	Sesame Oil
Crook Neck Squash (yellow)	Mulberries	Cinnamon	Soy oil
Cucumber (peeled)	Raspberries	Cloves	Sunflower oil
Eggplant	Red Currants	Cumin	<b>NATURAL SWEETENERS</b>
Fennel	Schizandra Berries	Dill	Brown Rice syrup
Green Beans	Strawberries	Elephant Garlic	Date sugar
Horseradish		Fenugreek	Fructose (unrefined)
Jicama	<b>FRUITS</b>	Ginger	Honey (raw)
Leek	Apricots	Hawthorne leaves	Maple syrup (grade B)
Lettuce, butter, endive, spring mix, radicchio	Banana (sun for 5 hrs)	Marjoram	Molasses
Kale	Cantaloupe	Morinda/Noni	<i>Sucanat</i> (sugar cane natural)
Mushroom-chanterelle, reishi crimini, porcini, shitake	Cherry	Mustard (seed/leaves)	<b>MILK PRODUCTS</b>
Mustard Greens	Coconut	Nutmeg	Almond Milk
Olives	Date	Oregano	Butter (unsalted)
Red Onion	Fig	Paprika	Buffalo milk &cheese
Red Potato	Grape (red, blue, black)	Peppermint	Coconut Milk
Spinach	Guava	Rosemary	Goat milk, cheese, yogurt
Swiss Chard	Honeydew melon	Sage	Rice Milk
Tomato (Roma, plum)	Kiwi	Spearmint	Sheep Cheese, Feta, Manchego
Watercress	Lemon/Lime	Tarragon	Sour Cream (Daisy brand)
Yams	Mango	Thyme	Soy Milk or cream
	Mandarin orange	Turmeric	Whipping cream, heavy
	Nectarine	Vanilla Bean	
	Papaya	Yucca	
	Passion Fruit		<b>MISCELLANEOUS</b>
<b>SPROUTS</b>	Peach	<b>NUTS/SEEDS</b>	Baking powder (Rumford brand)
Alfalfa Sprouts	Pear	Almond	<i>Briggs</i> Liquid Amino's
Bean (mung) Sprouts	Persimmon	Anise seed	Brewer's yeast
Broccoli Sprouts	Pineapple	Brazil nut	Carob
Buckwheat Sprouts	Plum	Caraway Seed	Chocolate (dark)/Cacao
Fenugreek Sprouts	Pomegranate	Cashew	Coconut Amino's
Mustard Sprouts	Prune	Fennel Seed	Coffee (Papua New Guinea)
Red Clover Sprouts	Star Fruit	Flax seed	Duck Eggs
Wheat Sprouts	Tangerine	Pine Nut	Honey Comb/Beeswax
Sunflower Sprouts		Sesame seed	Morinda /Noni Juice
<b>GRAINS</b>	<b>BEANS</b>	Sunflower seed	Nutritional yeast (KAL)
Amaranth	Anasazi beans		Bee Pollen, Propolis, Royal Jelly
Barley	Kidney beans (dark red)	<b>MEATS &amp; FISH (wild)</b>	Vinegar (red wine, rice, balsamic)
Buckwheat	Lima beans	Orange Roughy	Wine, red (aged 7 yrs. or more)
Corn	Red Lentils	Buffalo/Bison Meat	Real Salt™ unrefined sea salt
Kamut	Soy beans, edamame	Jumbo Shrimp	Sake
Millet	White beans (all kinds)	Salmon	Tofu (organic only)
Rice-(Brown) Basmati, Wild		Lake Trout	Vodka (Absolut brand)
Wheat			

**Please eat these foods in their organic, raw, high enzyme, nutrient dense state; fresh from nature.**