

Earthfood List

Aim for 3+ Earthfoods Per Meal ♥♥♥

VEGETABLES:

1 cup; 2 cups leafy

Artichoke
Arugula
Asparagus
Beets
Bok Choy
Broccoli
Broccoli Rabe
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery- organic
Chard
Chive
Collard Greens
Cucumbers-
Dandelion Greens
Eggplant
Endive
Fennel
Garlic
Green Beans
Jicama
Kale
Kohlrabi
Leeks
Mushrooms
Mustard Greens
Okra
Onion
Parsnips
Peppers- organic
Potato- organic
Radicchio
Radish
Rhubarb
Rutabaga
Scallions
Shallots
Snap Peas
Snow Peas
Spinach- organic
Squash:
 Acorn; Butternut;
 Spaghetti; Pumpkin
Sweet Potato/Yam
Tomatillo
Tomato- organic
Turnip Greens
Turnips
Watercress
Zucchini

FRUIT:

½ cup

Apple- organic
Apricots
Banana
Blackberries
Blueberries
Boysenberries
Cherries- organic
Cranberries
Dragon Fruit
Elderberries
Figs
Goji Berries
Grapefruit
Grapes- organic
Guava
Jack Fruit
Kiwi
Lemon
Lime
Mango
Melon:
 Cantaloupe; Honeydew;
 Watermelon
Mulberries
Nectarine- organic
Orange: Blood Orange;
 Clementine; Mandarin;
 Tangerine
Papaya
Passion Fruit
Peach- organic
Pear- organic
Persimmon
Pineapple
Plantain
Plum
Pomegranate Seeds
Quince
Raspberries
Star Fruit
Strawberries-organic
Ugli Fruit

LEGUMES:

½ cup cooked

Adzuki Beans
Black Beans
Black-eyed Peas
Edamame (organic)
Garbanzo Beans
Kidney Beans
Lentils: Green; Red
Lima Beans
Mung Beans
Navy Beans
Peanuts: ¼ cup
Peas
Pinto Beans
Red Beans

HEALTHY FAT:

Nuts: ¼ cup

Almonds
Brazil Nuts
Cashews
Hazelnuts (Filberts)
Macadamia Nuts
Pecans
Pine Nuts
Pistachios
Walnuts

Seeds: 1 tbsp.

Chia Seeds
Flax Seeds (ground)
Hemp Seeds
Pumpkin Seeds
Sacha Inchi Seeds
Sesame Seeds
Sunflower Seeds

Other:

Avocado: ½ of a small
Coconut:

- 2-inch piece fresh
- 2 tbsp. unsweetened shredded coconut
- 1 tbsp. virgin, unrefined coconut oil
- 1 tbsp. coconut butter

Nut or seed butter: 1 tbsp.
(Nuts/seeds and salt should be the only ingredients)

FUNCTIONAL FOODS:

Herbs & Spices:

1 tsp. dried - 1 tbsp. fresh

Basil
Cilantro
Dill
Garlic
Ginger
Lavender
Mint
Oregano
Parsley
Rosemary
Saffron
Sage
Thyme
Turmeric

Other:

Cacao: 1 tbsp.
Green Tea: 1 bag
Matcha Tea: ½ tsp.
Maca: 1 tsp.
Wheatgrass: ¼ tsp. powder;
 1 ounce juice

