

# PEAK FREQUENCY FOODS

## VEGETABLES

Artichoke  
Asparagus  
Arugala  
Avocado  
Beets (red)  
Broccoli  
Caper  
Cauliflower  
Crook Neck Squash (yellow)  
Cucumber  
Eggplant  
Fennel  
Green Beans  
Horseradish  
Jicama  
Leek  
Lettuce; butter, endive,  
spring mix, radicchio  
Kale  
Mushroom-chantarelle, reishi  
crimini, porcini, shitake  
Mustard Greens  
Olives  
Red Onion  
Red Potato  
Spinach  
Swiss Chard  
Tomato (roma, plum)  
Watercress  
Yams

## SPROUTS

Alfalfa Sprouts  
Bean (mung) Sprouts  
Broccoli Sprouts  
Buckwheat Sprouts  
Fenugreek Sprouts  
Mustard Sprouts  
Red Clover Sprouts  
Wheat Sprouts  
Sunflower Sprouts

## GRAINS

Amaranth  
Barley  
Buckwheat  
Corn  
Kamut  
Millet  
Rice-(Brown) Basmati, Wild  
Wheat

## BERRIES

Bilberries  
Blackberries  
Boysenberries  
Cranberries  
Gooseberries  
Hawthorn Berries  
Juniper Berries  
Loganberries  
Mulberries  
Raspberries  
Red Currants  
Shisandra Berries  
Strawberries

## FRUITS

Apricots  
Banana (after 5hrs of sun)  
Cantaloupe  
Cherry  
Coconut  
Date  
Fig  
Grape (red, blue, black)  
Guava  
Honeydew melon  
Kiwi  
Lemon/Lime  
Mango  
Mandarin orange  
Nectarine  
Papaya  
Passion Fruit  
Peach  
Pear  
Persimmon  
Pineapple  
Plum  
Pomegranate  
Prune  
Star Fruit  
Tangerine

## BEANS

Anasazi beans  
Kidney beans (dark red)  
Lima beans  
Red Lentils  
Soy beans, edamame  
White beans (all kinds)

## HERBS/SPICES

Allspice  
Anise  
Bayleaf  
Basil  
Cardamom  
Cayenne  
Chives  
Cilantro  
Cinnamon  
Cloves  
Cumin  
Dill  
Elephant Garlic  
Fenugreek  
Ginger  
Hawthorne leaves  
Marjoram  
Morinda/Noni  
Mustard (seed/leaves)  
Nutmeg  
Oregano  
Paprika  
Peppermint  
Rosemary  
Sage  
Spearmint  
Tarragon  
Thyme  
Turmeric  
Vanilla Bean  
Yucca

## NUTS/SEEDS

Almond  
Anise seed  
Brazil nut  
Caraway Seed  
Cashew  
Fennel Seed  
Flax seed  
Pine Nut  
Sesame seed  
Sunflower seed

## MEATS/FISH

Orange Roughy  
Buffalo/Bison Meat  
Jumbo Shrimp  
Salmon  
Lake Trout

## OILS-Cold/ExpellerPressed

Avocado Oil  
Corn Oil  
Flaxseed oil  
Grape Seed oil  
Olive Oil, extra virgin/mediterranean  
Safflower oil (best for frying)  
Sesame Oil  
Soy oil  
Sunflower oil

## NATURAL SWEETENERS

Brown Rice syrup  
Date sugar  
Fructose (unrefined)  
Honey (raw)  
Maple syrup (grade B)  
Molasses  
Sucanat (sugar cane natural)

## MILK PRODUCTS

Almond Milk  
Butter (unsalted)  
Buffalo/Bison milk & cheese  
Coconut Milk  
Goat milk, cheese, yogurt  
Rice Milk  
Sheep Cheese, Feta, Manchego  
Sour Cream (Daisy brand)  
Soy Milk or cream  
Whipping cream, heavy

## MISCELLANEOUS

Baking powder (Rumford brand)  
Beer (Red Wolf, Coors Light)  
Brags<sup>TM</sup> Liquid Amino's  
Brewers yeast  
Carob  
Chocolate (dark)  
Coffee (Papua New Guinea)  
Duck Eggs  
Honey Comb/Royal Jelly  
Morinda /Noni Juice  
Nutritional yeast  
Bee Propylis & Royal Jelly  
Vinegar (red wine, rice, balsamic)  
Wine, red (aged 7 yrs. or more)  
RealSalt<sup>TM</sup>, unrefined sea salt  
Sake  
Tofu (organic only)  
Vodka (Absolut brand)

These foods are enzyme, nutrient, sunlight, and live-organism rich and are best eaten in their organic and fresh state.