

PRUNES, APRICOTS, SCALLIONS, ONIONS, CORN, SHALLOTS, LEEKS  
 DRIED FRUIT, MANGO, GARLIC, PUMPKIN PIE, ANYTHING CANNED, POPCORN, NUT FREE, OR FREE.  
 FLOWER, GARLIC, PUMPKIN PIE, ANYTHING CANNED, POPCORN, NUT FREE, OR FREE.  
 SORBIT, T.V. DINNERS, DAIRY ICE CREAM, COCONUT ICE CREAM, POPSICLES, ICE WATER, THIES, CREAM SANDWICH, GRAVY, WHITE FLOUR, WHEAT, RYE, BRAN, TEFF, SPELT, COUSCOUS, RLEY, SAUCE, PIZZA, PESTO, TULSI, SESAME SEEDS, ALMOND OIL, COCONUT MILK, COCONUT, KOMBUCHA, FERMENTED FOOD, OKRA, GOULASH, DULSE, PSYLLIUM HUSK, FLAX, \*ALSO, BEWARE OF SUBSTITUTE - LADEN FOOD. IE GLUTEN FREE, DAIRY FREE, NUT FREE, OR FREE.  
 JUST IN CASE  
 WHAT IS?  
 XANTHAN GUM, YEAST, FERMENED FOOD, OKRA, GOULASH, DULSE, PSYLLIUM HUSK, FLAX, \*ALSO, BEWARE OF SUBSTITUTE - LADEN FOOD. IE GLUTEN FREE, DAIRY FREE, NUT FREE, OR FREE.  
 NOT SURE WHAT'S UP WITH THESE BUT DON'T FEEL GOOD WHEN I EAT...  
 TERIYAKI ANYTHING, OBVIOUSLY. FLAX, \*ALSO, BEWARE OF SUBSTITUTE - LADEN FOOD. IE GLUTEN FREE, DAIRY FREE, NUT FREE, OR FREE.  
 CINNAMON ROLLS, OBVIOUSLY. FLAX, \*ALSO, BEWARE OF SUBSTITUTE - LADEN FOOD. IE GLUTEN FREE, DAIRY FREE, NUT FREE, OR FREE.  
 ...and most of all  
 ENJOY YOUR FOOD

the things I definitely know...

...I should definitely eat:

AKA GOOD!

TO 2/3 YOUR MAXIMUM FULLNESS



alkaline  
WATER, AND:

- ① CELERY JUICE (on an empty stomach)
- ② OMEGAS (without consuming fish - MERCURY)
- ③ ALL VITAMINS & MINERALS (with proper absorption)
- ④ STEAMED VEGETABLES. NOT TOO STEAMED.

AND IN AN UPLIFTING ENVIRONMENT WITH A CHEERFUL HEART



SLOWLY MINDFULLY

GRATE FULLY