

Nutrient Dense Food Guide

For Healthy Living



Resilient Roots
FUNCTIONAL & EVOLUTIONARY MEDICINE

Non-Starchy Vegetables

<input type="checkbox"/>	Artichoke	<input type="checkbox"/>	Kohlrabi
<input type="checkbox"/>	Arugula	<input type="checkbox"/>	Leek
<input type="checkbox"/>	Asparagus	<input type="checkbox"/>	Lettuce
<input type="checkbox"/>	Bell Peppers	<input type="checkbox"/>	Mushrooms
<input type="checkbox"/>	Bok Choi	<input type="checkbox"/>	Mustard Greens
<input type="checkbox"/>	Broccoli	<input type="checkbox"/>	Okra
<input type="checkbox"/>	Brussel Sprouts	<input type="checkbox"/>	Onions
<input type="checkbox"/>	Cabbage	<input type="checkbox"/>	Red Lettuce
<input type="checkbox"/>	Cauliflower	<input type="checkbox"/>	Romaine
<input type="checkbox"/>	Celery	<input type="checkbox"/>	Poblano
<input type="checkbox"/>	Chard	<input type="checkbox"/>	Rhubarb
<input type="checkbox"/>	Collards	<input type="checkbox"/>	Scallions
<input type="checkbox"/>	Cucumber	<input type="checkbox"/>	Spinach
<input type="checkbox"/>	Eggplant	<input type="checkbox"/>	Tomatillo
<input type="checkbox"/>	Fennel	<input type="checkbox"/>	Tomatoes
<input type="checkbox"/>	Jalapeno	<input type="checkbox"/>	Watercress
<input type="checkbox"/>	Kale	<input type="checkbox"/>	Zucchini

Starchy Vegetables

<input type="checkbox"/>	Acorn Squash	<input type="checkbox"/>	Plantains
<input type="checkbox"/>	Beets	<input type="checkbox"/>	Potato
<input type="checkbox"/>	Butternut Squash	<input type="checkbox"/>	Radish
<input type="checkbox"/>	Carrots	<input type="checkbox"/>	Spaghetti Squash
<input type="checkbox"/>	Celeriac	<input type="checkbox"/>	Sweet Potato
<input type="checkbox"/>	Delicata Squash	<input type="checkbox"/>	Turnips
<input type="checkbox"/>	Jicama	<input type="checkbox"/>	White Rice
<input type="checkbox"/>	Parsnip	<input type="checkbox"/>	Yams
<input type="checkbox"/>		<input type="checkbox"/>	Yucca

Fruits

<input type="checkbox"/>	Apples	<input type="checkbox"/>	Lime
<input type="checkbox"/>	Apricot	<input type="checkbox"/>	Mango
<input type="checkbox"/>	Avocado	<input type="checkbox"/>	Melons
<input type="checkbox"/>	Bananas	<input type="checkbox"/>	Nectarines
<input type="checkbox"/>	Black Berries	<input type="checkbox"/>	Orange
<input type="checkbox"/>	Blueberries	<input type="checkbox"/>	Peaches
<input type="checkbox"/>	Clementine	<input type="checkbox"/>	Pear
<input type="checkbox"/>	Goji Berries	<input type="checkbox"/>	Pineapple
<input type="checkbox"/>	Kiwi	<input type="checkbox"/>	Pomegranate
<input type="checkbox"/>	Lemon	<input type="checkbox"/>	Raspberries
<input type="checkbox"/>		<input type="checkbox"/>	Strawberries

Nuts & Seeds

<input type="checkbox"/>	Almonds	<input type="checkbox"/>	Pistachio
<input type="checkbox"/>	Brazil Nuts	<input type="checkbox"/>	Walnuts
<input type="checkbox"/>	Cashews	<input type="checkbox"/>	Chia Seeds
<input type="checkbox"/>	Chestnuts	<input type="checkbox"/>	Flax Seeds
<input type="checkbox"/>	Hazelnuts	<input type="checkbox"/>	Hemp Seeds
<input type="checkbox"/>	Macadamia	<input type="checkbox"/>	Pumpkin Seeds
<input type="checkbox"/>	Pecans	<input type="checkbox"/>	Sesame Seeds
<input type="checkbox"/>	Pine Nuts	<input type="checkbox"/>	Sunflower Seeds

Seafood

<input type="checkbox"/>	Anchovies	<input type="checkbox"/>	Oysters
<input type="checkbox"/>	Crab	<input type="checkbox"/>	Salmon
<input type="checkbox"/>	Halibut	<input type="checkbox"/>	Sardines
<input type="checkbox"/>	Herring	<input type="checkbox"/>	Scallops
<input type="checkbox"/>	Lobster	<input type="checkbox"/>	Shrimp
<input type="checkbox"/>	Mackerel	<input type="checkbox"/>	Tilapia
<input type="checkbox"/>	Mussels	<input type="checkbox"/>	Trout
<input type="checkbox"/>	Nori/Seaweed	<input type="checkbox"/>	Tuna
<input type="checkbox"/>	Octopus	<input type="checkbox"/>	

Meat

<input type="checkbox"/>	Bison/Buffalo	<input type="checkbox"/>	Grass-fed Beef
<input type="checkbox"/>	Chicken	<input type="checkbox"/>	Lamb
<input type="checkbox"/>	Duck	<input type="checkbox"/>	Pork
<input type="checkbox"/>	Elk	<input type="checkbox"/>	Rabbit
<input type="checkbox"/>	Eggs	<input type="checkbox"/>	Turkey
<input type="checkbox"/>	Game Meat	<input type="checkbox"/>	

Cooking Fats & Oils

<input type="checkbox"/>	Avocado Oil	<input type="checkbox"/>	Macadamia Nut Oil
<input type="checkbox"/>	Butter/Ghee	<input type="checkbox"/>	MCT Oil
<input type="checkbox"/>	Coconut Oil	<input type="checkbox"/>	Tallow
<input type="checkbox"/>	Lard	<input type="checkbox"/>	

Herbs & Spices

<input type="checkbox"/>	Basil	<input type="checkbox"/>	Lavender
<input type="checkbox"/>	Black Pepper	<input type="checkbox"/>	Mint
<input type="checkbox"/>	Cayenne	<input type="checkbox"/>	Mustard Seed
<input type="checkbox"/>	Celery Seed	<input type="checkbox"/>	Oregano
<input type="checkbox"/>	Cilantro	<input type="checkbox"/>	Paprika
<input type="checkbox"/>	Cinnamon	<input type="checkbox"/>	Parsley
<input type="checkbox"/>	Coriander	<input type="checkbox"/>	Rosemary
<input type="checkbox"/>	Cumin	<input type="checkbox"/>	Sea Salt
<input type="checkbox"/>	Fenugreek	<input type="checkbox"/>	Sumac
<input type="checkbox"/>	Garlic	<input type="checkbox"/>	Tarragon
<input type="checkbox"/>	Ginger	<input type="checkbox"/>	Thyme
<input type="checkbox"/>	Horseradish	<input type="checkbox"/>	Turmeric

Dairy Alternatives

<input type="checkbox"/>	Almond Milk	<input type="checkbox"/>	Hemp Milk
<input type="checkbox"/>	Cashew Milk	<input type="checkbox"/>	Macadamia Nut Milk
<input type="checkbox"/>	Coconut Milk	<input type="checkbox"/>	