

List of Amazingly Healthy Food Choices
See Johnny Bowden's [Blog](#) or [Book](#) for More Info

Vegetables

- Artichokes
- Arugula
- Asparagus
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Dandelion
- Eggplant
- Endive
- Fennel
- Green Beans
- Horseradish
- Jerusalem Artichoke
- Kale
- Mushrooms
- Okra
- Onions
- Peppers
- Pumpkin
- Spinach
- Squash
- Sweet Potato
- Swiss Chard
- Tomatoes
- Turnips
- Watercress
- Parsnips
- Snow Peas

Grains (If You Can Tolerate Them)

- Oatmeal
- Quinoa
- Brown Rice

Beans and Legumes

- Garbanzo Beans
- Green Peas
- Lentils

Fruits

- Apples
- Apricots
- Avocados
- Bananas
- Bitter Melon
- Blueberries
- Cantaloupe
- Cherries
- Coconut
- Cranberries
- Dates
- Figs
- Goji Berries
- Graprefruits
- Grapes
- Guava
- Honeydew
- Kiwi
- Lemons/Limes
- Mangoes
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Prunes
- Raisins
- Raspberries
- Strawberries
- Watermelon

Meat, Poultry, Eggs

- Calf's Liver
- Free Range Eggs
- Free Range Poultry
- Grass Fed Beef
- Lamb
- Wild Game

Nuts/Nut Butters and Seeds

- Almonds/Almond Butter
- Brazil Nuts
- Cashews
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pistachio Nuts
- Pumpkin Seeds
- Sesame Seeds/Sesame Butter/Tahini
- Sunflower Seeds
- Walnuts

Soy Foods (If you Insist)

- Tempeh
- Miso
- Natto

Dairy (If Not Allergic)

- Butter/Ghee
- Non Heavily Processed Cheese
- Raw/Organic Milk
- Yogurt

Oils

- Almond Oil
- Coconut Oil
- Extra Virgin Olive Oil
- Flaxseed Oil
- Macadamia Nut Oil
- Red Palm Oil
- Sesame Oil

Fish/Seafood

- Crustacea (crayfish, prawns, shrimp, lobster)
- Mackerel
- Mollusks (clams, mussels, scallops, oysters)
- Sardines
- Tuna
- White Fleshed Fish (cod, flounder, halibut, orange roughly, pollack, rockfish)
- Wild Alaskan Salmon

Uncategorized Foods

- Bee pollen, propolis, royal jelly
- Dark Chocolate
- Sauerkraut
- Olives
- Sea Vegetables
- Green Foods/Drinks (cereal grasses, barley grass, wheat grass, micro-algae, spirulina, chlorella, wild blue green algae)
- Kimchi
- Sprouts
- Whey Protein Powder

Herbs, Spices & Condiments

- Cardamom
- Cinnamon
- Cloves
- Cumin
- Garlic
- Ginger
- Mustard Seeds
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme
- Turmeric
- Vinegar

Try to Get These Foods Organic

- Apples
- Apricots
- Bell Peppers
- Cantaloupe
- Celery
- Cherries
- Cucumbers
- Grapes
- Green Beans
- Peaches
- Pears
- Spinach
- Strawberries
- Winter Squash

Tips for Buying Food

Most important thing is just to start eating more vegetables and eat more healthy fats and proteins. If trying to figure all this out sounds overwhelming, just do that and you will be fine. If you want to take it a step further, here are some additional tips when buying food.

When buying eggs, aim for cage-free organic eggs. Aim for organic butter. Always buy organic milk and choose almond or hemp milk if you can't tolerate cow's milk. Buy sardines packed in their own oil or in olive oil. Extra virgin olive oil and flax seed oil are great for salad dressings. Only cook with unrefined coconut oil, sesame oil, or butter.

Easy Quick Meals

Smoothies

- Easy way to get your vegetables and fruits
- Liquid base: Water, milk/nut milks, yogurt
- Fruits: Any fruits, but be careful not to overdo it if you are sensitive to sugar
- Vegetables: Leaf of kale, spinach, romaine, carrot, celery, parsley
- Nuts & Seeds: Any
- Supplements: Dehydrated greens powder, flax oil, probiotics
- Misc: Throw in a raw egg for source of protein. Wash the outside of the shell before breaking

Salads

- You should be aiming to eat at least one salad a day!
- Vegetables: Throw any and all vegetables in there. Tons of greens, then add carrots and celery.
- Fruits: Grapes, apples, pears, avocados, tomatoes
- Nuts & Seeds: Any
- Cheese: Feta, blue cheese, gorgonzola, goat cheese
- Meat: Cut up leftovers from previous meals (organic chicken, turkey, ham, etc)
- Misc: Hard boiled eggs, probiotics, vitamins, etc.
- Dressings: Olive oil, flax oil, balsamic vinegar, garlic, himalayan sea salt, pepper
 - Don't use vegetable or hydrogenated oils!

Soups

- Combine broth, water, tomato juice with vegetables, healthy grains, healthy meats