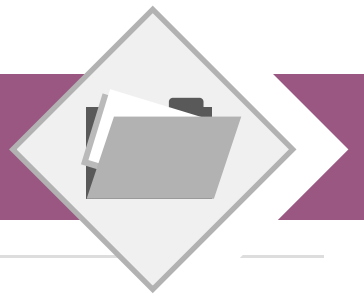


Dr. Joey's 150 Foods Challenge



VEGETABLES

- | |
|---|
| <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Romaine lettuce |
| <input type="checkbox"/> Butter lettuce |
| <input type="checkbox"/> Arugula |
| <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Kale |
| <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Artichokes |
| <input type="checkbox"/> Hearts of palm |
| <input type="checkbox"/> Peas |
| <input type="checkbox"/> Peppers |
| <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Cucumbers |
| <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Pickles |
| <input type="checkbox"/> Sweet potatoes |
| <input type="checkbox"/> Onions |
| <input type="checkbox"/> Spaghetti squash |
| <input type="checkbox"/> Acorn squash |
| <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Asparagus |
| <input type="checkbox"/> Beets |
| <input type="checkbox"/> Celery |



Eggplant

Sauerkraut

Avocado

Sprouts

Cabbage

Seaweed

Leeks

FRUITS

Grapefruits

Cherries

Blueberries

Strawberries

Blackberries

Acai berries

Cranberries

Golden Berries

Kiwi

Apples

Watermelon

Grapes

Bananas

Pomegranates

Lemons

Apricots

Pears

Papaya

Plums

Pineapples



Cantaloupe

Goji berries

DRINKS

Coffee

Green tea

White tea

Rooibos tea

Will

Black tea

Red tea

Oolong tea

Kombucha

Red wine

MEAT, POULTRY + SEAFOOD

Grass fed beef

Bone broth

Pork

Halibut

Wild salmon

Light canned tuna

Pacific cod

Scallops

Shrimp

Oysters

Canned sardines

Anchovies

Turkey



Lamb

Eggs

Natural bacon

Collagen powder

Protein powder (sprouted)

BEANS + LENTILS

Black bean

Lentils

Chickpeas

Navy beans

Edamame

Tofu

GRAIN

Brown rice

Basmati rice

Chickpea pasta

Brown rice pasta

Whole grain pasta

Rice crackers

Quinoa

Buckwheat

Millet

DAIRY

Yogurt

Cottage cheese

Goat's cheese

Parmesan cheese



Sheep's cheese

Kefir

Milk

Grass fed butter

HEALTHY FATS

Olives

Olive oil

Coconut oil

Avocado oil

Sesame oil

Peanut oil

Macadamia nut oil

Flaxseed oil

Peanut butter

Almond butter

Chia seeds

Flax seeds

Sesame seeds

Hemp hearts

Pumpkin seeds

Almonds

Pistachios

Walnuts

Brazil nuts

Cashews

Peanuts



SPICES AND MORE

- Cocoa
- Dark chocolate
- Cinnamon
- Turmeric
- Ginger
- Garlic
- Cilantro
- Rosemary
- Apple cider vinegar
- Salsa
- Mustard
- Low sugar ketchup
- Hummus
- Miso

HERBS

- Basil
- Mint
- Chives
- Oregano
- Parsley
- Sage

