

VEGETABLES - THE <i>REAL</i> FERTILITY STARS	FRUIT	FAT	PROTEIN	SEEDS (Ideally raw, sprouted, and soaked, if needed)	NUTS	HERBS (Fresh)	OTHER
Swiss Chard	Avocado	Coconut Oil (Virgin ideal)	Pastured, organic eggs	Pumpkin Seeds (aka Pepitas)	Almonds	Parsley	Sprouted Lentils
Mushrooms (especially Shiitake)	Coconut	EVOO (Extra Virgin Olive Oil)	Wild Caught Salmon	Sesame Seeds (Tahini)	Macadamia	Basil	Dark Chocolate (cacao)
Garlic	Papaya	Ghee	Grass Fed Beef	Sunflower		Chive	Bone Broth
Kale	Strawberries	Grass Fed Butter	Lamb	Chia		Cilantro	Gelatin
Spinach	Berries (Raspberries, blackberries, blueberries)	Avocado (yes, again)	Organic Turkey				
Cauliflower	Pineapple	Fat from animals listed in protein	Tuna (Line-caught/Skipjack)				
Collard Greens	Mango		Shrimp (wild, keep quantity limited)				
Asparagus	Goji Berries		Sardines				
Broccoli	Kiwi Fruit		Bison/Buffalo				
Brussels Sprouts	Cranberries						
Bell Peppers	Orange						
Cabbage	Clementine						
Beets (Roots and tops/greens)	Lemon/Lime						
Romaine Lettuce	Grapefruit						
Watercress							
Tomatoes							
Bok Choy							
OTHER FAB GREENS							
Dandelion Greens							
Red & Green Leaf Lettuce							
Arugula							
Mizuna							
Escarole							
Butterhead/Butterleaf							
Endive/Chicory							