

THE NATURALIST WAY (INSPIRED BY DR SEBI)

# LEAST DETRIMENTAL NOURISHMENT GUIDE



## FRUITS

**Apples**  
**Avocado**  
**Bananas** (seeded - Baby, Bluggoe, Burro)  
**Baobab**  
**Berries** (all, except cranberries)  
**Cherries**  
**Coconut** (Green/Yellow young, Brown husk mature)  
**Currants**  
**Dates**  
**Figs**  
**Grapes/Raisins** (seeded)  
**Key limes** (seeded)  
**Mango**  
**Melons** (seeded)  
**Olives** (not in brine or preservatives)  
**Orange** (seeded - Seville or sour preferred)  
**Papayas**  
**Peaches**  
**Pears**  
**Prickly pear/Cactus fruit**  
**Plums/Prunes**  
**Soursop**  
**Tamarind**  
**Tomato** (Cherry and Plum only)  
**Tomatillos**

## VEGETABLES

**Amaranth greens/Callaloo**  
**Arugula greens**  
**Bell Peppers**  
**Cactus** (Nopales/Izote)  
**Chickpeas** (presoaked, not canned)  
**Courgette**  
**Dandelion greens**  
**Kale**  
**Lettuce** (all, except Iceberg)  
**Mushrooms** (all, except Shiitake)

**Okra**  
**Wild Yam** (not Chinese variety)  
**Onions** (All, except white)  
**Purslane/Verdolaga**  
**Sea Vegetables** (Chondrus crispus/ Kelp/Nori/Wakame/Dulse/Hijiki/ Bladderwrack/ Sea spaghetti)  
**Squash** (Butternut, Chayote, Kabocha)  
**Watercress**  
**Wild Arugula/Rocket**

## SPICES, SWEETNERS & SEASONINGS

**Date/Dark Agave Syrup** (whole Dates preferred)  
**Allspice/Pimento**  
**Basil/Holy Basil**  
**Bay leaf**  
**Cayenne/African Bird Pepper**  
**Ceylon Cinnamon**  
**Chives**  
**Clove**  
**Culantro/Cilantro**  
**Date sugar/syrup**  
**Dill**  
**Fennel**  
**Ginger** (small native types)

**Habanero Pepper**  
**Mango Powder**  
**Onion Powder** (whole Red Onion preferred)  
**Oregano**  
**Rosemary**  
**Powdered granulated Seaweed** (Irish moss/Kelp/Dulse/Nori)  
**Sage**  
**Sea Salt** (good quality)  
**Tarragon**  
**Thyme**  
**Vanilla**  
**Wild ransom leaf** (Garlic alternative)

## GRAINS, NUTS & SEEDS

**Kamut**  
**Fonio**  
**Spelt**  
**Teff**  
**Amaranth**  
**Quinoa**  
**Rye**  
**Walnuts** (presoaked)  
**Brazil nuts** (presoaked)

**Pine nuts** (presoaked)  
**Sesame seeds** (black and white)  
**Hempseeds**  
**Raw Sesame Tahini butter**  
**Raw Hemp butter**  
**Wild rice**

## OILS

**Olive Oil** (do not cook)  
**Coconut Oil** (do not cook)  
**Grapeseed Oil**  
**Sesame Oil**  
**Hempseed Oil**  
**Avocado Oil**

## IMPORTANT REMINDERS

- Drink 1 gallon of natural Spring water daily
- All nuts must be presoaked to reduce phytic acid
- Grains listed have been made into pasta, flour and cereal
- Avoid using Microwaves and toxic cookware
- Avoid canned and seedless fruit
- Avoid animal products including dairy and honey
- Avoid GMOs, white/brown sugar, artificial sweeteners, and alcohol
- Sleep during healing hours (10pm to 2am)
- Always read the label to know what you're consuming