

# Diet Without Processed Foods

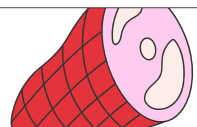
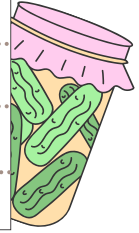
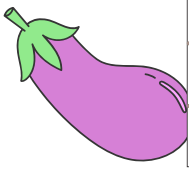
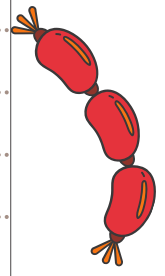
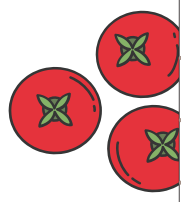
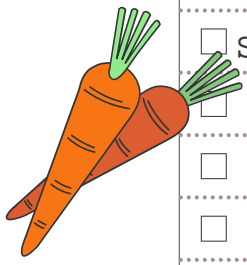
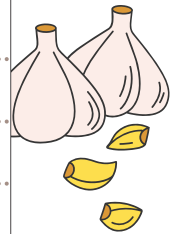
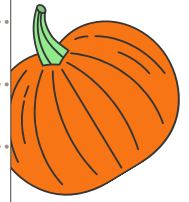
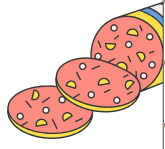
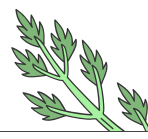
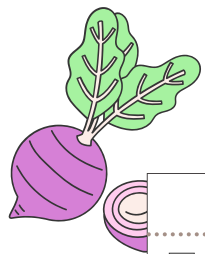
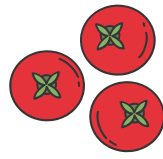
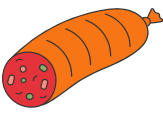
## FOODS TO ADD + FOODS TO ELIMINATE

### Healthy Foods to Add

- Organic Fruits:
- Berries
- Apples, Oranges, Bananas, Avocado
- Medjool Dates
- Organic Vegetables:
- Leafy Greens
- Carrots, Ginger, Sweet Potatoes
- Cucumber, Celery, Eggplant,
- Beets, Turmeric, Asparagus
- Ancient Whole Grains
- Quinoa, Amaranth, Teff
- Legumes:
- Chickpeas, Lentils, Beans
- Soaked Nuts and Seeds:
- Almonds, Brazil Nuts
- Walnuts, Pine Nuts
- Raw Honey, Maple Syrup
- Healthy Fats: EVOO
- Avocado oil, coconut oil, ghee
- Raw Dairy or Goat Milk
- Fermented Foods:
- Kefir, Kimchi, Kombucha
- Herbs and Spices
- Water and Herbal Tea

### Unhealthy Foods to Eliminate

- Processed Meat:
- Uncured Bacon or Deli Meat
- Processed Snacks and Treats:
- Chips
- Packaged Cookies
- Sugary Beverages:
- Soda, Sweetened Juice
- Refined Grains:
- White Bread, White Flour, White Rice
- Added Sugars/ Artificial Sweeteners:
- High Fructose Corn Syrup
- Splenda/Sucralose
- Aspartame, etc
- Trans Fats and Hydrogenated Oils:
- Regular Peanut Butter
- Refined Vegetable Oils
- Breads and Salad Dressings
- Margarine
- Artificial Additives
- Preservatives
- MSG
- Farmed Fish
- Fried Food



Learn more at

[MindfullyHealthyLiving.com](http://MindfullyHealthyLiving.com)