Super Enzyme Foods

Vegetables
- Artichoke
- Arugula
- Asparagus
- Avocado
- Beets (red)
- Broccoli
- Capers
- Cauliflower
- Crookneck squash (yellow)
- Cucumbers (peeled)
- Eggplant
- Fennel Bulb
- Horseradish
- Jicama
- Leek
- Lettuce (butter, endive, radicchio, baby spring mix)
- Kale
- Mushrooms (chanterelle, crimini, porcini, reishi, shiitake)
- Mustard Greens
- Onions (red)
- Potatoes (red)
- Spinach
- Swiss chard
- Tomatoes (Roma, Heirloom)
- Watercress
- Yams

Berries
- Bilberry
- Blackberry
- Boysenberry
- Cranberry
- Gooseberry
- Hawthorne berry
- Juniper berry
- Loganberry
- Mulberry
- Raspberry
- Red currant
- Strawberry

Fruits
- Apricot
- Banana (after 5 hours of sun)
- Cantaloupe
- Cherries
- Coconut
- Dates
- Figs
- Grapes (red, blue, black)
- Guava
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Mandarin orange
- Mango
- Nectarine
- Olives
- Papaya
- Passion fruit
- Peach
- Pear
- Persimmon
- Pineapple
- Plum
- Pomegranate
- Prune
- Star fruit
- Tangerine

Herbs / Spices
- Allspice
- Anise
- Basil
- Bay leaf
- Cardamom
- Cayenne
- Chamomile
- Chives
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Dill
- Elephant garlic
- Fenugreek
- Ginger
- Hawthorne leaf
- Marigold flowers
- Marjoram
- Noni
- Mustard (seed, leaf)
- Nutmeg
- Oregano
- Paprika
- Peppermint
- Rosemary
- Saffron
- Sage
- Spearmint
- Tarragon
- Thyme
- Turmeric
- Vanilla Bean
- Yucca

Natural Sweeteners
- Brown rice syrup
- Date sugar
- Fructose (unrefined)
- Honey (raw, unheated)
- Maple syrup (grade B)
- Molasses
- Sucanat (dehydrated cane juice)

Beans
- Anasazi
- Edamame
- Green
- Kidney (dark red)
- Lima
- Red lentils
- Soy
- White (Cannellini, Great Northern, Navy)

Milk Products
- Almond milk
- Buffalo/Bison's milk, cheese, yogurt
- Butter (goats or cows, organic, unsalted)
- Coconut milk
- Feta cheese (goat or sheep)
- Goat's milk, cheese, yogurt
- Heavy whipping cream (organic, cows)
- Rice Milk (organic)
- Sheep's milk, cheese, yogurt
- Sour cream (Daisy) / creme fraiche
- Soy Milk (organic)

Miscellaneous
- Beer (Coors Light)
- Bragg Liquid Aminos
- Brewers' yeast
- Carob
- Chocolate (dark)
- Coffee (Papua New Guinea)
- Duck eggs
- Honey comb (raw)
- Kal Nutritional Yeast Flakes
- Lecithin Powder (non-GMO)
- Noni juice (pure)
- Tofu - organic
- Vinegar (balsamic, plum, brown rice, red wine)
- Wine, red (aged at least 7 years)
- Sake - unfiltered (Nigori)
- Sea Salt (RealSalt)
- Vodka (Absolut)

Grains
- Amaranth
- Barley
- Brown rice (basmati, medium and short grain, wild)
- Buckwheat
- Corn (organic)
- Kamut
- Millet
- Whole wheat

Nuts & Seeds
- Almonds
- Anise seed
- Brazil nuts
- Caraway seed
- Cashews
- Fennel seed
- Flaxseed
- Pine nuts
- Sesame seeds
- Sunflower seed (Prepuéshrly raw/unsalted)
Excellent Protein Sources
- Almonds
- Almond milk
- Avocado
- Beans (refer to list)
- Feta Cheese (sheep/goat’s milk)
- Goat’s milk, cheese, yogurt
- Grains (especially whole wheat and wheat sprouts)
- Mushrooms (refer to list)
- Pecorino Romano cheese (sheep’s milk)
- Red potato
- Rice milk (organic)
- Sprouts (refer to list)
- Soy milk (organic)
- Tofu (organic)
- Whole wheat pasta

Essential Fatty Acid Sources
- Almonds
- Almond milk
- Avocado
- Cashews
- Feta cheese (sheep/goat’s milk)
- Goat milk, cheese, yogurt
- Grains (especially whole wheat)
- Olives
- Pecorino Romano cheese (sheep’s milk)
- Soy milk (organic)
- Sunflower seeds

Oils For Raw Use Only
- Almond
- Apricot kernel
- Avocado
- Flaxseed
- Grape seed
- Hemp
- Olive oil (first cold pressed extra virgin)
- Organic soy
- Vitamin E

Oils / Fats to Avoid
- Canola oil
- Palm oil
- Peanut oil
- Vegetable oil
- Hydrogenated oils
- Margarine
- Shortening

FOODS TO AVOID
- Apples
- Artificial sweeteners
- Bell peppers
- Carrots
- Celery
- Coffee (except Papua New Guinea)
- Cow’s milk and cheese
- Chicken eggs
- Crab
- Garlic (regular)
- Grapefruit
- High fructose corn syrup
- Hot peppers (except cayenne, Anaheim, dried red)
- Iceberg lettuce
- Lobster
- Oats
- Onions (yellow and white)
- Oranges
- Over-processed, enriched, or chemically preserved foods
- Peanuts
- Pecans
- Pepper (black and white)
- Pistachios
- Pork products (ham, bacon, Spam)
- Pumpkin seeds
- Rye
- Shark
- Soft drinks (except root beer and ginger beer)
- Squash (except crookneck)
- Sugar (refined)
- Sweet potato
- Tuna
- Walnuts
- Watermelon
- White flour
- White rice

Source
Peak Frequency Foods by Jonathan Thunder: Wolf and Morning Spirit: Wolf, Doctors of RAPHAOLOGY Medicine

Updated by:
Christina Avaness for Living Beyond Organic nutritional knowledge redefined