

## 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, shitake*)  
Mustard Greens  
Onions (*red*)  
Potatoes (*red*)  
Spinach  
Swiss chard  
Tomatoes (*Roma, Heirloom*)  
Watercress  
Yams

### ■ Sprouts

Alfalfa  
Bean (*mung*)  
Broccoli  
Buckwheat  
Fenugreek  
Mustard seed  
Red clover  
Sunflower  
Wheat

### ■ Grains

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

### ■ 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

### ■ Meats and Wild Caught Fish

Buffalo/Bison  
Jumbo shrimp

Lake trout  
Orange roughy  
Salmon

### ■ 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

### ■ 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*)

### ■ 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 (*goat's or cow's, organic, unsalted*)  
Coconut milk  
Feta cheese (*goat or sheep*)  
Goat's milk, cheese, yogurt  
Heavy whipping cream (*organic, cow's*)  
Rice Milk (*organic*)  
Sheep's milk, cheese, yogurt  
Sour cream (*Daisy*) / *crème fraiche*  
Soy Milk (*organic*)

### ■ Nuts & Seeds

Almonds  
Anise seed  
Brazil nuts  
Caraway seed  
Cashews  
Fennel seed  
Flaxseed  
Pine nuts  
Sesame seeds  
Sunflower seed (*Preferably raw / unsalted*)

## Super Enzyme Foods

### ■ 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 (cold / expeller-pressed and extra virgin)

Avocado  
Flaxseed  
Grape seed  
Olive (*extra virgin*)  
Safflower  
Sunflower  
Wheat germ

### ■ High heat oils for cooking

Coconut  
Organic corn  
Safflower  
Sesame seed  
Sunflower

### ■ Oils For Raw Use Only

Almond  
Apricot kernel  
Avocado  
Flaxseed  
Grape seed  
Hemp  
Olive oil (*first cold pressed extra virgin*)  
Organic soy  
Vitamin E

### ⚠️ FOODS TO AVOID (immediately)

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

### Oils / Fats to Avoid

Canola oil  
Palm oil  
Peanut oil  
Vegetable oil  
Hydrogenated oils  
Margarine  
Shortening

### Source

*Peak Frequency Foods* by Jonathan Thunder: Wolf and Morning: Spirit: Wolf, Doctors of RAPHATOLOGY Medicine

### Updated by:

Christina Avanness for *Living Beyond Organic* nutritional knowledge redefined