

Optimal Foods for my Health (104)

Vegetables

Broccoli* - 2-3 €
Spinach* - 3-4 €
Carrots – 1-2 €
Beets - 2-3 €
Onions* - < 2 €
Parsley*
Kale* - 2-3 €
Sweet potato* - 2-3 €
Pumpkin*
Parsnips* - 2-3 €
Turnips*
Asparagus
Squash - 2-3 €
Green beans
Celery
Red paprika
Garlic*
Endive, Fennel
Artichoke*

Fruit

Banana* - 2-3 €
Apple - 2-4 €
Pear - 2-4 €
Plum* - 2-4 €
Lemon - 2-4 €
Grapefruit
Lime
Blueberries* - 6-12 €
Cherries*
Apricots
Cranberry
Mango*
Pineapple*
Papaya
Cherimoya
Figs*
Date
Pomegranate

€/KG (L)

Protein

Beef* - 15-30 €
Turkey – 10-20 €
Eggs
Sardines
Salmon
Cod*
Liver*
Lamb*
Veal*

Mushrooms, brown
Adzuki beans* - 3-4 €
Buckwheat
Quinoa
Millet
Oats
Chickpeas
Brown rice

Condiments

Apple cider vinegar
Cod liver oil
Chlorella
Chlorophyll
He shou wu
Salt with minerals
Raw chocolate
Bee pollen
Red algae (dulse)*
Kelp*
Tahini
Almond butter
Pumpkin seed butter
Molasses
Raw honey

Vitamin B* (rarely)
Vitamin C (rarely)

* = beneficial re: ER4YT

Oils/lipids

Coco oil – 7-20 €
Olive oil* - 8-10 €
Almonds – 14-16 €
Pumpkin seeds* - 7-12 €
Hemp seeds* -
Walnuts* -
Pecans – 20-30 €
Chia seeds
Flax seeds/oil*

Spices

Garlic*
Ginger*
Cayenne*
Rosemary
Thyme
Parsley*
Clove
Fenugreek*
Cumin
Coriander
Curcuma*
Carob*
Horseradish*

Herbs & beverages

Nettle
Horsetail
Dandelion*
Peppermint*
Stevia
Slippery elm*
Sarsaparilla*
Licorice
Green tea*
Rosehip tea*
Carbonated water

What I avoid – for my health (50)

Coffee (a)

Black tea

Beer

Wine

Alcohol

Blackberries

Kiwi

Tangerines

Orange

Melons

Strawberry

Potatoes

Corn

Leek

Cauliflower

Cucumber

Cabbage

Eggplant

Alfalfa sprouts

Brussel sprouts

Avocado

(a) = opposite to blood type A re: ER4YT

Wheat

Soybeans (a)

Beans, kidney ...

Lentils

Barley

Rye

Bacon

Ham

Pork

Smoked salmon

Octopus

Dairy, cow

Peanuts (a)

Pistachios

Cashews

Poppy seeds

Brazil nuts

Ketchup

Cinnamon

Nutmeg

Pepper

Vanilla

Pickled foods

Capers

Vinegar

Aloe

Burdock

Echinacea

Goldenseal