

Immune-Supporting Plate

Healthy Fats

Olive oil, grape seed oil, walnut oil, avocado oil, cod liver oil, grass-fed butter, ghee



Vegetables

Bell peppers [all colors], cauliflower, tomatoes, mushrooms, garlic, leeks, onions, broccoli, asparagus, Brussels sprouts, ginger root, turmeric, leafy greens, sweet potatoes, Jerusalem artichokes



Fruits

Citrus: orange, lemon, lime, grapefruit
Tropical fruits: kiwi, pineapple, guava, mango, papaya
Berries: strawberry, blueberry, raspberry
Other: grapes, apple



Vit D, Omega-3, & Bone Broth



Water & Other Beverages



Water, kefir, kombucha, green and black teas

Whole Grains, Seeds, & Nuts



Cashews, almonds, pine nuts, pumpkin seeds, Brazil nuts, walnut, quinoa, chia seeds, hemp seeds, flax meal, oats, barley, brown rice

Protein



Wild salmon, fatty fish, shellfish, grass-fed beef, lamb, legumes and beans, pastured eggs, organic chicken [thighs], yogurt

Fermented & Pickled Vegetables

Kimchi, sauerkraut, unpasteurized pickled vegetables, capers

