DR. WILES GOSS NATURAL HEALTH

Your Journey Through Health & Life

Foods That Love Your Body

Vegetables — 4+ C/ Day

- Alfalfa Sprouts
- Arugula
- Bean Sprouts
- String Beans
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cilantro
- Kale
- Cucumber
- Garlic
- Lettuce
- Mushrooms
- Mustard Greens
- Olives
- Onions
- Snow Peas
- Radish
- Spinach
- Swiss Chard
- Zucchini
- Water Cress
- Sweet Potato/Yam occ.

Protein — 45-50g/day

- Turkey
- Eggs
- Beef
- Chicken
- Lamb
- Salmon
- Tuna
- Whitefish
- Halibut
- Cod
- Red Snapper
- Shrimp
- Black Beans
- Pinto Beans
- Red Beans
- Lentils

Beverages

Water 1/2 wt in oz	
Coffee	1 Cup/day in am
Black Tea (Organic)	1 Cup/day in am
Ice Tea (Organic)	1 Cup/day in am
Green Tea (Organic)	1 Cup/day in am
Mineral Water	
Honey	½ Tbsp
Stevia	½ Tbsp

Fruit — 1-2 pieces/day

- Cantaloupe
- Grapefruit
- Honey Dew Melon
- Lemon
- Watermelon
- Blackberries
- Blueberries
- Raspberries
- Strawberries
- Apple
- Pear
- Figs
- Prunes
- Mangos

Dairy Alt. — 3-4x/week

- Almond Milk
- Rice Milk
- Goat Cheese
- Coconut Milk

Starch/Grains — 3 x/week

Rice (brown)	½ Cup
Brown Rice Tortillas	1
Rice Crackers	2-3 crackers
Gluten-free Bread	1 slice
Quinoa	½ Cup
Ezekiel Bread	1 slice
Brown Rice Pasta	½ C cooked
Steel Cut Oats	1 Cup

Fats — 40 g/day

- Olive Oil
- Omega-3
- Butter
- Flax Seeds Grd
- Pumpkin Seeds Grd
- Sesame Seeds Grd
- Sunflower Seeds Grd
- Coconut Oil
- Avocado
- Almonds - raw
- Cashews - raw
- Pecans - raw
- Walnuts - raw
- Almond Butter
- Cashew Butter