

Whole foods list

In order to get the minimum range of phytonutrients and adequate fibre in your weekly diet, we recommend the 12:30 rule. Eat 12 different whole foods every day and a total of 30 different foods over the course of a week, and be sure to eat the rainbow including wholefoods of every colour.

Vegetables

Artichoke	Garlic
Asparagus	Green beans
Bamboo shoots	Horseradish
Beetroot	Jicama
Bok choy	Kohlrabi
Broccoli	Leeks
Brussels sprouts	Lettuce
Cabbage	Microgreens
Carrots	Mushrooms
Cauliflower	Okra
Celeriac root	Onions
Celery	Parsley
Capsicum	Peppers
Chard	Radicchio
Chervil	Radishes
Chives	Rocket
Cilantro	Spring onions
Cucumbers	Sea vegetables
Daikon	Shallots
Eggplant	Snap peas
Endive	Snow peas
Escarole	Spinach
Fennel	Sprouts
Fermented vegetables:	Zucchini
Kimchi,	Tomato
pickles,	Turnips
sauerkraut	Water chestnuts
Greens: Beet,	Watercress
collard,	Yellow squash
dandelion, kale,	
mustard, turnip	

Nuts and seeds

Almond	Pecan
Brazil	Pine
Cashew	Pistachio
Chestnut	Poppy
Chia	Pumpkin
Flaxseed	Sesame
Hazelnut	Sunflower
Hemp	Walnuts
Macadamia	

Starchy vegetables

Parsnip
Pumpkin
Potato sweet
Potato white
Potato red
Plantain
Yam

Gluten free whole grains

Amaranth
Buckwheat
Corn
Millet
Oats: rolled, steel cut
Quinoa
Rice Basmati, black, brown, purple, red, wild
Sorghum
Teff

Proteins

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal sources

Egg
Fish/Shellfish

Red meat:
Beef, buffalo, pork, elk, lamb, veal, kangaroo, goat

Poultry (skinless):
Chicken, duck, turkey.

Organ meats

Plant sources

Mung bean
Edamame
Natto
Nutritional yeast
Spirulina
Tempeh
Tofu

Protein powder

Hemp
Pea
Rice
Whey

Fruit

Apple	Lemon
Apricot	Lime
Avocado	Mango
Banana	Nectarine
Blackberry	Orange
Blueberry	Papaya
Cantaloupe	Peach
Cherries	Pear
Coconut	Persimmon
Date	Plum
Fig	Pineapple
Grape	Pomegranate
Grapefruit	Raspberry
Guava	Strawberry
Honeydew	Tangerine
Kiwi	Watermelon

Dairy & alternatives

Dairy

Kefir
Milk - Goat
Yoghurt - Greek

Non Dairy

Almond milk
Rice milk
Coconut milk
Macadamia milk
Soy Milk
Yoghurt - coconut
Yoghurt - soy
Yoghurt - almond

Legumes / beans

Adzuki beans	Mung beans
Black beans	Peanuts
Black-eyed Peas	Runner beans
Chickpeas	
Broad beans	
Kidney beans	
Lentils	
Lima beans	

What about herbs and spices? They are excellent and can be counted on top of your 12:30 approach