

NUTRITION PROTOCOL

Address: 3712 Park Place, Montrose, CA 91020 | Email: connect@integrativelifestyle.org | Telephone: +1(818) 928-9770

PATIENT:	SEEN BY:	V	ISIT DATE:
VEGETABLES/SPROUTS			
Alfalfa sprouts	Cassava	Habanero pepper	Radicchio
Amaranth sprouts	Cauliflower	Heirloom carrots	Red clover sprouts
Anaheim chili	 Cipollini onion	Heirloom tomatoes	Red onion
Artichoke	Collard greens	Horseradish	Red potato
Arugula	Corn	🗌 Jicama	Reishi mushroom
Asparagus	Crimini mushroom	Leek	Shiitake mushroom
Baby spring mix	Crookneck squash	🗌 Kabocha squash	Spinach
Beets	Curly endive	🗌 Kale	Stinging nettles
Belgian endive	Dandelion greens	Maitake mushroom	Sunflower sprouts
Broccoli	Eggplant	🗌 Molokheia Egyptian greens	Swiss chard
Broccoli sprouts	Elephant garlic	Mustard greens	Turmeric
Buckwheat sprouts	Ennel	Mustard seed sprouts	Wheat berry sprouts
Capers	Fenugreek sprouts	Okra	Yams
FRUITS			
Apricot	Cucumber	Longan	Pineapple
Avocado	Date	🗌 Loquat	Plantain
Banana	Dragonfruit	Mamey sapote	Plum
Blackberries	🗌 Fig	Mandarin orange	Pomegranate
Blackcurrants	Gooseberries	Mango	Prickly pear
Black grapes (with seeds)	🗌 Guava	Mulberries	Prunes
Cantaloupe	Hawthorn berry	Nectarine	Raspberry
Carambola (star fruit)	Honeydew	Olives	Red currants
Cherimoya	☐ Jackfruit	 Papaya	Red grapes (with seeds)
Cherry	 Juniper Berry	Passionfruit	Soursop
Coconut	☐ Kiwi	Peach	Strawberries
Concord grapes	 Lemon	Pear	Sugar-apple
Cranberry	 Lime	 Persimmon	Tangerine
MEDICINAL HERBS/SPICES			
Acerola	Chicory Root	Holy Basil	Saffron
Alfalfa			Sassafras
Allspice		Hyssop	Spearmint
Anise seed		Marigold	
Ashwaghanda		Marjoram	
Basil		Noni fruit	
Bay leaf			Vanilla bean
Cardamom	Elderberry	Olive leaf	Yerba Santa
Cayenne pepper	Ginger	Red clover	
Chamomile	Hawthorn flower/leaf	Rosemary	



NUTRITION PROTOCOL

Address: 3712 Park Place, Montrose, CA 91020 | Email: connect@integrativelifestyle.org | Telephone: +1(818) 928-9770

GRAINS/BEANS/NUTS/SEEDS Almond Buckwheat Forbidden rice Red lentil Amaranth Cacao Great Northern bean Sesame seed Anasazi bean Carob Green beans Sunflower seed Anise seed Cashew Hemp Whole wheat (organic, spruce) Barley Edamame (organic) Kamut sprouted) Brazil nut Fennel seed Millet sprouted) Brazil nut Fennel seed Millet sprouted) Brazil nut Grean Keikiney bean sprouted) sprouted) Almond milk/cheese/ Coconut milk/cheese/ yoghurt yoghurt ORGANIC, UNREFINED OILS FOR RAW USE ONLY Hemp milk/cheese/ yoghurt Almond oil Grape seed oil Olive oil (extra-virgin, first cold pressed) ORGANIC, UNREFINED OILS FOR COOKING Grape seed oil Olive oil (extra-virgin, first cold pressed) ORGANIC, UNREFINED OILS FOR COOKING Grape seed syrup Sucanat Grape Syrup Date syrup Sucanat Grape seed material syrup Brown Rice Syrup Date syrup Sucanat Grape seed material syrup syruer; for ex: Samuel Smith's: Pa	PATIENT:	SEEN BY:		/ISIT DATE:		
Amaranth Cacao Amaranth Cacao Anasazi bean Carob Green beans Sunflower seed Anise seed Cashew Barley Edamame (organic) Barley Edamame (organic) Barley Edamame (organic) Brazil nut Fennel seed Millet Brown rice (organic, short- grain) Almond milk/cheese/ yoghurt ORGANIC, UNREFINED OILS FOR RAW USE ONLY Almond oil Grape seed oil Avocado oil Hemp oil <th colspan="6">GRAINS/BEANS/NUTS/SEEDS</th>	GRAINS/BEANS/NUTS/SEEDS					
Almond milk/cheese/ Coconut milk/cheese/ Hemp milk/cheese/ yoghurt 'yoghurt 'yoghurt ORGANIC, UNREFINED OILS FOR RAW USE ONLY Almond oil Grape seed oil Almond oil Grape seed oil Avocado oil Hemp oil ORGANIC, UNREFINED OILS FOR COOKING Coconut oil Sunflower oil ORGANIC, UNPROCESSED SWEETENERS Brown Rice Syrup Date syrup Date syrup Sucanat Coconut sugar Maple Syrup ALCOHOL Beer (made from organic, pure ingredients and natural spring water; for ex: Samuel Smith's: Pale Ale, Lager, and Chocolate Stout)	 Amaranth Anasazi bean Anise seed Barley Brazil nut Brown rice (organic, short- 	 Cacao Carob Cashew Edamame (organic) Fennel seed 	 Great Northern bean Green beans Hemp Kamut Millet 	 Sesame seed Sunflower seed Whole wheat (organic, 		
yoghurt yoghurt yoghurt yoghurt ORGANIC, UNREFINED OILS FOR RAW USE ONLY Almond oil Grape seed oil Almond oil Grape seed oil Avocado oil Hemp oil ORGANIC, UNREFINED OILS FOR COOKING Coconut oil Sunflower oil ORGANIC, UNPROCESSED SWEETENERS Brown Rice Syrup Date syrup Date syrup Sucanat Coconut sugar Maple Syrup ALCOHOL Beer (made from organic, pure ingredients and natural spring water; for ex: Samuel Smith's: Pale Ale, Lager, and Chocolate Stout) Red wine (aged 7 years or more) Vodka (made with pure ingredients and minimally processed; for ex: Pau Maui Vodka, Absolut vodka)	DAIRY					
Almond oil Grape seed oil Olive oil (extra-virgin, first cold pressed) Avocado oil Hemp oil Olive oil (extra-virgin, first cold pressed) ORGANIC, UNREFINED OILS FOR COOKING Coconut oil Sunflower oil ORGANIC, UNPROCESSED SWEETENERS Brown Rice Syrup Date syrup Date syrup Sucanat Coconut sugar Maple Syrup						
Avocado oil Hemp oil ORGANIC, UNREFINED OILS FOR COOKING Coconut oil Sunflower oil ORGANIC, UNPROCESSED SWEETENERS Brown Rice Syrup Date syrup Sucanat Coconut sugar Maple Syrup Sucanat ALCOHOL Beer (made from organic, pure ingredients and natural spring water; for ex: Samuel Smith's: Pale Ale, Lager, and Chocolate Stout) Vodka (made with pure ingredients and minimally processed; for ex: Pau Maui Vodka, Absolut vodka)	ORGANIC, UNREFINED OILS FOR RAW USE ONLY					
Coconut oil Sunflower oil ORGANIC, UNPROCESSED SWEETENERS Brown Rice Syrup Date syrup Date syrup Sucanat Coconut sugar Maple Syrup ALCOHOL Beer (made from organic, pure ingredients and natural spring water; for ex: Samuel Smith's: Pale Ale, Lager, and Chocolate Stout) Vodka (made with pure ingredients and minimally processed; for ex: Pau Maui Vodka, Absolut vodka)						
ORGANIC, UNPROCESSED SWEETENERS Brown Rice Syrup Date syrup Sucanat Coconut sugar Maple Syrup ALCOHOL Beer (made from organic, pure ingredients and natural spring water; for ex: Samuel Smith's: Pale Ale, Lager, and Chocolate Stout) Vodka (made with pure ingredients and minimally processed; for ex: Pau Maui Vodka, Absolut vodka)	ORGANIC, UNREFINED OILS FOR COOKING					
 Brown Rice Syrup Date syrup Sucanat Coconut sugar Maple Syrup ALCOHOL ALCOHOL Beer (made from organic, pure ingredients and natural spring water; for ex: Samuel Smith's: Pale Ale, Lager, and Chocolate Stout) Red wine (aged 7 years or more) Vodka (made with pure ingredients and minimally processed; for ex: Pau Maui Vodka, Absolut vodka)	Coconut oil	Sunflower oil				
Coconut sugar Maple Syrup ALCOHOL Beer (made from organic, pure ingredients and natural spring water; for ex: Samuel Smith's: Pale Ale, Lager, and Chocolate Stout) Red wine (aged 7 years or more) Vodka (made with pure ingredients and minimally processed; for ex: Pau Maui Vodka, Absolut vodka)	ORGANIC, UNPROCESSED SWEETENERS					
 Beer (made from organic, pure ingredients and natural spring water; for ex: Samuel Smith's: Pale Ale, Lager, and Chocolate Stout) Red wine (aged 7 years or more) Vodka (made with pure ingredients and minimally processed; for ex: Pau Maui Vodka, Absolut vodka) 			Sucanat			
spring water; for ex: Samuel Smith's: Pale Ale, Lager, and Chocolate Stout) Vodka (made with pure ingredients and minimally processed; for ex: Pau Maui Vodka, Absolut vodka)	ALCOHOL					
MISCELLANEOUS	spring water; for ex: Samuel Smith's: Pale Ale, Lager, and Chocolate Stout) Unfiltered sake (Nigori)		Vodka (made with pure ingredients and minimally			
Coconut liquid aminos Papua Coffee Vinegar (organic red wine, organic basil seeds Organic basil seeds Miyoko's vegan butter Real Salt organic balsamic, coconut				Organic basil seeds		