## Nutritional Guide

This is the most comprehensive guide to the foods that will best support you in following Dr. Talib's recommended diet.

**We are not medical doctors.**

### Vegetables
- Amaranth greens (Calabrese; a variety of greens)
- Amaranth
- Bok Choy
- Camelina greens (Cleome)
- Collard greens
- Coriander (cilantro)
- Dandelion greens
- Garlic greens
- Garlic leaves
- Kale
- Leeks
- Lettuce (e.g., iceberg, frisée)
- Spinach
- Swiss chard
- Turnips
- Watercress
- Zucchini

### Fruits
- Apples
- Apricots
- Berries (The red ones of the crow; all varieties of blueberries, blackberries, and raspberries are suitable)
- Berries (all varieties, no cranberries)
- Blackberries
- Cinnamon
- Currants
- Dates
- Figs
- Grapes (especially with seeds)
- Mangoes
- Nectarines
- Peaches
- Pears
- Prickly Pea (Cantonese; prunes)
- Quinces
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Tomatoes
- Tangerines (various, many)
- Watermelon
- Whole bunches

### Natural Herbal Teas
- Chamomile
- Elderberry
- Rosemary
- Rosehip
- Raspberry
- Thyme

### Grains
- Barley
- Corn
- Oats
- Quinoa
- White rice

### Nuts & Seeds (Including Nut & Seed Butters)
- Hemp Seeds
- Sunflower Seeds
- Almond Butter
- Pecan Butter
- Macadamia Nut Butter
- Blue Walnuts

### Oils
- Olive Oil
- Coconut Oil
- Grapeseed Oil
- Sunflower Oil
- Hempseed Oil
- Avocado Oil

### Spices & Seasonings
- Black pepper
- Oregano
- Cumin
- Fenugreek
- Nutmeg
- Cinnamon

### Mild Flavors
- Red pepper
- Cumin

### Pungent & Spicy Flavors
- Chili
- Paprika
- Turmeric

### Salty Flavors
- Parsley
- Red bell pepper
- Fresh cilantro

### Sweet Flavors
- Honey
- Maple syrup

### Important Things to Remember
- Fix it in a bowl is the fundamental rule in the Talib Nutrition Guide. Fix it in a bowl is the fundamental rule in the Talib Nutrition Guide.
- Don’t eat green vegetables on green days. Don’t eat green vegetables on green days.
- All of Dr. Talib’s products may be taken together with no interaction. All of Dr. Talib’s products may be taken together with no interaction.
- Following the Nutrition Guide means eating the products regularly produces the best results with minimal rerouting. Following the Nutrition Guide means eating the products regularly produces the best results with minimal rerouting.
- Nutritional products on dry, cold, and hot foods contain no sugar in a variety of different physical conditions. Nutritional products on dry, cold, and hot foods contain no sugar in a variety of different physical conditions.
- The manufacturer recommends that the product contains no sugar in the Talib Nutrition Guide. The manufacturer recommends that the product contains no sugar in the Talib Nutrition Guide.
- Many of the products in the Nutrition Guide are made in specific food areas on cold and hot food areas on cold and hot food areas.
- Dr. Talib’s products are soft-cooking transparent. Dr. Talib’s products are soft-cooking transparent. Dr. Talib’s products are soft-cooking transparent. Dr. Talib’s products are soft-cooking transparent.
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