i'm·powered

BALi Food List

BALi foods control your body's level of Candida (a naturally occurring yeast), aid in insulin regulation, & increase your intake of antioxidants that can inhibit free radical damage. Choose primarily fresh or frozen vegetables; organic, unpeeled fruits; low-mercury seafood; free-range poultry; grass-fed meat (without added hormones); raw nuts; beans & seeds; plant milks; organic raw cheese & yogurt. Grilling/barbecuing is more likely to cause cancer; marinating meat in rosemary, dark beer or red wine neutralizes this effect. (*denotes antifungal/superfood)

VEGETABLES & LEGUMES	Cactus	*Garlic	Olives	*Soybeans/edamame (organic)
(Choose fresh or frozen.)	Carrots (esp. purple, unpeeled)	*Ginger	*Onions (red/purple)	*Spinach
Acorn squash	*Cauliflower (esp. purple)	Green beans	Parsley	Sprouts (all types)
Adzuki beans	Celery	*Green onion (scallions)	Parsnip	Sweet potatoes (reg. or purple)
Artichokes	*Chard (Swiss, rainbow)	Kale (purple preferred)	*Peppers (all, hotter is better)	Squash <i>(all)</i>
Asparagus	Cherry tomatoes	Kidney beans	Pinto beans	Tofu
Avocado	Chives	*Kohlrabi	Potatoes (purple, skin on)	Tomatillo
Beets	*Cilantro	*Leeks	Pumpkin	Tomatoes
Black beans	Collard greens	Lentils	Radicchio	Turnips
Black radish	Cucumber	Lettuces (all but iceberg)	Radishes	Wasabi root
Bok choy	Eggplant	Lima beans	Rhubarb	Yams
Broccoli	Endive	Mushrooms	Rutabaga	Yucca root
Brussels sprouts	Fennel	Mustard greens	Salad savoy	Zucchini
*Cabbage (esp. purple)	Garbanzo beans	Okra	Shallots	
FRUITS/BERRIES *organic, dark	Cherries (sour)	Gooseberries	Lemons	Prunes
*Acai (no added sugar)	*Cranberries	Grapefruit	Limes	Raspberries
Apples (Granny Smith, crab)	*Coconut	Grapes (black)	Ligonberries	Sea-buckthorn
*Blackberries	*Currants (black, red)	Huckleberries	Mulberries	Strawberries
*Blueberries	*Elderberries	Key limes	Oranges (blood)	
Bitter melon	Figs	Kiwi (fruit)	Plums (black)	
Boysenberries	*Goji	Kumquats	*Pomegranate	
FISH	FISH	POULTRY	RED MEAT	RED MEAT
Smaller fish = less mercury	*Salmon (wild caught)	Chicken <i>(free range)</i>	Grass-fed, antibiotic free	Pork (uncured, unsmoked)
Anchovies	*Sardines	Duck (Cornish hens & others)	Antelope	Rabbit
Cod	Shrimp	Eggs	Beef, Bonsmara beef	Squirrel
	Similip			
Crab	Trout	Goose	Buffalo	Veal
Crab Halibut	•		Buffalo Lamb	Veal Venison
Halibut	Trout	Goose		
Halibut Orange roughy	Trout *Tuna	Goose Pheasant	Lamb	Venison
Halibut Orange roughy NUTS (Raw, no salt)	Trout *Tuna Other fish <i>(canned, fresh)</i>	Goose Pheasant Turkey	Lamb Ostrich	Venison Wild Game
Halibut Orange roughy NUTS <i>(Raw, no salt)</i> Almonds	Trout *Tuna Other fish (canned, fresh) NUTS (Raw, no salt)	Goose Pheasant Turkey NUTS (Raw, no salt)	Lamb Ostrich SEEDS (raw, unsalted)	Venison Wild Game SEEDS (raw, unsalted)
Halibut Orange roughy NUTS (<i>Raw, no salt</i>) Almonds Brazil nuts	Trout *Tuna Other fish (canned, fresh) NUTS (Raw, no salt) Filberts	Goose Pheasant Turkey NUTS (Raw, no salt) Pine nuts	Lamb Ostrich SEEDS (raw, unsalted) Chia	Venison Wild Game SEEDS (raw, unsalted) Pumpkin
Halibut Orange roughy NUTS (Raw, no salt) Almonds Brazil nuts Cashews	Trout *Tuna Other fish (canned, fresh) NUTS (Raw, no salt) Filberts Hazelnuts	Goose Pheasant Turkey NUTS (Raw, no salt) Pine nuts *Pistachios	Lamb Ostrich SEEDS (raw, unsalted) Chia *Cumin (black)	Venison Wild Game SEEDS (raw, unsalted) Pumpkin Sesame
Halibut Orange roughy NUTS (<i>Raw, no salt</i>) Almonds Brazil nuts Cashews Chestnuts	Trout *Tuna Other fish (canned, fresh) NUTS (Raw, no salt) Filberts Hazelnuts Macadamias	Goose Pheasant Turkey NUTS (Raw, no salt) Pine nuts *Pistachios	Lamb Ostrich SEEDS (raw, unsalted) Chia *Cumin (black) Flax (fresh ground)	Venison Wild Game SEEDS (raw, unsalted) Pumpkin Sesame
Halibut Orange roughy NUTS (Raw, no salt) Almonds Brazil nuts Cashews Chestnuts GRAINS & PASTA	Trout *Tuna Other fish (canned, fresh) NUTS (Raw, no salt) Filberts Hazelnuts Macadamias Pecans	Goose Pheasant Turkey NUTS (Raw, no salt) Pine nuts *Pistachios Walnuts (black preferred)	Lamb Ostrich SEEDS (raw, unsalted) Chia *Cumin (black) Flax (fresh ground) Hemp	Venison Wild Game SEEDS (raw, unsalted) Pumpkin Sesame Sunflower
Halibut Orange roughy NUTS (Raw, no salt) Almonds Brazil nuts Cashews Chestnuts GRAINS & PASTA Amaranth	Trout *Tuna Other fish (canned, fresh) NUTS (Raw, no salt) Filberts Hazelnuts Macadamias Pecans GRAINS & PASTA	Goose Pheasant Turkey NUTS (Raw, no salt) Pine nuts *Pistachios Walnuts (black preferred) GRAINS & PASTA	Lamb Ostrich SEEDS (raw, unsalted) Chia *Cumin (black) Flax (fresh ground) Hemp GRAINS & PASTA	Venison Wild Game SEEDS (raw, unsalted) Pumpkin Sesame Sunflower WEAPONS OF MASS REDUCTION
Halibut Orange roughy NUTS (Raw, no salt) Almonds Brazil nuts Cashews Chestnuts GRAINS & PASTA Amaranth Artichoke pasta	Trout *Tuna Other fish (canned, fresh) NUTS (Raw, no salt) Filberts Hazelnuts Macadamias Pecans GRAINS & PASTA Kamut	Goose Pheasant Turkey NUTS (Raw, no salt) Pine nuts *Pistachios Walnuts (black preferred) GRAINS & PASTA Oatmeal	Lamb Ostrich SEEDS (raw, unsalted) Chia *Cumin (black) Flax (fresh ground) Hemp GRAINS & PASTA *Sorghum	Venison Wild Game SEEDS (raw, unsalted) Pumpkin Sesame Sunflower WEAPONS OF MASS REDUCTION B Complex 75 Vitamin D3
Halibut Orange roughy NUTS (Raw, no salt) Almonds Brazil nuts Cashews Chestnuts GRAINS & PASTA Amaranth Artichoke pasta Barley	Trout *Tuna Other fish (canned, fresh) NUTS (Raw, no salt) Filberts Hazelnuts Macadamias Pecans GRAINS & PASTA Kamut Mung bean pasta	Goose Pheasant Turkey NUTS (Raw, no salt) Pine nuts *Pistachios Walnuts (black preferred) GRAINS & PASTA Oatmeal Quinoa-black, red	Lamb Ostrich SEEDS (raw, unsalted) Chia *Cumin (black) Flax (fresh ground) Hemp GRAINS & PASTA *Sorghum Spelt	Venison Wild Game SEEDS (raw, unsalted) Pumpkin Sesame Sunflower WEAPONS OF MASS REDUCTION B Complex 75 Vitamin D3 Black seed oil
	Trout *Tuna Other fish (canned, fresh) NUTS (Raw, no salt) Filberts Hazelnuts Macadamias Pecans GRAINS & PASTA Kamut Mung bean pasta Non-yeasted breads	Goose Pheasant Turkey NUTS (Raw, no salt) Pine nuts *Pistachios Walnuts (black preferred) GRAINS & PASTA Oatmeal Quinoa-black, red Quinoa pasta	Lamb Ostrich SEEDS (raw, unsalted) Chia *Cumin (black) Flax (fresh ground) Hemp GRAINS & PASTA *Sorghum Spelt Spinach pasta	Venison Wild Game SEEDS (raw, unsalted) Pumpkin Sesame Sunflower WEAPONS OF MASS REDUCTION B Complex 75 Vitamin D3 Black seed oil *Eco-Thyro (with recommendation)

SAUCES/CONDIMENTS	SAUCES/CONDIMENTS	SAUCES/CONDIMENTS	SAUCES/CONDIMENTS	SAUCES/CONDIMENTS
Bragg's Liquid Amino Acids	Coriander	*Kelp	Olives	Sesame seed
Bragg's Herbs & Spices	*Cumin (ground)	Ketchup (organic, sugar-free)	Onion powder	Sriracha
Capers	*Cumin (black seed)	*Kimchee	*Oregano	Tamari
Cardamon	*Curry powder	Lemon juice	Pesto	Tarragon
*Cayenne pepper	Dijon mustard	Lime juice	Pickles	Tabasco
Chile peppers	Fennel	Marinara sauce (sugar-free)	Red chili paste	Tomato paste
Chili powder	*Garlic (fresh)	Miso	*Rosemary	*Turmeric
Chili sauce	Garlic powder	Mustard	Sage	Vanilla
Chinese mustard	Ginger	Nigella (onion seed)	Salsa	Vegenaise mayonnaise
Chipotle	Gomasio (sea salt & seaweed)	Nutmeg	*Sauerkraut	Vinegar
*Cinnamon	Honey (raw, unrefined, organic)	Nutritional yeast	Sea salt	VIIICEAI
cimunon		Nutritional yeast	Sca sait	
FLOURS	Einkorn	BEAN FLOURS	SEED FLOURS	NUT FLOURS
Amaranth	Kamut	Black bean	Flaxseed (ground)	Almond flour/meal
Arrowroot	Oat flour	Chickpea	Hemp seed	Ground pecans
Artichoke	Rye	Fava bean	Pumpkin seed flour/meal	Ground walnut
Barley	Sorghum	Garbanzo bean	Quinoa	OTHER (Cooking)
Buckwheat	Spelt	Kidney	Sesame seed meal	Baking powder (aluminum-free)
Coconut	Teff	Lentil	Sunflower seed meal	Baking soda
BUTTERS	OILS	*Fish oil	SWEETENERS	SWEETENERS
(Organic, raw)	Avocado oil	Flax oil	Сасао	Molasses (Blackstrap, organic)
(Organic, raw) Almond butter	Avocado oil Almond oil	Flax oil Grape seed oil	Cacao Cinnamon	Molasses (<i>Blackstrap, organic</i>) Nutmeg
(Organic, raw) Almond butter Butter	Avocado oil Almond oil *Black seed oil	Flax oil Grape seed oil *Pistachio nut oil	Cacao Cinnamon Coconut palm sugar	Molasses (<i>Blackstrap, organic)</i> Nutmeg Stevia
(Organic, raw) Almond butter Butter Coconut butter	Avocado oil Almond oil *Black seed oil *Coconut oil	Flax oil Grape seed oil *Pistachio nut oil Sesame oil	Cacao Cinnamon Coconut palm sugar Honey (<i>raw, unrefined, organic</i>)	Molasses (<i>Blackstrap, organic)</i> Nutmeg Stevia Vanilla
(Organic, raw) Almond butter Butter	Avocado oil Almond oil *Black seed oil	Flax oil Grape seed oil *Pistachio nut oil	Cacao Cinnamon Coconut palm sugar Honey (<i>raw, unrefined, organic</i>) Luo Han Guo (<i>Lo Han</i>)	Molasses (<i>Blackstrap, organic)</i> Nutmeg Stevia
(Organic, raw) Almond butter Butter Coconut butter	Avocado oil Almond oil *Black seed oil *Coconut oil	Flax oil Grape seed oil *Pistachio nut oil Sesame oil	Cacao Cinnamon Coconut palm sugar Honey (<i>raw, unrefined, organic</i>)	Molasses (<i>Blackstrap, organic)</i> Nutmeg Stevia Vanilla
(Organic, raw) Almond butter Butter Coconut butter Ghee	Avocado oil Almond oil *Black seed oil *Coconut oil *Extra Virgin Olive Oil <i>(EVOO)</i>	Flax oil Grape seed oil *Pistachio nut oil Sesame oil Walnut oil	Cacao Cinnamon Coconut palm sugar Honey (<i>raw, unrefined, organic</i>) Luo Han Guo (<i>Lo Han</i>) Maple syrup (<i>pure</i>)	Molasses (<i>Blackstrap, organic)</i> Nutmeg Stevia Vanilla *Xylitol Yacon
(Organic, raw) Almond butter Butter Coconut butter Ghee DAIRY *organic/raw	Avocado oil Almond oil *Black seed oil *Coconut oil *Extra Virgin Olive Oil (EVOO) CHEESES *organic/raw	Flax oil Grape seed oil *Pistachio nut oil Sesame oil Walnut oil ALTERNATIVE MILKS (unsweet)	Cacao Cinnamon Coconut palm sugar Honey (<i>raw, unrefined, organic</i>) Luo Han Guo (<i>Lo Han</i>) Maple syrup (<i>pure</i>) WATERS	Molasses (Blackstrap, organic) Nutmeg Stevia Vanilla *Xylitol Yacon COFFEE *organic
(Organic, raw) Almond butter Butter Coconut butter Ghee DAIRY *organic/raw Butter	Avocado oil Almond oil *Black seed oil *Coconut oil *Extra Virgin Olive Oil (EVOO) CHEESES *organic/raw (no rBGH or antibiotics)	Flax oil Grape seed oil *Pistachio nut oil Sesame oil Walnut oil ALTERNATIVE MILKS (unsweet) Almond milk	Cacao Cinnamon Coconut palm sugar Honey (<i>raw, unrefined, organic</i>) Luo Han Guo (<i>Lo Han</i>) Maple syrup (<i>pure</i>) WATERS Coconut water	Molasses (<i>Blackstrap, organic)</i> Nutmeg Stevia Vanilla *Xylitol Yacon
(Organic, raw) Almond butter Butter Coconut butter Ghee DAIRY *organic/raw Butter Coconut yogurt	Avocado oil Almond oil *Black seed oil *Coconut oil *Extra Virgin Olive Oil (EVOO) CHEESES *organic/raw (no rBGH or antibiotics) Asiago	Flax oil Grape seed oil *Pistachio nut oil Sesame oil Walnut oil ALTERNATIVE MILKS (unsweet) Almond milk Coconut milk	Cacao Cinnamon Coconut palm sugar Honey (<i>raw, unrefined, organic</i>) Luo Han Guo (<i>Lo Han</i>) Maple syrup (<i>pure</i>) WATERS Coconut water Water (<i>purified/filtered</i>)	Molasses (Blackstrap, organic) Nutmeg Stevia Vanilla *Xylitol Yacon COFFEE *organic Light roast (less processed)
(Organic, raw) Almond butter Butter Coconut butter Ghee DAIRY *organic/raw Butter Coconut yogurt Ghee	Avocado oil Almond oil *Black seed oil *Coconut oil *Extra Virgin Olive Oil (EVOO) CHEESES *organic/raw (no rBGH or antibiotics) Asiago Blue cheese	Flax oil Grape seed oil *Pistachio nut oil Sesame oil Walnut oil ALTERNATIVE MILKS (unsweet) Almond milk Coconut milk Goat milk	Cacao Cinnamon Coconut palm sugar Honey (<i>raw, unrefined, organic</i>) Luo Han Guo (<i>Lo Han</i>) Maple syrup (<i>pure</i>) WATERS Coconut water	Molasses (Blackstrap, organic) Nutmeg Stevia Vanilla *Xylitol Yacon COFFEE *organic Light roast (less processed) TEAS *organic
(Organic, raw) Almond butter Butter Coconut butter Ghee DAIRY *organic/raw Butter Coconut yogurt Ghee Goat cheese/milk/yogurt	Avocado oil Almond oil *Black seed oil *Coconut oil *Extra Virgin Olive Oil (EVOO) CHEESES *organic/raw (no rBGH or antibiotics) Asiago Blue cheese Cheddar	Flax oil Grape seed oil *Pistachio nut oil Sesame oil Walnut oil ALTERNATIVE MILKS (unsweet) Almond milk Coconut milk	Cacao Cinnamon Coconut palm sugar Honey (<i>raw, unrefined, organic</i>) Luo Han Guo (<i>Lo Han</i>) Maple syrup (<i>pure</i>) WATERS Coconut water Water (<i>purified/filtered</i>) Water (<i>sparkling</i>)	Molasses (Blackstrap, organic) Nutmeg Stevia Vanilla *Xylitol Yacon COFFEE *organic Light roast (less processed) TEAS *organic Black Tea
(Organic, raw) Almond butter Butter Coconut butter Ghee DAIRY *organic/raw Butter Coconut yogurt Ghee Goat cheese/milk/yogurt Kefir	Avocado oil Almond oil *Black seed oil *Coconut oil *Extra Virgin Olive Oil (EVOO) CHEESES *organic/raw (no rBGH or antibiotics) Asiago Blue cheese Cheddar Cottage cheese	Flax oil Grape seed oil *Pistachio nut oil Sesame oil Walnut oil ALTERNATIVE MILKS (unsweet) Almond milk Coconut milk Goat milk	Cacao Cinnamon Coconut palm sugar Honey (<i>raw, unrefined, organic</i>) Luo Han Guo (<i>Lo Han</i>) Maple syrup (<i>pure</i>) WATERS Coconut water Water (<i>purified/filtered</i>) Water (<i>sparkling</i>) JUICE *organic preferred	Molasses (Blackstrap, organic) Nutmeg Stevia Vanilla *Xylitol Yacon COFFEE *organic Light roast (less processed) TEAS *organic Black Tea Green Tea
(Organic, raw) Almond butter Butter Coconut butter Ghee DAIRY *organic/raw Butter Coconut yogurt Ghee Goat cheese/milk/yogurt Kefir Milk (raw)	Avocado oil Almond oil *Black seed oil *Coconut oil *Extra Virgin Olive Oil (EVOO) CHEESES *organic/raw (no rBGH or antibiotics) Asiago Blue cheese Cheddar Cottage cheese Cream cheese	Flax oil Grape seed oil *Pistachio nut oil Sesame oil Walnut oil ALTERNATIVE MILKS (unsweet) Almond milk Coconut milk Goat milk	Cacao Cinnamon Coconut palm sugar Honey (raw, unrefined, organic) Luo Han Guo (Lo Han) Maple syrup (pure) WATERS Coconut water Water (purified/filtered) Water (sparkling) JUICE *organic preferred Use small, dark, bitter fruits.	Molasses (Blackstrap, organic) Nutmeg Stevia Vanilla *Xylitol Yacon COFFEE *organic Light roast (less processed) TEAS *organic Black Tea Green Tea Herbal teas
(Organic, raw) Almond butter Butter Coconut butter Ghee DAIRY *organic/raw Butter Coconut yogurt Ghee Goat cheese/milk/yogurt Kefir Milk (raw) Raw milk	Avocado oil Almond oil *Black seed oil *Coconut oil *Extra Virgin Olive Oil (EVOO) CHEESES *organic/raw (no rBGH or antibiotics) Asiago Blue cheese Cheddar Cottage cheese Cream cheese Feta	Flax oil Grape seed oil *Pistachio nut oil Sesame oil Walnut oil ALTERNATIVE MILKS (unsweet) Almond milk Coconut milk Goat milk Hemp milk	Cacao Cinnamon Coconut palm sugar Honey (<i>raw, unrefined, organic</i>) Luo Han Guo (<i>Lo Han</i>) Maple syrup (<i>pure</i>) WATERS Coconut water Water (<i>purified/filtered</i>) Water (<i>sparkling</i>) JUICE * organic preferred Use small, dark, bitter fruits. Smoothies (more veggies than fruit)	Molasses (Blackstrap, organic) Nutmeg Stevia Vanilla *Xylitol Yacon COFFEE *organic Light roast (less processed) TEAS *organic Black Tea Green Tea Herbal teas Kombucha
(Organic, raw) Almond butter Butter Coconut butter Ghee DAIRY *organic/raw Butter Coconut yogurt Ghee Goat cheese/milk/yogurt Kefir Milk (raw) Raw milk Sour cream	Avocado oil Almond oil *Black seed oil *Coconut oil *Extra Virgin Olive Oil (EVOO) CHEESES *organic/raw (no rBGH or antibiotics) Asiago Blue cheese Cheddar Cottage cheese Cream cheese Feta Goat	Flax oil Grape seed oil *Pistachio nut oil Sesame oil Walnut oil ALTERNATIVE MILKS (unsweet) Almond milk Coconut milk Goat milk Hemp milk	Cacao Cinnamon Coconut palm sugar Honey (<i>raw, unrefined, organic</i>) Luo Han Guo (<i>Lo Han</i>) Maple syrup (<i>pure</i>) WATERS Coconut water Water (<i>purified/filtered</i>) Water (<i>purified/filtered</i>) Water (<i>sparkling</i>) JUICE * organic preferred Use small, dark, bitter fruits. Smoothies (more veggies than fruit) Currant	Molasses (Blackstrap, organic) Nutmeg Stevia Vanilla *Xylitol Yacon COFFEE *organic Light roast (less processed) TEAS *organic Black Tea Green Tea Herbal teas Kombucha Pau D'Arco
(Organic, raw) Almond butter Butter Coconut butter Ghee DAIRY *organic/raw Butter Coconut yogurt Ghee Goat cheese/milk/yogurt Kefir Milk (raw) Raw milk	Avocado oil Almond oil *Black seed oil *Coconut oil *Extra Virgin Olive Oil (EVOO) CHEESES *organic/raw (no rBGH or antibiotics) Asiago Blue cheese Cheddar Cottage cheese Cheddar Cottage cheese Cream cheese Feta Goat Mozzarella	Flax oil Grape seed oil *Pistachio nut oil Sesame oil Walnut oil ALTERNATIVE MILKS (unsweet) Almond milk Coconut milk Goat milk	Cacao Cinnamon Coconut palm sugar Honey (raw, unrefined, organic) Luo Han Guo (Lo Han) Maple syrup (pure) WATERS Coconut water Water (purified/filtered) Water (purified/filtered) Water (sparkling) JUICE *organic preferred Use small, dark, bitter fruits. Smoothies (more veggies than fruit) Currant Pomegranate	Molasses (Blackstrap, organic) Nutmeg Stevia Vanilla *Xylitol Yacon COFFEE *organic Light roast (less processed) TEAS *organic Black Tea Green Tea Herbal teas Kombucha
(Organic, raw) Almond butter Butter Coconut butter Ghee DAIRY *organic/raw Butter Coconut yogurt Ghee Goat cheese/milk/yogurt Kefir Milk (raw) Raw milk Sour cream	Avocado oil Almond oil *Black seed oil *Coconut oil *Extra Virgin Olive Oil (EVOO) CHEESES *organic/raw (no rBGH or antibiotics) Asiago Blue cheese Cheddar Cottage cheese Cream cheese Feta Goat	Flax oil Grape seed oil *Pistachio nut oil Sesame oil Walnut oil ALTERNATIVE MILKS (unsweet) Almond milk Coconut milk Goat milk Hemp milk	Cacao Cinnamon Coconut palm sugar Honey (<i>raw, unrefined, organic</i>) Luo Han Guo (<i>Lo Han</i>) Maple syrup (<i>pure</i>) WATERS Coconut water Water (<i>purified/filtered</i>) Water (<i>purified/filtered</i>) Water (<i>sparkling</i>) JUICE * organic preferred Use small, dark, bitter fruits. Smoothies (more veggies than fruit) Currant	Molasses (Blackstrap, organic) Nutmeg Stevia Vanilla *Xylitol Yacon COFFEE *organic Light roast (less processed) TEAS *organic Black Tea Green Tea Herbal teas Kombucha Pau D'Arco