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THE DR. SEBI FOOD LIST PDF DOWNLOAD

The most natural dietary food list recommendations, and those most often recommended, are adjustments to food ingredients, and eating patterns



THE DR. SEBI FOOD LIST

VEGETABLES

Amaranth greens – same as Callaloo, a variety of greens
Wild Arugula
Avocado
Bell Peppers
Chayote (Mexican Squash)
Cucumber
Dandelion greens
Garbanzo beans
Izote – cactus flower/ cactus leaf
Kale
Lettuce (all, except Iceberg)
Mushrooms (all, except Shitake)
Nopales – Mexican Cactus
Okra
Olives
Onions
Sea Vegetables (wakame/dulse/arame/hijiki/nori)
Squash
Tomato – cherry and plum only
Tomatillo
Turnip greens
Zucchini
Watercress
Purslane (Verdolaga)

FRUITS

Apples
Bananas – the smallest one or the Burro/mid-size (original banana)
Berries – all varieties- Elderberries in any form – no cranberries
Cantaloupe
Cherries
Currants
Dates
Figs
Grapes- seeded
Limes (key limes preferred with seeds)
Mango
Melons- seeded
Orange (Seville or sour preferred, difficult to find)

Papayas
Peaches
Pears
Plums
Prickly Pear (Cactus Fruit)
Prunes
Raisins –seeded
Soft Jelly Coconuts
Soursops – (Latin or West Indian markets)
Tamarind

ALL NATURAL HERBAL TEAS

Burdock
Chamomile
Elderberry
Fennel
Ginger
Raspberry
Tila

Grains

Amaranth
Fonio
Kamut
Quinoa
Rye
Spelt
Tef
Wild Rice

DR SEBI'S CELL FOOD



Nutritional Guide

NUTS & SEEDS (includes Nut & Seed Butters)

Hempseed
Raw Sesame Seeds
Raw Sesame "Tahini" Butter
Walnuts
Brazil Nuts

OILS

Olive Oil (Do not cook)
Coconut Oil (Do not cook)
Grapeseed Oil
Sesame Oil
Hempseed Oil
Avocado Oil

Phone: (310) 838-2490

www.drsebiscellfood.com
2907 La Cienega Ave Los Angeles CA, 90004

SPICES & SEASONINGS

Mild Flavors

Basil
Bay leaf
Cloves
Dill
Oregano
Savory
Sweet Basil
Tarragon
Thyme

Pungent & Spicy Flavors

Achiote
Cayenne/ African Bird Pepper
Onion Powder
Habanero
Sage

Salty Flavors

Pure Sea Salt
Powdered Granulated Seaweed
(Kelp/Dulse/Nori – has "sea taste")

Sweet Flavors

Pure Agave Syrup – (from cactus)
Date Sugar

IMPORTANT REMINDERS

REMEMBER

Drink 1g of Spring Water daily
Take Cellfood 1hr B' Pharmaceuticals
Sleep during healing hrs(10p-2a)
Be faithful to this list

FORGET

The Microwave
Any Food/Drink unlisted
Canned and seedless fruits
Animal products, meat, fish, dairy, honey,
Gmo's, wht/bwn sugar, and alcohol.

info@drsebisecellfood.com

The Dr. Sebi Food List

Fruits

Apples
 bananas (burro or baby)
 berries (all varieties, except cranberries)
 cantaloupe
 cherries
 currants
 dates
 figs
 grapes (seeded)
 limes (key limes preferred with seeds)
 mango
 melons (seeded)
 oranges (seville or sour preferred)
 papayas,
 peaches,
 pears,
 plums
 prickly pear (cactus fruits)
 prunes
 raisins (seeded)
 soft jelly coconuts
 soursops
 tamarind

Spices and Seasonings

Mild Flavors

basil
 bay leaf
 cloves
 dill
 oregano
 savory
 sweet basil
 taragon

Vegetables

wild arugula
 bell peppers
 amaranth green (also callaloo)
 avocado
 chayote (mexican squash)
 cucumber
 dandelion greens
 garbanzo beans
 izote (cactus flower/cactus leaf)
 kale, lettuce (all except lettuce)
 Mushrooms (all except shitake)
 Nopales (Mexican cactus)
 Sea vegetables
 (wakame/dulse/arama/hiiiki/nori)
 Olives
 Onion
 Okra
 Squash
 tomato (cherry and plum only)
 tomatillo
 turnip greens
 zucchini
 watercress
 purslane (verdolaga)

Nuts and Seeds

hempseeds
 raw sesame seeds
 raw sesame "tahini"
 butter
 walnuts
 brazil nuts

Grains

Amaranth
 fonio
 kamut
 quinoa
 rye
 spelt
 teff
 wild rice

Beans/ Legumes

black beans
 chickpeas

lentils

Oils

olive oil (do not cook)
 coconut oil (do not cook)
 grapeseed oil
 sesame oil
 hempseed oil
 avocado oil

Supplements

thyme

Pungent and Spicy

Achiote

cayenne/african bird pepper

onion powder

habanero

sage

Salty Flavors

pure sea salt

powdered granulated seaweed (kelp/dulce/nori - has
"sea taste")

Sweet flavors

pure agave syrup (from cactus)

date sugar