



# REALHEALTH MD

WEEKLY CHECKLIST

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All of these foods should be non-GMO and organic.

## Healthy Fats

Almonds  
Avocado Oil  
Avocados  
Brazil Nuts  
Flax Seeds  
Ground Flaxseed  
Hazelnuts  
Hemp Seeds  
Nut Butters  
Olives  
Olive Oil  
Pecans  
Pine Nuts  
Pistachio Nuts  
Pumpkin Seeds  
Sesame Seeds  
Sesame Seed Oil  
Sunflower Seeds  
Walnuts

## Proteins

Beans  
Legumes  
Tofu  
Tempeh  
Chickpeas  
Lentils  
Navy Beans  
Cannellini Beans  
Nuts (also under fats)  
Wild Caught Fish  
Wild Caught Shellfish  
Pasture Raised Poultry  
Paisture Raised Eggs  
Grass Fed Beef  
Grass Fed Wild Game  
Organ Meats  
(Organic + Grass Fed)

### Note:

*If you choose to include animal products, consume no more than one fist sized serving per day.*

## Vegetables

Brussels Sprouts  
Cabbage  
Cauliflower  
Kale  
Broccoli  
Carrots  
Peppers  
Celery  
Cabbages  
Spinach  
Asparagus  
Okra  
Broccoli Sprouts  
Watercress  
Collard Greens  
Mustard Greens  
Fennel  
Shallots  
Beet Greens  
Beets  
Scallions  
Artichoke  
Mushrooms  
Red Onion  
Shallots  
Tomatoes.

## Spices & Herbs

Garlic. Onion. Oregano. Sage. Thyme. Parsley. Basil.  
Stinging Nettle Root. Dandelion Greens & Root. Marjoram.  
Lavender. Hawthorn Leaves & Flowers. Turmeric. Ginger.  
Fennel. Rosemary. Parsley. Cilantro. Cumin. Coriander.  
Horseradish. Capsaicin (Hot peppers)

## Miscellaneous

Green Tea  
Reishi Coffee  
Raw Cacao

## Fruits

Green Apples. Red Apples. Cherries. Citrus Fruits. Lemons & Limes. Blueberries. Cranberries. Bilberries. Strawberries. Blackberries. Black Raspberries. Guava. Kiwi. Papaya.

# DON'T FORGET ...

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Avoid alcohol

Minimize toxins that you put in  
and on you

Be grateful

Breathe slowly

Go barefoot outside in the grass  
and the sand

Watch the sunrise and sunset

Take the trash out, that includes  
toxic relationships

Smile

Limit blue light exposure,  
especially after dark

Spend time in nature

Laugh

Get 15-30 minutes of unprotected  
sun exposure each day

Help someone else

Exercise daily

Practice grounding

Meditate

Prioritize sleep

Love deeply

**Detox three times a week:**

Exercise for 20 minutes

Dry brush

Drink hot green tea

Infrared sauna for 20 minutes

**Medicinal Mushrooms:**

Turkey Tail

Reishi

Cordyceps

Chaga

Shitake

Maitake

Lions Mane