

Duplechain Holstic Health & Fitness Club

Dr.sunshinecellfoods.com

Plant~Base Acceptance Food Guide

Important things to remember!!

- ✓ If the food is NOT listed on the Plant~Base Acceptance Food Guide it is NOT recommended.
- ✓ Drink 1 gallon of natural spring water daily.
- ✓ Take Plant~Base Acceptance Food Guide products 1 hour prior to pharmaceuticals.
- ✓ All of Plant~Base Acceptance Food Guide products can be taken together with no interaction.
- ✓ Following the Plant~Base Acceptance Food Guide strictly (Eating Raw Fruits & Vegetables), and taking products regularly, produces the best results with reversing diagnoses & disease.
- ✓ No animal products, No dairy, No fish, No hybrid foods and No alcohol.
- ✓ Natural growing grains are plant-based; it is recommended that you consume the grains listed in the Nourishment Guide instead of Wheat (Depending on your diagnosis or diseases)
- ✓ Many of the grains listed have been made into pasta, breads, flour and cereal. (The products can be found in most health food stores).
- ✓ Duplechain Holstic Health & Fitness Herbal Compounds are still releasing their therapeutic properties 14 days after being taken.
- ✓ Avoid using a microwave, it will kill your food.
- ✓ No canned or seedless fruits”.
- ✓ We are not medical doctors: therefore, we do not diagnose illness or prescribe pharmaceuticals. We are nutritional consultants and make suggestions relating to nutrition. None of the information offered here is intended to replace any program that your medical doctor has prescribed for you, nor does it conflict with any pharmaceutical medication you are taking. It is recommended that you take your products at least one hour prior to taking your medication so that the minerals offered can be fully assimilated.

Duplechain Holstic Health & Fitness Club

Dr.sunshinecellfoods.com

Plant~Base Acceptance Food Guide

Vegetables

- Amaranth Greens (Same as Callaloo, a Variety of Greens)
- Avocado
- Bell Peppers (All Are Excepted)
 - Red Bell Peppers
 - Orange Bell Peppers
 - Yellow Bell Peppers
 - Green Bell Peppers
- Beets
- Chayote (Mexican Squash)
- Cucumber
- Garbanzo beans (chickpeas)
- Izote – cactus flower/ cactus leaf- grows naturally in California
- Lettuce (All, Except Iceberg)
 - Arugula aka Wild Arugula
 - Batavia Lettuce
 - Belgain Endive
 - Butter Lettuce
 - Bok Choy
 - Chard
 - Chrysanthemum Greens
 - Collard Greens
 - Dandelion Greens
 - Endive “Pancalieri”
 - Frisee (Curly Endive)
 - Kale
 - Little Gem Lettuce
 - Mach (aka Lamb’s Lettuce)
 - Mesclun (Spring Mix)
 - Mizuna
 - Mustard Greens
 - Oak Leaf Lettuce
 - Purslane (Verdolaga)
 - Radicchio
 - “Red Rib” Chicory
 - Red~Veined Sorrel
 - Romaine

Duplechain Holstic Health & Fitness Club

Dr.sunshinecellfoods.com

- o Speckled Radicchio
- o Turnip Greens
- o Watercress (Land Cress)

- Microgreens
 - o Amaranth
 - o Arugula
 - o Basil
 - o Collards
 - o Cress
 - o Mustard Green
 - o Kale
 - o Lettuce
 - o Swiss Chard

- Mushrooms (All Mushrooms, Except Shitake)
 - o Black Trumprt
 - o Brown ~ Cremini (Large Amount of Vitamin D When Grown Outside.)
 - o Button Mushrooms
 - o Chaga Mushrooms
 - o Chanterelle Mushrooms
 - o Golden Enoki Mushrooms
 - o King Trumpet Mushrooms
 - o Lion's Mane Mushrooms
 - o Mitake Mushrooms (Large Amount of Vitamin D When Grown Outside.)
 - o Morel Mushrooms
 - o Oyster Mushrooms
 - o Porcini Mushrooms
 - o Portobello Mushrooms (Large Amount of Vitamin D When Grown Outside.)
 - o White Mushrooms (Large Amount of Vitamin D When Grown Outside.)
 - o Chicken of the Women

- Nopales – Mexican Cactus
- Okra
- Olives (and Olive Oil)
 - o Agrinion Olives
 - o Alfonso Olives
 - o Amfissa Olives,
 - o Arauco Olives,
 - o Arbequina Olives
 - o Beldi Olives
 - o Castelvetroano Olives
 - o Cerignola Olives
 - o Leccino Olives
 - o Ligurian Olives
 - o Lugano Olives
 - o Lucques Olives
 - o Manzanilla Olives
 - o Mission Olives
 - o Nicoise Olives
 - o Nyon Olives

Duplechain Holstic Health & Fitness Club

Dr.sunshinecellfoods.com

- o Cobrancosa Olives
- o Cordovil Olives
- o Gaeta Olives
- o Galega Olives,
- o Gemlik Olives
- o Gordal Olives
- o Kalamata Olives
- o Psycholine Olives
- o Picual Olives
- o Verdial Olives
- Onions (All, Except Garlic)
 - o Brown Onions
 - o Chives Onions
 - o Green Onions
 - o Leek Onions
 - o Pearl Onions
 - o Red Onions
 - o Sweet Onions
 - o Shallots
 - o Spring Onions
 - o Welsh Onion
 - o White Onions
 - o Yellow Onions
- Sea Vegetable
 - o Agar
 - o Alaria aka (Nori or Wakame)
 - o Arame
 - o Bladderwhack
 - o Dulse
 - o Hijiki
 - o Kelp
 - o Kombu
 - o Ogonori
 - o Nori
 - o Sea Lettuce
 - o Wakame
- Squash (All Except Pumpkin)
 - o Acorn Squash
 - o Ambercup Squash
 - o Banana Squash
 - o Black Futsu
 - o Butternut Squash
 - o Calabaza Squash
 - o Carnival Squash
 - o Crookneck Squash

Duplechain Holstic Health & Fitness Club

Dr.sunshinecellfoods.com

- o Delicata Squash
- o Hubbard Squash
- o Kabocha Squash
- o Kuri Squash
- o Spaghetti Squash
- o Sweet Dumpling Squash
- o Sweet Potato Squash
- o Turban Squash
- Tomato – Cherry and Plum Only
- Tomatillo
- Zucchini

Fruits

(No canned fruits or Seedless fruits)

- Apples (All Organic Apples)
- Bananas – the smallest one or the Burro/mid-size (original banana)
- Berries – All Varieties- Elderberries In Any Form – No Cranberries
 - o Acai Berry
 - o Blackberry
 - o Black Raspberry
 - o Blueberry
 - o Bilberry
 - o Boysenberry
 - o Chokeberry (Aronia Berries)
 - o Cloudberry
 - o Currants
 - o Elderberries (In Any Form No Cranberries)
 - o Goji Berry (Wolfberry)
 - o Gooseberry
 - o Huckleberry
 - o Lingonberry
 - o Loganberry
 - o Raspberry
 - o Red Mulberry
 - o Salmonberries
 - o Strawberries
 - o Tayberry
 - o White Mulberry
 - o Watermelon
- Cherries

Duplechain Holstic Health & Fitness Club

Dr.sunshinecellfoods.com

- Chirimoyas/Cherimoyas (Sugar Apples)
- Dates
- Figs
- All Grapes -Seeded
- Limes (key limes preferred with seeds)
- Mango
- Melons –All Melons Seeded
 - Apollo Melon
 - Autumn Sweet Melon
 - Bailan Melon
 - Bitter Melon
 - Canary Melon
 - Cantaloupe Melon
 - Charentais Melon
 - Claus Melon
 - Crenshaw Melon
 - Gac Melon
 - Golden Langkawi Melon
 - Golden Prize Melon
 - Hami Melon
 - Honeydew Melon
 - Honey Globe Melon
 - Horned Melon
 - New Century Melon
 - Jade Dew Melon
 - Koren Melon
 - Ten Me Melon
 - Sprite Melon
 - Sky Rocket Melon
- Orange (Seville or sour preferred, difficult to find)
- Papayas
- Peaches
- Pears
- Pink Pineapples
- Plums
- Prickly Pear (Cactus Fruit)
- Prunes
- Raisins -Seeded
- Soft Jelly Coconuts (and Coconut Oil)
- Soursops – (Latin or West Indian markets)
- Tamarind

Duplechain Holstic Health & Fitness Club

Dr.sunshinecellfoods.com

Nuts & Seeds

(Includes Nut & Seed Butters)

- Brazilian Nuts
- Hemp Seed
- Raw Sesame Seeds
- Raw Sesame “Tahini” Butter
- Walnuts

Nut Milk

- Brazilian Nut Milk
- Hemp Milk
- Sesame Seed Milk
- Walnut Milk
- Coconut Milk

Oils

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

Spices – Seasonings (Mild Flavors)

- Basil
- Bay leaf
- Cloves
- Dill
- Oregano
- Savory
- Sweet Basil
- Tarragon
- Thyme

Spices – Seasonings (Salty Favors)

- Achiote
- Cayenne (African Bird Peppers)

Duplechain Holstic Health & Fitness Club

Dr.sunshinecellfoods.com

- Corriander (Cilantro)
- Kelp/Dulse/Nori (has sea taste)
- Onion Powder
- Pure Sea Salt
- Powdered Granulated
- Habanero
- Sage

Spices – Seasonings (Salty Favors)

- Pure Sea Salt
- Powdered Granulated Seaweed (Kelp)
- Dulse/Nori (“Sea Taste”)

Sweet Flavors

- 100% Pure Agave Syrup – (from cactus)
- Date “Sugar – (from dried dates)

Alkaline Grains

- Amaranth
- Amaranth Flour
- Fonio
- Fonio Flour
- Kamut
- Kamut Flour
- Quinoa
- Quinoa Flour
- Rye
- Rye Flour
- Spelt
- Spelt Flour
- Teff
- Teff Flour
- Wild Rice

All Natural Herbal Teas

- Burdock
- Chaga Mushrooms
- Chamomile

Duplechain Holstic Health & Fitness Club

Dr.sunshinecellfoods.com

- Elderberry
- Fennel
- Ginger
- Red Raspberry
- Tila
- Soursop
- Many, Many More Listed On Our Website!