



DR. DAN'S

Natural Healing
CENTER

Simple, natural healthcare

Healthy Snacks

- Hardboiled eggs
- Nuts – Brazil, Pecans, Walnuts, Almonds – Properly Prepared
- Avocado (or Guacamole)
- Raw Cheese
- Fresh Fruit & Fat (nut butter, raw cheese, coconut oil, whole yogurt)
- Cured meats – nitrate free (smoked salmon, prosciutto, salami)
- Whole plain yogurt
- Yogurt smoothie
- Hummus & raw veggies
- Egg muffins
- Kale chips
- Popcorn – stovetop cooked in coconut oil & sea salt, drizzle with butter

Healthy Beverages

- Good quality, filtered water – not distilled water
- Seltzer water – plain, or with fresh lemon or lime juice
- Kombucha – an effervescent lacto-fermented tea available at health stores
- Raw milk
- Coconut water – without added sweeteners
- Organic Herbal Tea
- Caffix or Dandy Blend – delicious coffee substitutes

Beverages to Avoid

- All sodas – regular and diet
- Commercial fruit juices
- Coffee
- Alcohol

Some Information Sourced from The Weston A. Price Foundation