

MEVY DIET FRIENDLY FOOD LIST

Fuel your body with the power of MEVY for a healthier, happier you!

VEGETABLES



- Lettuce
- Spinach
- Silverbeet
- Endive
- Bok Choy
- Carrots
- Beetroot
- Sweet Potato
- Radish
- Parsnip
- Eggplant
- Cabbage
- Cauliflower
- Brussel Sprouts
- Broccoli
- Cucumbers
- Zucchini
- Shallots
- Spring Onion
- Asparagus
- Celery
- Okra

GRAINS AND FLOURS



- Rice flour
- Natural brown rice flakes (gluten free)
- Wholegrain brown rice
- Barley grass powder
- Wheat grass powder or shots
- Alfalfa grass powder
- Amaranth
- Rice noodles
- Rye flakes
- Buckwheat
- Soba (100% buckwheat) noodles (Asian shops may have selection here)
- Millet
- Whole oat flakes
- Wild rice

POULTRY & MEAT



- Organic free-range eggs
- Caged bird eggs
- Fresh chicken
- Corn-fed chicken
- Fresh turkey (free-range naturally)
- Venison (deer meat)
- Beef
- Lean lamb
- Goat meat
- Bison

DAIRY



- Organic or biodynamic sheep, goat, or cow's milk yoghurt
- Organic soy yoghurt (not dairy, but a yogurt)
- Acidophilus yogurt
- Goat's Feta
- Mozzarella
- Parmesan cheese

FRUITS



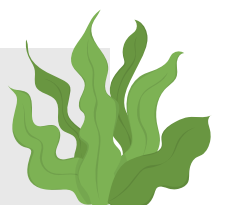
- Blueberries
- Boysenberries
- Kiwi
- Avocado
- Green Apple
- Pomegranate
- Lemon
- Lime
- Strawberries

NOODLES



- Rice noodle
- Rice vermicelli (Asian section)
- Rice sticks
- Rice paper
- Soba noodles (get 100% buckwheat)
- Udon
- Ramen

SEAWEEDS



- Wakame
- Hijiki
- Kombu
- Nori
- Arami
- Dulse

HERBS



- Basil
- Sage
- Thyme
- Garlic
- Oregano
- Mint
- Coriander
- Chives
- Marjoram
- Rosemary
- Ginger

PULSES AND BEANS



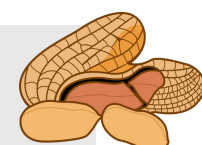
- Adzuki Beans
- Butter Beans
- Flageolet Beans
- Red Kidney Beans
- Black-eye Beans
- Cannellini Beans
- Haricot Beans
- Sprouted Beans
- Broad Beans
- Chickpeas
- Lentils (red/green)

FERMENTED FOODS



- Tempeh
- Natto
- Miso
- Sourdough breads
- Yogurt
- Kimchi
- Kefir
- Sauerkraut
- Apple Cider Vinegar

NUTS AND SEEDS



- Almonds
- Chestnuts
- Flaxseeds
- Pumpkin Seeds
- Brazil Nuts
- Coconuts
- Hazelnuts
- Sesame Seeds
- Cashews
- Pine Nuts
- Sunflower Seeds

SNACKS



- Whole grain, gluten free, yeast and sugar free breads, cakes, muffins, biscuits, crackers
- Corn Chips
- Sesame seed bars
- Chickpea chips
- Coconut bears
- Seaweed crackers
- Gluten free wraps

OILS & FATS



- Rice Bran Oil
- Coconut Oil
- Extra-virgin Olive Oil
- Sesame Seed Oil
- Pumpkin Seed Oil
- Walnut Oil
- Sunflower Seed Oil
- Flaxseed oil products

TIPS FOR MEVY DIET

- Prioritize whole foods over processed alternatives for balanced nutrition.
- Embrace diverse fruits and vegetables for essential vitamins and minerals.
- Incorporate lean proteins like fish and poultry for satiety.
- Opt for healthy fats such as avocados and nuts in moderation.
- Limit added sugars and refined carbohydrates for stable energy levels.

Disclaimer: The statements on this site have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. Information is presented for educational purposes only and is not intended to replace the advice of your healthcare professional. Consult your doctor or health professional before starting a treatment or making any changes to your diet. Always read the label and use as directed. If symptoms persist see your healthcare professional.