

Spices and Seasonings

Mild Flavors

Basil
Bay Leaf
Cloves
Dill
Oregano
Parsley
Savory
Sweet Basil

Pungent and Spicy Flavors

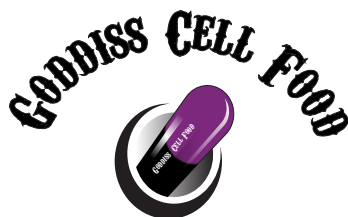
Achiote
Cayenne/ African Bird Pepper
Coriander (Cilantro)
Habanero
Onion Powder
Sage

Salty Flavors

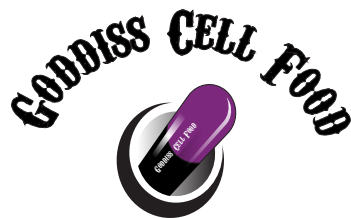
Pure Sea Salt
Powdered Granulated Seaweed
(Kelp/Dulce/Nori-has sea taste)

Sweet Flavors

Pure Agavé Syrup- (from cactus)
Date Sugar



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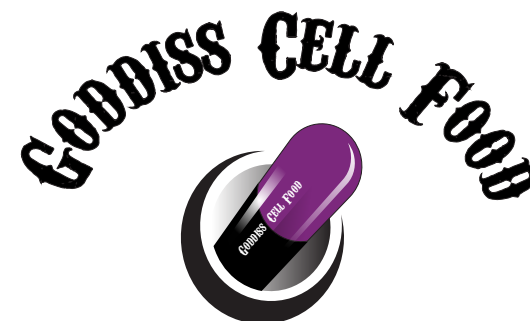


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Food List

Here at **Goddiss Cell Food** we have created our version of Dr. Sebi's food list. Dr. Sebi's nutritional guide has been a life saver for me and my family. I hope to continue to provide my customers with the same good knowledge on the best non-hybrid foods as recommended by Dr. Sebi himself. As we know a healthy meal is yet another key to good health when using our herbal products. You like many other can find his guide online. Please enjoy our version of his food list.



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Thank You,
Tamayia Betts

Vegetables

Amaranth greens - same as Callabo, a variety of greens.
Wild Arugula
Avocado
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
Purslane (Verdolaga)
Sea Vegetables (wakame/ dulce/ arame/ hijiki/ nori)
Squash
Tomato - cherry and plum only
Tomatillo
Turnip greens
Watercress
Zucchini

Fruit

(No canned or seedless fruit)

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

Natural Herbal Teas

Burdock
Chamomile
Elderberry
Fennel
Ginger
Raspberry
Tila

Grains

Amaranth
Fonio
Kamut
Quinoa
Rye
Spelt
Teff
Wild Rice

Nuts and Seeds

(Includes Nuts and Seed Butters)

Brazil Nuts
Hemp Seed
Raw Sesame Seeds
Raw Sesame Tahimi Butter
Walnuts

Oils

Avocado Oil
Coconut Oil (Do not cook)
Grape seed Oil
Hemp seed Oil
Olive Oil (Do not cook)