



Dr. Sebi Inspired Nutritional Guide

Vegetables

Amaranth greens (same as Callaloo, a variety of greens)
 Avocado
 Bell Peppers
 Chayote (Mexican Squash)
 Cucumber
 Dandelion greens
 Garbanzo beans / Chickpeas
 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/dulse/aramé/hijiki/nori)
 Squash
 Tomato (cherry and plum only)
 Tomatillo
 Turnip Greens
 Watercress
 Wild Arugula
 Zucchini

Fruits

Apples (Granny Smith and Red delicious not recommended)
 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)
 Mangoes
 Melons (Watermelon, 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

All Natural Herbal Teas

Allspice
 Anise
 Burdock
 Chamomile
 Dandelion root
 Elderberry
 Fennel
 Flor de manita
 Ginger
 Gordo lobo
 Linden
 Muicle
 Nettle
 Raspberry
 Sarsaparilla
 Tila

Grains

Amaranth
 Fonio
 Kamut
 Quinoa
 Rye
 Spelt
 Tef
 Wild Rice

Nuts & Seeds

Hempseed
 Raw Sesame Seeds
 Raw Sesame “Tahini” Butter
 Walnuts
 Brazil Nuts

Oils

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

Mild Flavors

Basil
 Bay Leaf
 Cloves
 Dill
 Oregano
 Savory
 Sweet Basil
 Tarragon
 Thyme
 African Bird Pepper
 Onion Powder
 Habanero
 Sage

Pungent & Spicy Flavors

Achiote
 Cayenne / African Bird Pepper
 Onion Powder
 Habanero
 Sage

Salty Flavors

Pure Sea Salt
 Powdered Granulated Seaweed (Kelp/Dulse/Nori – has “sea taste”)

Sweet Flavors

Pure Agave Syrup (from cactus)
 Date Sugar
 Date Syrup

Important Reminders

- Drink 1 gallon of Spring Water daily
- Take Cell food 1hr prior to pharmaceuticals
- Sleep during healing hrs (10pm-2am)
- Be faithful to this list

Things to Avoid

- Microwave
- Any Food/Drink unlisted
- Canned and seedless fruits
- Animal products, meat, fish, dairy, honey, Gmo’s, white and brown sugar, alcohol, wines, sodas.
- Food with additives and preservatives
- Soy and dead flesh



Website:
Normasherbs.com

Phone:
 (518) 320-8796

Email:
Support@normasherbs.com