

Energetically Approved Food List

This isn't about trends or diet culture. It's about **what feeds your frequency** and what doesn't.

These foods align with light-body healing, energetic clarity, and soul-rooted restoration — not spiritual bypass, sugar crashes, or seed oil sludge.

FRUITS (High Vibration, Soul-Fueling)

- Figs
- Plums
- Peaches
- Avocados
- Grapes (purple or black)
- Bananas
- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Cherries
- Apples
- Pineapple

VEGETABLES & GREENS (Life Force Boosters)

- Kale
- Collard greens
- Cabbage
- Sweet potatoes
- Broccoli
- Cauliflower
- Zucchini
- Cucumbers
- Beets
- Carrots
- Spinach (sparingly cooked)
- Swiss chard (sparingly cooked)

HERBS & TEAS (Cleansing & Protective)

- Mullein
- Comfrey
- Peppermint
- Nettle
- Ginger
- Dandelion root
- Burdock root
- Lemon balm
- Chamomile
- Holy basil (Tulsi)
- Rosemary
- Sage

NUTS & SEEDS (Protein + Frequency)

- Walnuts
- Almonds
- Pecans
- Pumpkin seeds
- Sunflower seeds
- Chia seeds
- Flax seeds

CLEAN OILS & FATS (No Interference)

- Avocado oil
- Coconut oil
- Olive oil (cold-pressed)
- MCT oil
- Hemp seed oil
- Ghee (grass-fed)

GRAINS & ROOTS (Sustain without Sludge)

- Quinoa
- Wild rice
- Brown rice
- Oats (gluten-free)

- Cassava
- Taro
- Plantains

WATERS & MINERALS (Conduction & Flow)

- Spring water
- Filtered water (no fluoride)
- Coconut water (no additives)
- Sea salt
- Pink salt
- Shilajit
- Trace mineral drops