

Blackseed Diet

Credit to Dr. Sebi (*Items in black*)

Fruits

Apple
Banana
Berries (Except Cranberries)
Cantaloupe
Cherry
Coconut, Jelly (Young Coconuts)
Currant
Date
Fig
Grape
Guava
Guinepp
Lime
Mango
Melon
Orange (Seville or Sour preferred)
Papaya
Passion Fruit
Peach
Pear
Pineapple
Plum
Prune
Raisin
Soursop

Vegetables

Amaranth Green (Same As Callaloo)
Avocado
Asparagus
Black Beans
Bean (Green String Or Snap Beans Only)
Bell Pepper, Red And Green
Breadfruit
Boniato Potatoes
Burro Banana
Cabbage
Cabbage (Green)
Chayote (A Type Of Green Squash)
Corn Tortilla Only (No White)
Cucumber

Dandelion

Eggplants

Garbanzo Bean (Chickpeas)

Green Banana

Green Peas

Izote (Cactus Flower/ Cactus Leaf)

Jicama

Lentils

Lettuce (Except Iceberg)

Mushroom (Portabella)

Mustard Green

Navy Beans

Nopale (Mexican Cactus)

Okra

Olive

Onion, (Preferably Red)

Poke Salad (Collards, Kale, And All The Rest)

Pumpkin (Calabaza)

Purple Carrots

Purple Corn

Pigeon Peas

Plantains

Purple Potatoes

Sea Vegetables (Wakame/Dulse/Arame/Hijiki/Nori)

Squash (All Fall Varieties)

Spinach (Baby)

Tomato (Cherry and Plum Only)

Tomatillo

Turnip Greens

Watercress

Yautia

Zucchini

Herbs and Spices

Achiote

Basil

Bayleaf

Cayenne

Chili Powder

Cilantro

Cinnamon

Coriander

Cumin

Curry

Dill

Habanero

Kelp Or Dulse

Marjoram

Natural Hickory Smoke Sauce
Onion Powder
Parsley
Rosemary
Sage
Savory
Scallions, Chives
Sweet Basil
Tarragon
Thyme
Turmeric

Herbal Teas

Allspice
Anise
Chamomile
Cinnamon
Fennel
Ginger
Lemon Grass
Mint
Raspberry
Sea Moss Tea

Grains

Amaranth
Black Rice
Kamut
Quinoa
Rye
Spelt
Tef
Wild Rice

Nuts

Almond
Brazil Nuts
Cashews
Hazel
Pine Nuts
Sesame Seeds
Walnut

Salt

Herbamare
Himalayan Salt
Sea Salt
Trocomare

VegeSal

Sweeteners

Agave

Coconut Palm Sugar

Date

Maple

Oil

Avocado Oil

Coconut Oil

Grapeseed Oil

Hempseed Oil

Olive Oil

Sesame Oil