

FOODS THAT FIGHT CANCER

Cruciferous Vegetables	3 cups daily
Mushrooms	10g daily (1 mushroom)
Garlic Onions, shallots	2 cloves
Spinach, watercress	1/2 cup
Freshly ground flax seeds	1 tablespoon
Tomato paste	1 tablespoon
Turmeric	1 teaspoon
Black pepper	1/2 teaspoon
Blueberries, raspberries, blackberries	1/2 cup
Dried cranberries	1/2 cup
Dark chocolate (70% cacao)	40 grams
Green tea	3 times 250 ml
Herbs & Spices	Liberally Everyday