

What and How M.F.E Eats?

OK, “I know” **what not to eat** at this moment at least for a while:

- **Meat** (beef/steak, pork, mutton/lamb, poultry, (any other animal flesh), fish, egg)
- **Milk** (milk, cheese, butter, yogurt, ice cream)
- **Processed-food**
- **Rice** (including brown): Currently questioning if to skip/avoid/be-selective
- **Beans**: Currently questioning if to skip/avoid/selective

So, here **what I like to eat (excluding above ones)**:

- Naturally (not in a polluted environment) grown Organic whole foods.
- (Fermented) Sourdough Bread and Pasta: excluded Processed-food!
- Fresh fruits: they also contain protein.
- Vegetables: Broccoli, Ginger and Blueberry: A magical lab test material and Garlic, Onion, Turmeric.
 - o Base: Lots of onion, garlic and fresh (bell) peppers together with good amount of mushroom in both fresh and bottled tomato to cook Cauliflower, Zucchini and/or Eggplant and/or Kale and/or Collard and/or Common Purslane (semiz otu: %1 protein) and/or celery roots... Okra (Gumbo) is one of my favorite flavoring vegetable. Keep adding all the Cabbage, Brussel sprouts, Asparagus... Sheppard Salad...

If my cholesterol is within a good level, I will add “Kefir” into my diet and start being a Vegetarian rather than Vegan. Eventually an organic vegetable pizza or pogaca/acma with a bit butter could be welcomed into my diet.