

## 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** excluding Organic “Homemade” Sourdough Bread and/or Pasta
- **Rice** (including brown)
- **Beans**

So, here **what I like to eat**:

- Naturally (not in a polluted environment) grown Organic whole foods.
- My own home grown food and/or locally grown healthy food (a wish).
- Balanced amount of Lentil (mostly) and Chickpeas (cooked right: see below)
- Quinoa (primary food for Gluten/Celiac concerned people)
- Fermented (homemade is the best) Sourdough Bread and Pasta.
- Fresh fruits: they also contain protein.
- Broccoli, Ginger, Blueberry: A magical lab test material and Garlic, Onion, Turmeric.
- Base: Lots of onion, garlic and fresh (bell) peppers together with good amount of mushroom in both fresh and bottled tomato to cook Zucchini and/or Eggplant and/or Kale and/or Collard and/or Common Purslane (semiz out: %1 protein) and/or celery roots... Okra (Gumbo!) is one of my favorite flavoring vegetable. Keep adding all the Cabbage, Brussel sprouts, Asparagus...