**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.
  + 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.