**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…