

City Genesis

Healthy Direction for Healthy Living

Daniel Fast:

Food Cravings Chart

Cravings	What you need	What to eat
Chocolate	Magnesium	Seeds, raw nuts, legumes, fruits, green leafy vegetables
Sweets	Chromium Carbon Phosphorus Sulfur Tryptophan	Chromium- Broccoli, cinnamon, grapes, tomato, onion, apples, lettuce, sweet potato. Carbon- Fresh fruits. Phosphorus- Pinto beans, lentils, brazil nuts, pumpkin seeds, whole grains. Sulfur- Red peppers, cabbage, cauliflower, asparagus, garlic, kale, onion, cranberries. Tryptophan- Sweet potato, raisins, oatmeal, spinach, pumpkins seeds, sunflower seeds.
Bread, pasta, or baked foods	Nitrogen Chromium	Nitrogen- High protein foods, nuts, legumes, chia seeds. Chromium- Cinnamon, grapes, tomato, onion, apples, lettuce, sweet potato.
Oily & Fatty foods	Calcium	Mustard and turnip greens, spinach, kale, okra, broccoli, oranges, almonds, milk, sesame seeds
Salty foods	Chloride	Sea salt, celery, tomatoes, olives

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Soda & carbonation	Calcium	Mustard greens, broccoli, kale, tulips greens, sesame, legumes
Coffee	Phosphorus Iron Sodium chloride Sulfur	Phosphorus - Beans, lentils, pinto beans, pumpkin seeds, quinoa, nuts. Iron - Seaweed, spinach, legumes, dried fruit, black cherries, plums, figs. Sodium chloride - Sea salt, apple cider vinegar, seaweed. Sulfur - Garlic, kale, asparagus, onion, cranberries, cabbage, broccoli
Alcohol	Potassium Calcium Protein Glutamine Avenin	Potassium - Seaweed, tomato, citrus fruits, pineapple, banana, black olives, bitter leafy greens. Calcium - Legumes, mustard greens, kale, turnip greens, tahini, sesame seeds. Protein - Legumes such as beans, lentils, peas, soybeans, leafy greens, nuts, seeds. Glutamine - Beets, parsley, cabbage, spinach, vegetable juice, beans. Avenin - Steele cut oats.
Cheese	Essential fatty acids Calcium	Essential fatty acids- Flax oil, Omega 3's (EPA and DHA), walnuts, chia seeds. Calcium- Legumes, broccoli, kale, mustard greens, spinach