

Winter

NOVEMBER – FEBRUARY

SEASONAL EATING

FOOD FOCUS

- *sweet*
- *salty*
- *heavy*
- *warming*
- *cooked*
- *fatty*
- *avoid: cold*

TEA & SPICES

- anise
- basil
- black pepper
- cardamom
- cinnamon
- cumin
- ginger
- turmeric

MISC

- whole grains
- dairy
- maple syrup
- avocado oil
- coconut oil
- olive oil
- eggs

PRODUCE

- avocados
- bananas
- beets
- brussels sprouts
- carrots
- chilis
- dates
- figs
- garlic
- grapefruit
- lemons
- limes
- oranges
- papaya
- persimmons
- potatoes
- pumpkin
- winter squash
- sweet potatoes
- tangerines
- tomatoes

MEAT

- red meat
- poultry
- fish
- seafood

