



# Winter

NOVEMBER - FEBRUARY

## SEASONAL EATING

### FOOD FOCUS

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

### TEA & SPICES

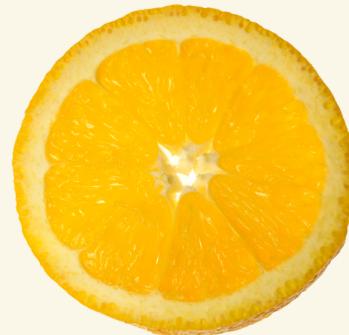
- anise
- basil
- black pepper
- cardamom
- cinnamon
- cumin
- ginger
- turmeric

### 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