

TASTE BALANCING

with DR JENNIFER RUMANCIK ND

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TASTE BALANCING
perfectly balance your meals to decrease cravings by ensuring you have satisfied sweet, salty, bitter, acidic/SOUR, and fat at each meal

SOUR

- Lemon
- Lime
- Grapefruit
- Apple cider vinegar
- Sauerkraut



Savory

- Olive oil
- Coconut oil
- Avocado
- Seeds & nuts
- Butters



BITTER

- Parsley
- Mint
- Cilantro
- Kale
- Lettuce
- Endive



SWEET

- Blueberries
- Raspberries
- Mulberries
- Cherry tomatoes
- Bell peppers
- Carrots & Beets



SALTY

- Sea veggies
- Sea salt
- Olives
- Miso

