

Fermented Foods

work up to 3+ day

Dairy

Kefir, yogurt,
fermented
cottage cheese,
cultured
buttermilk

Drinks

Kombucha
(fermented tea),
vegetable brine
drinks (juice of
fermented
veggies)

Vegetarian

Sauerkraut,
fermented
vegetables,
tempeh, miso,
kimchi, non dairy
fermented
products

