

Meat: 4-6 oz, 7-12 times per week

Best:	Beef, buffalo, lamb, calf liver, mutton, veal
Good:	Venison
OK:	chicken, Cornish hen, duck, goat, goose, grouse, guinea hen, horse, ostrich, partridge, pheasant, rabbit, squab, squirrel, Turkey
BAD:	Pork, quail, turtle

Fish: 4-6 oz, 4-5 times per week

Best:	Cod, Halibut, Red Snapper, Rainbow Trout
Good:	Bass, Perch, Pike, Shad, Sturgeon, Swordfish, Tilefish, Yellowtail
OK:	Anchovy, beluga, clam, crab, lobster, mackerel, mahi-mahi, monkfish, mussel, orange roughy, oyster, salmon scallop, scrod, shrimp, snail, tilapia, Tuna, whiting, lots of others
Seldom:	Eel, flounder, gray sole, grouper, whitefish
BAD:	Abalone, barracuda, catfish, conch, frog, herring, muskellunge, octopus, Pollock, LOX (smoked salmon), squid

Dairy: 3 oz, 0-1 times per week

Eggs: 1 egg, 3-6 times per week

Best:	
Good:	Ghee (clarified butter)
OK:	Eggs (chicken or duck)
Seldom:	Butter, farmer cheese, feta, goat cheese, mozzarella
BAD:	Every other cheese, milk, kefir, yogurt, etc.

Oils: 1 tablespoon, 3-5 times per week

Best:	Borage seed, flax seed
Good:	Olive
OK:	Almond, black currant seed, cod liver, sesame, walnut
Seldom:	CANOLA
BAD:	Castor, coconut, corn cottonseed, evening primrose, PEANUT, Safflower, soy, sunflower, Wheat germ

Nuts and Seeds: handful (2 tblspn of nut butter), 5-7 times per week

Best:	Filbert (hazel nut), Flax, WALNUT
Good:	Pumpkin seed
OK:	Almond, butternut, hickory, macadamia, pecan, pignolia
Seldom:	Sesame, safflower
BAD:	Beechnut, brazil nut, cashew, chestnut, litchi, peanut, pistachio, poppy seed, sunflower seed

Beans: 1 cup, 0-3 times per week

Best:	Green beans, snap beans, string beans, fava beans, Northern beans
Good:	Adzuki, black eyed peas
OK:	Black bean, cannellini, garbanzo, chick pea, Lima beans, mung, pea (green/pod/snow), White bean
Seldom:	
BAD:	SOY BEANS, copper, kidney, lentil, navy, pinto, tamarind

Grains and Starches: ½ cup dry, 1 muffin, 2 slices bread, 0-3 times per week

Best:	
Good:	Essene bread (no lentils), 100% sprouted grain
OK:	Amaranth, kamut, quinoa, spelt, tapioca, teff
Seldom:	Buckwheat, millet, oat, brown rice, rye, soba noodles
BAD:	Barley, CORN, couscous, grits, sorghum, WHEAT

Vegetables: 1 cup, OK & Seldom 2-3 times per DAY,  
BEST and GOOD are UNLIMITED!!

Best:	Beet GREENS, broccoli, chicory, collard, escarole, kale, Maitake mushrooms, seaweed, spinach, swiss chard
Good:	Artichoke, dandelion, horseradish, kohlrabi, ROMAINE lettuce, mushrooms (abalone/enoki/oyster/Portobello/straw/tree ear), okra, onion, parsnip, sweet potato, pumpkin, turnip
OK:	Arugula, asparagus, bamboo shoot, Green beans, snap beans, string beans, beets, bok choy, carrot, celeriac, celery, chili pepper, daikon radish, eggplant, endive, fennel, fiddlehead fern, garlic, iceberg lettuce, pea (green/pod/snow), peppers, poi, radicchio, radish, rappini, rutabaga, scallion, shallot, squash, tomato, water chestnut, watercress, zucchini
Seldom	Brussels sprouts, cabbage, olive (Greek/green/Spanish), yam
BAD:	Alfalfa sprouts, aloe, cauliflower, CORN, cucumber, leek, mushroom(shiitake/ WHITE BUTTON), mustard greens, black olives, potato

Fruits and Juices: 1 cup, 1-3 times per DAY

Best:	Blueberry, pineapple, plum, prune
Good:	Banana, cherry, elderberry, fig, guava, mango
OK:	Boysenberry, breadfruit, melon (Canang, Casaba, Crenshaw, Christmas, Musk, persian, spanish, WATERMELON!!) , CRANBERRY, dewberry, gooseberry, grapefruit, kumquat, lemon, lime, logan berry, mulberry, nectarine, papaya, peach, pear, persimmon, pomegranate, prickly pear, raspberry, sago palm, youngberry
Seldom	Apple, apricot, currant, date, grapes, quince, raisin, star fruit, strawberry
BAD:	Asian pear, avocado, bitter melon, CATALOUPE, coconut, honeydew, kiwi, orange, plantain, tangerine

Spices and condiments:

Best:	Fenugreek, turmeric
Good:	Carob, ginger, horseradish, parsley, cayenne pepper, SEAWEED
OK:	Agar, allspice, almond extract, anise, basil, bay leaf, bergamot, caraway, cardamom, chervil, chili powder, chive, cilantro, cinnamon, clove, coriander, cream of tartar, cumin, dill, garlic, plain gelatin, lecithin, licorice root, marjoram, mayonnaise, mint, miso, mustard(dry), oregano, paprika, peppercorns, rosemary, saffron, sage, savory, sea salt, stevia, tamari(wheat free), tamarind, tarragon, thyme, vanilla, apple cider vinegar, wintergreen
Seldom	Apple pectin, arrowroot, barley malt, chocolate, honey, ketchup, REAL maple syrup ( not aunt jemima, etc.), molasses, rice syrup, senna, soy sauce, sucanat, brown sugar
BAD:	ASPARTAME, caper, carrageenan, cornstarch, corn syrup, dextrose, fructose, guarana, gums (acacia, Arabic, guar), juniper, mace maltodextrin, MSG, nutmeg, pepper, vinegar(except apple cider), Worcestershire sauce

Herbal Teas:

Best:	Dandelion, fenugreek, ginger
Good:	Chickweed, hops, linden, mulberry, peppermint, rosehip, sarsaparilla, slippery elm
OK:	Catnip, chamomile, dong quai, elder, ginseng, hawthorne, horehound, licorice, mullein, raspberry leaf, senns, skullcap, spearmint, valerian, vervain, white birch, white oak bark, yarrow
Seldom	
BAD:	Alfalfa, aloe, burdock, coltsfoot, corn silk, Echinacea, gentian, goldenseal, red clover, rhubarb, shepherds purse, st john's wort, strawberry leaf, yellow dock

Beverages:

Best:	Green Tea
Good:	Seltzer, club soda
OK:	Red wine
Seldom	
BAD:	Beer, coffee, liquor, soda, black tea, white wine