

Things to AVOID

Meat:	Pork, quail, turtle
Fish:	Abalone, barracuda, catfish, conch, frog, herring, muskellunge, octopus, Pollock, LOX (smoked salmon), squid
Dairy:	Every other cheese, milk, kefir, yogurt, etc.
Oils:	Castor, coconut, corn cottonseed, evening primrose, PEANUT, Safflower, soy, sunflower, Wheat germ
Nuts:	Beechnut, brazil nut, cashew, chestnut, litchi, peanut, pistachio, poppy seed, sunflower seed
Beans:	SOY BEANS, copper, kidney, lentil, navy, pinto,tamarind
Grains:	Barley, CORN, couscous, grits, sorghum, WHEAT
Veggies:	Alfalfa sprouts, aloe, cauliflower, CORN, cucumber, leek, mushroom(shiitake/ WHITE BUTTON), mustard greens, black olives, potato
Fruit:	Asian pear, avocado, bitter melon, CATALOUPE, coconut, honeydew, kiwi, orange, plantain, tangerine
Condiments And Spices:	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
Herbs:	Alfalfa, aloe, burdock, coltsfoot, corn silk, Echinacea, gentian, goldenseal, red clover, rhubarb, shepherds purse, st john's wort, strawberry leaf, yellow dock
Drinks:	Beer, coffee, liquor, soda, black tea, white wine

Meat: 4-6 oz, 4-6 times per week Poultry: 2-3 times a week

Best:	Beef, buffalo, lamb, calf liver, mutton, veal
OK:	chicken, Cornish hen, duck, goat, goose, rabbit, squab, squirrel, Turkey, Venison

Fish: 4-6 oz, 3-5 times per week

Best:	Cod, Halibut, Red Snapper, Rainbow Trout, Bass, Perch, Sturgeon, Swordfish, Tilefish, Yellowtail
OK:	Anchovy, clam, crab, lobster, mackerel, oyster, salmon scallop, scrod, shrimp, snail, tilapia, Tuna, etc

Dairy: 3 oz, 0-1 times per week Eggs: 1 egg, 3-6 times per week

OK:	Eggs (chicken or duck), Butter, farmer cheese, feta, goat cheese, mozzarella
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Oils: 1 tablespoon, 3-5 times per week

Best:	Olive , Borage seed, flax seed
OK:	Almond, black currant seed, cod liver, sesame, walnut, canola

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

Best:	Pumpkin seed , Flax, WALNUT
OK:	Almond, butternut, hickory, macadamia, pecan, pignolia, Filbert (hazel nut),

Beans: 1 cup, 0-3 times per week

Best:	Adzuki,, black eyed peas , Green beans, snap beans, string beans, fava beans, Northern beans
OK:	Black bean, cannellini, garbanzo, chick pea, Lima beans, mung, pea (green/pod/snow), White bean

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

Best:	Essene bread, 100% sprouted grain
OK:	Oats, brown rice, Rye, Amaranth, kamut, quinoa, spelt, tapioca, teff

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

Best:	Beet GREENS, broccoli, chicory, collard, escarole, kale, Maitake mushrooms, seaweed, spinach, swiss chard, Artichoke, dandelion, horseradish, kohlrabi, ROMAINE lettuce, okra, onion, parsnip, sweet potato, pumpkin, turnip
OK:	Arugula, asparagus, bamboo shoot, Green beans, snap beans, string beans, beets, bok choy, carrot, celery, chili pepper, daikon radish, eggplant, endive, fennel, garlic, iceberg lettuce, peas, peppers, radicchio, radish, rutabaga, scallion, shallot, squash, tomato, water chestnut, watercress, zucchini

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

Best:	Blueberry, pineapple, plum, prune, Banana, cherry, elderberry, fig, guava, mango
OK:	Boysenberry, melon (Casaba, Crenshaw, Musk, persian, WATERMELON!!) , cranberry, grapefruit, kumquat, lemon, lime, nectarine, papaya, peach, pear, persimmon, pomegranate, raspberry

Spices and condiments:

Best:	Fenugreek, turmeric, Carob, ginger, horseradish, parsley, cayenne pepper, SEAWEED
OK:	allspice, almond extract, anise, basil, bay leaf, caraway, cardamom, chervil, chili powder, chive, cilantro, cinnamon, clove, coriander, 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

Beverages:

Best:	Green Tea, Peppermint, Dandelion, fenugreek, ginger
OK:	Seltzer, club soda, Red wine, Chickweed, hops, linden, mulberry, rosehip, sarsaparilla, slippery elm, Catnip, chamomile, dong quai, elder, ginseng, hawthorne, hore hound, licorice, mullein, raspberry leaf, senns, skullcap, spearmint, valerian, vervain, white birch, white oak bark, yarrow