

Bold = Ideal (eat ideal foods at every meal)
Black = Neutral (ok, but emphasize "Ideal" foods)
Italics = Caution (eat rarely or only for variety)
~~Strikethrough = Avoid~~ (don't eat these foods)

Meats		Poultry		Seafood		Legumes		Beverages	
<i>Elk</i>	Chicken (dark meat)	Halibut	Herring	Trout	Black Beans	Navy Beans	Vegetable Juices	Liquor	
<i>Pork (ham, chops)</i>	Chicken (white meat)	Salmon	Lobster	Whitefish	Garbanzo Beans	Tofu	Water (pure, bottled)	Get-Milk	
<i>Rabbit</i>	Goose	Snapper	Mackerel	Abalone	Great Northern Beans	<i>Lentils</i>	Tea (green)	Soft-Drinks (colas)	
<i>Venison</i>	Turkey (dark meat)	Swordfish	Mahi-mahi	Anchovy	Pink Beans	<i>Red Beans</i>	Tea (herbal)	Tea (black)	
Beef	Turkey (white meat)	Tuna	Oysters	Gavlar	Pinto Beans	<i>Soy Beans</i>	Water (distilled)	Water (carbonated)	
Buffalo	Cornish Hen	Bass (freshwater)	Perch	Glams	Aduki Beans	<i>White Beans</i>	<i>Almond Milk</i>	Water (tap)	
Heart (beef)	Duck	Bass (sea)	Pompano	Mussels	Black-eyed Peas		<i>Rice Milk</i>	Wine (red)	
Kidney (beef)	Pheasant	Catfish	Rockfish	Octopus	Fava Beans		<i>Soy Milk</i>	Wine (white)	
Lamb	Quail	Cod	Roughy	Sardine	Green Beans		Beer		
Liver (beef)		Crab	Scallop	Shrimp	Green Peas		Goffee (caffeinated)		
Pork (bacon)		Crayfish	Shark		Lima Beans		Goffee (decaf)		
		Grouper	Squid		Mung Beans		Fruit Juices		
Dairy and Eggs		Nuts and Seeds		Grains		Vegetables		Sea Vegetables	
Eggs, Duck (whole)	Ice-Cream	Almonds	Amaranth	Arugula	Bok Choy	Asparagus	Sweet Potato (yam)	Agar	
Eggs, Chicken (whites)	Milk (2%)	Pumpkin Seeds	Buckwheat	Cilantro	Broccoli	Avocado	Tomato	Dulse	
Eggs, Chicken (yolks)	Milk (skim)	Sesame Seeds	Millet	Collard Greens	Brussels Sprout	Bamboo Shoots	Water Chestnuts	Irish Moss	
Blue-Cheese	Milk (whole)	Brazil Nuts	Quinoa	Kale	Cabbage	Beet	Zucchini	Kelp	
Brie	Monterey-Jack	Cashews	Rice (brown)	Lettuce (bibb)	Carrot	Celery		Laver	
Buttermilk	Cheddar	Chestnuts	Spelt	Lettuce (iceberg)	Cauliflower	Corn		Wakame	
Gamembert	Muenster	Filberts	Triticale	Lettuce (loose-leaf)	Daikon	Cucumber			
Gheddar	Neufchatel	Hickory Nuts	Kamut	Lettuce (romaine)	Garlic	Eggplant			
Golby	Parmesan	Macadamia Nuts	Rice (basmati)	Mustard Greens	Ginger Root	Fennel			
Gottage-Cheese	Provolone	Peanuts	Rice (plain, white)	Spinach	Kohlrabi	Jerusalem Artichoke			
Gottage-Cheese (lite)	Ricotta	Pecans	Wild Rice	Beet Greens	Mushroom (all varieties)	Jicama			
Greem (half and half)	Romano	Pine Nuts	Barley	Dandelion Greens	Onion	Leek			
Greem-Cheese	Roquefort	Pistachios	Oat	Endive	Pepper (bell, all colors)	Okra			
Edam	Sherbet	Poppy Seeds	Rye	Radicchio	Pepper (hot, all colors)	Olive (all varieties)			
Feta	Sour-Greem	Sunflower Seeds	Wheat	Sprouts (alfalfa)	Radish	Parsnip			
Goat-Cheese	Swiss	Walnuts		Sprouts (bean)	Rutabaga	Potato (all varieties)			
Goats-Milk	Whey			Swiss Chard	Shallot	Pumpkin			
Goude	Yogurt			Turnip Greens	Turnip	Squash (summer)			
Gruyere				Watercress	Artichoke	Squash (winter)			
Fruits		Oils and Fats		Herbs, Spices and Seasonings					
Apples	Pineapple	Nectarines	Almond Oil	Palm Kernel Oil	Anise	Ginger	Thyme	Vinegar (balsamic)	
Apricots	Prunes	Peaches	Black Currant Oil	Peanut Oil	Basil	Honey	Turmeric	Vinegar (rice)	
Banana	Raspberries	Pears	Evening Primrose Oil	Wheat Germ Oil	Bay Leaf	Horseradish	Chervil	Vinegar (wine)	
Blackberries	Strawberries	Persimmon	Fish Oil	<i>Borage Oil</i>	Caraway	Marjoram	Chive	Wasabi	
Blueberries	Watermelon	Plums	Flax Oil	<i>Hemp Oil</i>	Cardamom	Mustard	Curry Powder	Artificial-Sweeteners	
Boysenberries	Cantaloupe	Pomegranate	Olive Oil	Gottonseed-Oil	Carob	Mustard Seed	Curry Powder	Artificial-Sweeteners	
Coconut	Casaba Melon	Raisins	Safflower Oil	Margarine	Cayenne	Nutmeg	Fenugreek	Chocolate	
Cranberries	Cherries	Rhubarb	Sesame Oil		Chili Powder	Oregano	Mace	Ketchup	
Elderberries	Currants	Grapefruit	Sunflower Oil		Cinnamon	Parsley	Paprika	Mayonnaise	
Figs	Dates	Kumquat	Butter (salted)		Cloves	Pepper (ground black)	Saffron	Molasses	
Gooseberries	Grapes	Oranges	Butter (unsalted)		Coriander	Peppermint	Salt (iodized)	Sugar (brown)	
Lemons	Guava	Tangerines	Canola Oil		Cumin	Rosemary	Salt (low sodium)	Sugar (brown, unrefined)	
Limes	Honeydew Melon		Coconut Oil		Dill Weed	Sage	Salt (sea salt, unrefined)	Sugar (white)	
Loganberries	Kiwifruit		Corn Oil		Fennel Seed	Spearmint	Savory	Vanilla (extract)	
Papaya	Mango		Ghee (clarified butter)		Garlic Powder	Tarragon	Soy Sauce		
							Vinegar (apple cider)		