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)

 birthi birthi b	Meats	Poultry	Seafood		Legumes		Beverages		
binding bindingAndronyPergamoNamigenNamigenGene PaseWater (units, bittles)jegarBittle bittle bittle bittle bittle bittle bittle bittleCostsCastsTotal bittle bittle bittleName DeamsTotal (when)Casts<	Beef	Chicken (dark meat)	Abalone	Perch	Mackerel	Black Beans	Green Beans	Vegetable Juices	Fruit Juices
isart (eds) (sing) (sing) (sing) (sing) (sing) (sing) (sing) (sing) (sing) (sing) (sing) (sing) (sing) (sing) (sing) (sing) (s	Buffalo	Chicken (white meat)	Anchovy	Pompano	Mahi-mahi	Garbanzo Beans	Green Peas	Water (pure, bottled)	Liquor
Glang (bale) (tracing) (tracing) (bale) (tracing) (tracing) (bale) (tracing) (tracing))Octopinal (tracing) (tracing) (tracing))Besigned (tracing) (tracing))Descing (tracing))Descing (tracing))Descing (tracing))Terming (tracing))Terming (tra	Elk	Goose	Caviar	Trout	Mussels	Great Northern Beans	Mung Beans	Tea (green)	Oat Milk
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Part (Max) Ordin Mark Station Base (Mark) Perpage (Mark) Profe (Mark) Profe (Mark) Monital Mark Monitar Mark	Kidney (beef)	Turkey (white meat)	Octopus	Bass (freshwater)	Rockfish	Lima Beans	Pinto Beans	Water (distilled)	Tea (black)
best Beam Series Probatis Constrained Open and the series Open and th	Pork (bacon)	Cornish Hen	Salmon	Bass (sea)	Roughy	Pink Beans	Tofu		Water (tap)
Tabelie Pleasant Scallop Gel Pergeper Syy Bana Syy Mark Syy Mark Syy Mark Syy Mark Syy Mark Wine Spand ambo Guid Gray de Gray de Severité Nine Spand Back-yep Pess Beer Severité	Pork (ham, chops)	Duck	Sardine			Red Beans		Rice Milk	
Image Obsigned String Genergies Winte Bases Winte Bases Winte Gases Beer Liver (bef) Crayfish Heiner Crayfish Sea Vegetables	Rabbit	Pheasant	Scallop	God	Snapper	Sov Beans		Sov Milk	
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Pomegranate Kumquat Sesame Oil Cayenne Mace Thyme Vanilla (extract)	Oranges	Honeydew Melon	Tangerines	Peanut Oil		Cardamom	Honey	Spearmint	Sugar (brown,unrefined)
Pomegranate Kumquat Sesame Oil Cayenne Mace Thyme Vanilla (extract)	Pears	Kiwifruit	Watermelon	Safflower Oil		Carob	Horseradish	Tarragon	Sugar (white)
Prunes Limes Sunflower Oil Chervil Marjoram Turmeric	Pomegranate	Kumquat		Sesame Oil		Cayenne	Mace	Thyme	
	Prunes	Limes		Sunflower Oil		Chervil	Marjoram	Turmeric	
Strawberries Loganberries Wheat Germ Oil Chili Powder Mustard Vinegar (apple cider)	Strawberries	Loganberries		Wheat Germ Oil		Chili Powder	•	Vinegar (apple cider)	

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These Eating Guidelines may require modification as your health status changes. Schedule a follow-up with your practitioner.