

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