

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