

LISTS OF FOODS

LIST OF PROTEINS

Sea Vegetables

Nori	Arame	Wakame	Kelp
Hijiki	Kombu	Sea Palm	

Fish

Shellfish

Goat Milk, and Goat Cheese

Animal Protein

Beef	Lamb	Pork	Venison
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Dairy Products

LIST OF HORMONAL FOODS

Tropical Fruits

Ginger	Figs	Mango	Pineapple	Papayas
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Peas/Beans

Adzuki Beans	Coffee Beans	Green Peas	Pinto Beans	Sweet Peas
Black Beans	Field Peas	Lentils	Red Beans	White Beans
Black-eyed Peas	Garbanzo (Chick Peas)		Lima Beans	Navy Beans

Fowl

Chicken	Duck	Pheasant	Quail	Turkey
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Eggs

Animal Protein

Beef	Lamb	Pork	Venison
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LIST OF FAT SOURCES

Citrus Fruits

Grapefruit	Kumquat	Limes	Strawberries	Tangerines
Kiwi	Lemons	Oranges	Cranberries	

Oils

Avocado	Olive	Sesame	Sunflower
Coconut	Grape seed	Flax seed	

Seeds

Pumpkin	Quinoa	Sesame	Sunflower
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Fried Foods

Nuts

Animal Fats

Beef	Dairy	Lamb	Pork	Venison
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LIST OF CARBOHYDRATES

Carbohydrate Vegetables (yellow, orange, white, and root vegetables)

All squash (except spaghetti)	Carrots	Ginger	Onion (cooked)	
Sweet Potato	Cauliflower	Rutabaga	Parsnips	Water Chestnuts
Artichokes	Chayote	Yams	Pumpkin	Jerusalem Artichoke

Beets	Daikon	Jicama	Radish	Zucchini
Eggplant (night shade)	Cabbage	Okra	Green Beans	

Sweeteners

Fruits	Juices	Molasses	Sucanat
Honey	Maple syrup	Stevia	Typical Table Sugar

Sprouted Grains /Peas/Beans/Seeds

Barley	Buckwheat	Corn	Millet	Ouinoa
Basmati Rice	Brown Rice	Oats	Rye	Wheat berries
Beans	Corn	Peas		

Whole Grains/Peas/Seeds/Beans

All of the above grains	Beans	Corn	Peas	Soy products
Spelt				

Starchy Vegetables

Spaghetti squash	White Potatoes	Red Potatoes
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Refined Carbohydrates and Sugar

Cakes	Commercial Breads		
Crackers	Instant Rice	Oatmeal	Pastries
Fruit Concentrates	Cereals	Pastas	Sugars

LIST OF FRUITS

Sweet Fruits

Grapes (keep to a minimum)	Apples	Nectarines	Peaches
Bananas (ripe & sweet)	Melons	Pears	

Citrus Fruits* (Fat Group)

Grapefruit	Kumquat	Strawberries	Limes	Tangerines
Kiwi	Lemons	Oranges		

Tropical Fruits (Hormonal Group)

Ginger	Figs	Mango	Pineapple	Papayas
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Dried Fruits

LIST OF VEGETABLES

Green Leafy Vegetables

All lettuces (except iceberg)	Mustard,	Collard greens	Turnip greens
Broccoli	Spinach	Kale	All green herbs

Long sprouts (Alfalfa, Clover, Mung, Sunflower, Radish, Alfalfa)

Sea Vegetables (Protein Group)

Nori	Arame	Wakame	Kelp
Hijki	Kombu	Sea Palm	

Carbohydrate Vegetables (Carbohydrate Group)

Jerusalem Artichoke	Artichokes	Chayote	Pumpkin
Yams	Beets	Daikon	Jicama
Radish	Zucchini	Cabbage	Cauliflower
Eggplant (night shade)	Okra	Rutabaga	Parsnips
Sweet Potato	Carrots	Ginger	Onion
Winter squashes (except spaghetti squash)		Green beans	Water Chestnuts

Nightshades

Beets	Peppers	Potatoes
Bell Peppers	Eggplant	Tomatoes