

Food Colors

Green = Option #1 (eat either Option #1 or #2 at a meal, but not both)

Purple = Option #2 (eat either Option #1 or #2 at a meal, but not both)

Black = Neutral (eat freely with Option #1 or #2)

Italics = Caution (eat only rarely)

Red = Avoid (don't eat these foods)

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