

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	Almonds	Spelt	Beetroot Greens	Aubergine	Pumpkin	Squash (summer)	Dulse
Eggs, Duck (whole)	Milk (semi-skimmed)	Cashews	Triticale	Chard	Bamboo Shoots	Radish	Sweet-Potato (yam)	Laver
Eggs, Chicken (whites)	Milk (skimmed)	Chestnuts	Amaranth	Coriander	Bok Choy	Shallot	Sweetcorn	Agar
Blue-Cheese	Milk (whole)	Pine Nuts	Kamut	Dandelion Greens	Broccoli	Swede	Tomatoes	Irish Moss (carrageenan)
Brie	Monterey-Jack	Pistachios	Quinoa	Endive	Brussels Sprout	Water Chestnuts		Kelp
Buttermilk	Mozzarella	Poppy Seeds	Barley	Kale	Cabbage	Artichoke		Wakame
Gamembert	Muenster	Sesame Seeds	Buckwheat	Mustard Greens	Courgette	Asparagus		
Cheddar	Neufchatel	Sunflower Seeds	Millet	Radicchio	Cucumber	Avocado		
Goat	Parmesan	Brazil Nuts	Oats	Rocket	Daikon (asian radish)	Carrots		
Gottage-Cheese	Provolone	Filberts	Rice (basmati)	Sprouts (alfalfa)	Fennel	Cauliflower		
Gottage-Cheese (low-fat)	Ricotta	Hickory Nuts	Rice (brown)	Sprouts (bean)	Garlic	Celery		
Creem (single)	Romano	Macadamia Nuts	Rice (plain, white)	Lettuce (iceberg)	Ginger Root	Jerusalem Artichoke		
Creem-Cheese	Roquefort	Peanuts	Rye	Lettuce (loose-leaf)	Jicama	Mushroom (all varieties)		
Edam	Sorbet	Pecans	Wheat	Lettuce (romaine)	Kohlrabi	Okra		
Feta	Sour-Cream	Pumpkin Seeds	Wild-Rice	Lettuce (round)	Leek	Olive (all varieties)		
Goat-Cheese	Swiss	Walnuts		Spinach	Onions	Turnip		
Goat-Milk	Whey			Spring Greens	Parsnip	Beetroot		
Gouda	Yogurt			Turnip Greens	Pepper (bell, all colors)	Butternut-Squash		
Gruyere				Watercress	Pepper (hot, all colors)	Potato (all-varieties)		
Fruits		Oils and Fats			Herbs, Spices and Seasonings			
Apricots	Honeydew Melon	Lemons	Fish Oils	Sesame Oil	Anise	Dill	Parsley	Vinegar (balsamic)
Cherries	Kiwifruit	Limes	Linseed Oil	Sunflower Oil	Basil	Fennel Seed	Pepper (ground black)	Vinegar (rice)
Papaya	Kumquat	Oranges	Borage Oil	Wheat Germ Oil	Bay Leaf	Fenugreek	Peppermint	Wasabi
Persimmon	Loganberries	Prunes	Coconut Oil	Canola-Oil	Caraway	Garlic Powder	Rosemary	Artificial Sweeteners
Apples	Mango	Tangerines	Evening Primrose Oil	Corn-Oil	Cardamom	Ginger	Saffron	Chocolate
Blackberries	Nectarines	Banana	Olive Oil	Gottonseed-Oil	Carob	Horseradish	Sage	Honey
Blueberries	Peaches	Gantaloupe	Palm Kernel Oil	Margarine	Cayenne	Mace	Salt (sea salt, unrefined)	Ketchup
Boysenberries	Pears	Dates	Almond Oil		Chervil	Marjoram	Savory	Salt (iodized)
Casaba Melon	Plums	Figs	Black Currant Oil		Chilli Powder	Mayonnaise	Soy Sauce	Salt (low-sodium)
Coconut	Pomegranate	Pineapple	Butter (salted)		Chive	Molasses	Spearmint	Sugar (brown)
Cranberries	Raspberries	Raisins	Butter (unsalted)		Cinnamon	Mustard	Tarragon	Sugar (white)
Elderberries	Rhubarb	Watermelon	Ghee (clarified butter)		Cloves	Mustard Seed	Thyme	Sugar (brown, unrefined)
Gooseberries	Strawberries		Hemp Oil		Coriander	Nutmeg	Turmeric	Vinegar (wine)
Grapes	Grapes		Peanut Oil		Cumin	Oregano	Vanilla (extract)	
Guava	Grapefruit		Safflower Oil		Curry Powder	Paprika	Vinegar (apple cider)	