

Diet Plan #2-0, Fast Oxidizer Dominant

Bold = Ideal (eat these foods at every meal)
Black = For Variety (but emphasize "Ideal" foods)
Italics = Least Desirable (eat only rarely)
Strikethrough – Avoid (don't eat at all)

++ = very high purine + = high purine ^ = contains mercury ** = very high sugar * = high sugar > = best choices

See notes on page 2

Meats	Poultry	[proteins]	Seafood	Legumes [protein / carb]	Beverages	
Beef + Buffalo ++ Elk ++ Heart ++ Kidney ++ Lamb + Liver ++ Pork (bacon,chop,rib) Rabbit + Venison ++ Wild game ++ Pork (ham) best protein source	Chicken (dark meat) + Duck + Goose + Grouse + Pheasant + Quail + Turkey (dark meat) Wild game + Chicken (white meat) + Cornish-Hen + Ostrich + Turkey (white meat) + 2nd best protein source	Abalone + Anchovy ++ Arctic Char + Caviar ++ Clam + Crab + ^ Crayfish + Herring ++ Lobster + ^ Mackerel ++ ^ Mussel ++ ^ Octopus + ^ Oyster + Perch (ocean) +	Salmon + ^ Sardine ++ Scallop ++ Shrimp + Squid + Trout Tuna (dark) + ^ Catfish ^ Pompano Shark ^ Snail/Escargot ^ Swordfish ^ Whitefish 3rd best protein source	Bass (freshwater) Bass (sea) ^ Cod ^ Flounder Grouper ^ Halibut ^ Mahi-mahi ^ Perch (freshwater) Rockfish ^ Roughy ^ Snapper ^ Tuna (light) ^ Turbot legumes are best eaten with flesh proteins	Aduki Bean Black Bean Fava Bean Great Northern Bean Lentil Lima Bean Mung Bean Red Bean Tempeh all legumes are medium purine foods	Garbanzo Bean Navy Bean Pink Bean Pinto Bean White Bean Black-eyed Pea Soy Bean Tofu drink water purified by reverse osmosis when possible
Dairy and Eggs [protein / fat]	Nuts and Seeds	Grains	Greens	[carbohydrates]	Vegetables	Sea Vegetables
Blue Cheese Brie Camembert Cheddar Colby Cream Cream Cheese Edam Goat Cheese Gouda Gruyere Milk (whole) + Cream Monterey Jack Muenster Parmesan Provolone Romano Roquefort Swiss dairy should not be the only protein at a meal	Cottage Cheese Eggs, Chicken Eggs, Duck Feta Mozzarella Nuefchatel Ricotta Sour Cream Buttermilk Cow Milk (whole) Cream (half & half) Goat Milk Kefir Yogurt (full fat) Ice Cream Milk (2%) Milk (skim) Sherbet Whey	Brazil nuts Filberts/Hazelnuts Flax Hickory Nuts Macadamia Nuts Peanuts + Pecans Pumpkin Seeds Walnuts Almonds Pistachios Sesame Seeds Cashews + Chestnuts Pine Nuts Poppy Seeds Sunflower Seeds nuts should not be the only protein at a meal	high starch Amaranth Triticale Barley * Buckwheat * Kamut Oat * Quinoa Rye * Spelt Wild Rice Cornmeal ** Millet ** Wheat * Rice (basmati) ** Rice (brown) ** Rice (plain, white) ** all grains are 'Caution' foods for your type	very low starch Spinach + > Collard Greens Lettuce (bibb) Lettuce (loose-leaf) Lettuce (romaine) Turnip Greens Watercress Argula Cilantro Dandelion Green Kale Radicchio Sprouts (alfalfa) Sprouts (bean) Beet Greens Endive Mustard Greens Parsley Swiss Chard	low starch Asparagus + > Cauliflower + > Celery Mushroom + > medium starch Avocado > Green Bean + > Jerusalem Artichoke Olive (all kinds) > Okra Turnip high starch Artichoke + > Carrot * Corn * Green Pea + Beet * Squash (winter) Sweet Potato * Yam * low starch Cabbage Cucumber Ginger Root medium starch Bamboo Shoots Bok Choy Daikon Eggplant Fennel Jicama Kohlrabi Radish Water Chestnuts Zucchini high starch Potato (all kinds) ** Rutabaga Squash (summer) * always eat greens and vegetables with oils or fats and some protein	low starch Broccoli Brussels-Sprout Garlic Onion Pepper(hot, all-colors) Scallion Shallot Tomato medium starch Leek Pepper(bell, all-colors) high starch Parsnip Pumpkin Agar Hijiki Irish Moss Kelp Wakame Arame Dulse Kombu Laver Nori
Fruits [carbohydrates]	Oils and Fats	Herbs, Spices, Seasonings and Condiments				
Apple (just ripe) Banana * (green-tipped) Coconut > Pear (just ripe) Apricot Blackberry Blueberry Boysenberry Cherry Cranberry Elderberry Gooseberry Kumquat Loganberry	Nectarine Peach Plum Raspberry Rhubarb Strawberry Cantaloupe * Casaba-Melon Culant (dried)-** Date ** Fig (dried)** Grapefruit Grape Guava Honeydew-Melon Kiwi/fruit Lemon Lime Mango Orange Papaya Persimmon Pineapple * Pomegranate-** Prune (dried)-** Raisin ** Tangerine Watermelon Borage Oil Butter (salted) Cream Coconut Butter/Oil Evening Primrose Oil Fish Oil Flax Oil Ghee (clarified butter) Olive Oil Palm Oil Palm Kernel Oil Butter (unsalted) use fats & oils liberally	Almond Oil Black Currant Oil Hemp Oil Peanut Oil Safflower Oil Sesame Oil Sunflower Oil Wheat Germ Oil Canola Oil Corn Oil Cottonseed Oil Margarine herbs Anise Basil Bay Leaf Caraway Chervil Chive Dill Weed Fennel Seed Fenugreek Marjoram Oregano Peppermint Rosemary Sage Savory Spearmint Tarragon Thyme spices Cardamom Cayenne Chili Powder Cinnamon Clove Coriander Cumin Curry Powder Ginger Mace Nutmeg Paprika Pepper (black) Saffron Turmeric condiments Salt (sea, unrefined) Soy Sauce (organic) Yeast ++ Vanilla (natural) Carob Chocolate Honey ** Maple Syrup ** Mayonnaise Wasabi Vinegar (apple cider) Artificial-Sweeteners Garlic Powder Horseradish Hot Sauce Ketchup Mustard Mustard-Seed Parsley Salt (iodized, low-sodium) Sugar ** Vinegar (wine) * Vinegar (rice) Vinegar (balsamic)				