



Foods to Eat and Foods to Avoid

Foods to Eat

FRESH VEGETABLES	
Green salad (20%)	Preparation: stir-fried in soup, baked or steamed
Broccoli	Squash, summer and winter
Leafy greens	Cauliflower
Carrots	Okra
Beets	Peas
Leeks	Spinach
Sweet potatoes	Green beans
WHOLE GRAINS	
	Bread: only pita, chapatis or whole wheat tortillas, made without yeast, baking soda, or baking powder
Basmati rice	Oats/Oatmeal
Millet	Barley
Barley	Cream of wheat
Whole wheat –no extra gluten added	Amaranth
MEATS	
Fish—freshwater, like trout	Preparation: stir-fried in soup, baked
Chicken—white meat	Turkey—white meat
BEANS/PULSES	
Split mung beans	Red lentils
Adzuki	Brown lentils, green lentils
NUTS	
Minimal or no nuts for Passionate	No nut butters; minimal nuts. Avoid peanuts, cashews, pistachios
Almonds	Walnuts
FRUITS	
Sweet fruits only, in season	Cooked, baked is best, 10% of meal
Peaches	Pears
Apricots	Ripe bananas
Sweet grapes	Sweet cherries
Fresh figs (not dried)	Blueberries
SPICES WITH FOOD	
Ginger	Turmeric
Cumin	Cardamom
Cilantro/Coriander	Himalayan Rock Salt/Bragg's Liquid Aminos



SWEETENERS	
Raw sugar (for Sensitives)	In moderation! Try to eliminate sugar if possible
Honey (for Stables)	Molasses/Brown sugar (for Passionates)
DAIRY	
Only take dairy if it doesn't create allergy or congestion.	Whole, fresh is best; for less fat, add water.
Cow's milk	Goat milk
Ghee (instead of butter)	Cottage cheese or non-aged cheeses (in moderation)
OILS	
Olive	Ghee is best if you can digest it.
Sesame	Coconut in summer

Foods to Avoid

RED MEAT	
Includes beef, pork, veal, bacon, ham, lamb	
CHEESE	
(no aged cheeses; some cottage cheese is ok)	
DEEP FRIED FOODS	
French fries	Donuts
Fried eggs	Sautéed foods
FERMENTED FOOD	
Yeasted foods (most breads)	Yogurt
Vinegar	Bakery goods-- with sugar, yeast, baking powder, baking soda
Soy Sauce	Pickles
Tofu	Beer
	Seitan, soy products
FROZEN FOOD	
Frozen dinners	Ice cream, Sorbet
Frozen vegetables	Frozen dairy products
	Frozen fruit
SPICY, PUNGENT FOODS	
Garlic, raw or cooked onions (use leeks)	Salt. Small amount Himalayan Rock Salt or Bragg's Liquid Aminos
Red, green chili's, cayenne	Ketchup
RAW FOODS: Salads 10-20% meal or none is best	
FRUITS	
Avoid sour foods and citrus fruits.	Tomatoes, Oranges, mandarins



Mangos	Kiwi
Lemons	Strawberries, sour berries
Grapefruit	Sour berries, sour or unripe fruits
Dried fruits	Few raisins and dates ok
BEANS	
Avoid gas producing beans	Soy
Black, Pinto	Kidney, large beans
LIGHT FOOD	
Dries out the body.	Rice cakes, popcorn
Sprouts	Crackers
VEGETABLES	
Heavy/gas producing/acidic vegetables	Corn, tomatoes
Eggplant	Potatoes (except yams)
Radishes	Cabbage, Brussels Sprouts
SMOKING	BUTTER: Use ghee, olive or sesame oil instead
SWEETS: Candy, chocolate, cakes etc.	CAFFEINE: Coffee, black, green, white tea
MISCELLANEOUS	
Avocados	Melons
Excessive bitter leafy greens (chard)	