

Day One	Day Two	Day Three	Day Four	Day One
Meat Bovidae: Lamb, Beef, Goat, Deer, Cheese, Milk and Yogurt	Meat Bird: *All fowl – Chicken, Turkey, Duck, Goose, Guinea, Pigeon, Quail and Pheasant	Meat Suidae: Pork Fish Fish and or Shellfish can be on any or all days by keeping the type of fish or shellfish different for each day.	Fish Fish and/or Shellfish can be on any or all days by keeping the type of fish or shellfish different for each day.	
Fish Fish and/or shellfish can be on any or all days by keeping the type of fish or shellfish different for each day.	Eggs	Vegetable Mature Legumes: Pea, Black-eyed Pea, Soybean, Lentil, Peanut, Lima Bean, Navy Bean, Garbanzo Bean, Great Northern Bean, Pinto Bean and Kidney Bean Laurel: Avocado Lily: Onion, Garlic, Asparagus, Chive and Leek	Vegetables Morning Glory: Sweet Potato Gourd: Cucumber, Pumpkin, Squash, Acorn and Squash seeds Mustard: Mustard, Turnip, Radish, Horseradish, Watercress, Cabbage, Kraut, Chinese Cabbage, Broccoli, Cauliflower, Brussel Sprouts, Collard, Kale, Kohlrabi and Rutabaga Olive: Black/Green Olives :	
Vegetables Potatoes: Potato, Tomato, Eggplant, Red/Green Peppers and Pimento Goosefoot: Beet, Spinach, Swiss chard and Lamb's quarters Composites: Lettuce, Chicory, Endive, Escarole, Artichoke, Dandelion and Safflower Corn: Fresh Corn as a fresh vegetable	Fish Fish and/or Shellfish can be on any or all days by keeping the type of fish or shellfish different for each day.	Fruits Apple: Apple, Pear and Quince Banana: Banana and Plantain Heath: Blueberry, Huckleberry and Cranberry Gooseberry: Currant and Gooseberry Ebony: Persimmon Buckwheat: Rhubarb	Fresh Grain Vegetables Sprouts: Wheat, Rye, Barley and Oat	
Fruits Mulberry: Mulberry, Figs and Breadfruit Rose: Strawberry, Raspberry, Blackberry, Dewberry, Loganberry, Young-berry, Boysenberry and Rose Hip Grape: Grapes and	Vegetables Myrtle: Pimento Grass: Millet Parsley: Carrot, Parsnip and Celery Mushroom: Mushroom and Yeast (Brewer's or Baker's) Mallow:	Grains Buckwheat: Buckwheat and Rice	Fruits Gourd: Watermelon, Cantaloupe and Honeydew Citrus: Lemon, Orange, Grapefruit, Lime, Tangerine, Kumquat and Citron Honeysuckle: Elderberry Palm: Coconut and Date	

Raisins Cashew: Mang	Okra			
Nuts: Sunflower: Sunflower Seeds Cashew: Cashew Pistachio Protea: Macadamia Nut	Fruits Plum: Plum, Cherry, Peach, Apricot, Nectarine and Wild Cherry Pineapple: Pineapple Pawpaw: Pawpaw, papaya and papain	Nuts Legume: Peanuts Birch: Filbert (Hazelnut) Conifer: Pine Nut (Pinon)	Nuts Seeds: Pumpkin seeds, Squash seeds and Coconut Walnut: English walnut, Black walnut, Pecan, Hickory and Butternut	
Thickening Tapioca	Grains: Gluten: Wheat, Oats, Barley, Rye and mature Corn Non-gluten: Millet, Sorghum, Bamboo shoot and Malt	Thickening Arrowroot: Arrowroot Flour	Thickening Cornstarch	
Seasonings Grape: Cream of Tartar Potato: Chili Pepper, Paprika and Cayenne Composites: Tarragon Nutmeg: Nutmeg and Mac	Nuts: Plum: Almond Beech: Chestnut Brazil nut: Brazil nut Flaxseed: Flaxseed	Seasonings Arrowroot: Arrowroot Heath: Wintergreen Legume: Licorice Laurel: Cinnamon, Bay leaf, Sassafras and Cassia bud/bark Pepper: Black & White Pepper Oil Soybean, Peanut and Avocado	Seasonings Mustard: Mustard Mint: Basil, Sage, Oregano, Savory, Horehound, Catnip, Spearmint, Peppermint, Thyme, Marjoram and Lemon Balm	
Sweetener Beet	Thickening Wheat flour, Agar-agar (vegetable gelatin from sea algae)	Sweetener Fructose, Carob syrup, Maple sugar, Tupelo honey and Cane sugar	Oil: Coconut, Olive, Pecan and Corn	
Fresh Vegetable Green Bean Sprouts, Alfalfa Sprouts and Sun-flower Sprouts	Seasonings Myrtle: Guava, Clover, Allspice and Clove Parsley: Celery seed,	Tea Alfalfa, Sassafras, Garlic and Apple cider/tea	Sweetener: Date sugar, Honey (other than Tupelo or Cloves)	

	Celeriac, Anise, Dill, Fennel, Cumin, Coriander and Caraway Pedalium: Sesame Orchid: Vanilla			
Sugar Tea Rose Hips, Chicory and Dandelion	Oil Cottonseed, Flaxseed and Sesame			