

PROTEIN TYPE (allowed foods)

PROTEINS			CARBOHYDRATES			OILS/FATS	
MEAT/FOWL	SEAFOOD	DAIRY	GRAIN	VEGETABLE	FRUIT	NUT/SEED	OIL/FAT
high purine	high purine	whole fat	Whole grains	non-starch	avocado	all are okay	all are okay
organ meats	anchovy	low purine	only	asparagus	olive	walnut	butter
pate	caviar	cheese	high starch	beans, fresh		pumpkin	cream
beef liver	herring	cottage cheese	amaranth	cauliflower	not fully ripe -	peanut	ghee
chicken liver	mussel	cream	barley	celery	Apple (some)	sunflower	oils:
medium purine	sardine	eggs	brown rice	mushroom	Pear (some)	sesame	almond
beef	medium purine	kefir	buckwheat	spinach	high starch	almond	flax
bacon	abalone	milk	corn	high starch	banana	cashew	olive
chicken*	clam	yogurt	couscous	artichoke		Brazil	peanut
duck	crab	LEGUMES	kamut	carrot		filbert	sesame
fowl	crayfish	low purine	kasha	peas		pecan	sunflower
goose	lobster	tempuh	millet	potatoes, fried		chesnut	walnut
kidney	octopus	tofu	oat	in butter only		pistachio	
lamb	oyster	Medium purine	quinoa	squash, winter		coconut	
pork chop	salmon	beans, dried	rye	LEGUMES		hickory	
spare rib	scallop	lentils	spelt	non-starch		macadamia	
turkey*	shrimp	NUTS	triticale	Tempuh		* Note: nuts are listed from highest to lowest protein content.	
veal	snail	all are okay	sprouted grain bread is	Tofu			
wild game	squid		the only bread allowed	high-starch		Note: High starch foods are high glycemic foods (converts quickly to sugar) and thus are your caution foods .	
*dark meat is best				beans, dried			
				peas, dried			
				lentils			
Every meal should contain a protein from these sources but dairy, legumes or nuts are not a substitute for meats at main meals			* Sprouted grain breads such as Ezekeil or Manna breads				