

SAMPLE (list is unique for each individual based on analysis of bloodwork)

Food List during the Main Phase

Foods to boost your metabolism

Protein

Meat / Poultry	Cornish hen	Eggs	Venison	Chicken	Turkey
	Partridge	Ostrich	Goat meat		
Fish	Eel	Oysters	Perch	Flounder	Crayfish
	Halibut	Salmon	Mackerel	Haddock	Hake
	Sole	Tuna			
Legumes	Tofu	Soya pasta			
Nuts and seeds	Chestnuts	Hazelnut	Pumpkin seeds	Almonds	Sesame seeds / Tahini
	Sunflower seeds	Walnut			
Milk / cheese	Mozzarella	Quark (Sheeps milk)	Sheep yogurt	Feta cheese	Sheep's milk
	Soya yogurt	Soya cheese	Soya milk	soya cream	Goat yogurt
	Goats cheese	Goat milk			

Vegetable - Fruit - Grain (Carbohydrates)

Vegetables	Seaweed	Artichokes	Oyster mushrooms	Bamboo shoots	Green beans
	Broccoli	Daikon radish	Iceberg lettuce	Lambs lettuce	Garden squash
	Kale	Cucumber	Kohlrabi	Butterhead lettuce	Dandelion
	Horseradish	Carrots	Okra	Green olives	Red/Yellow Peppers
	String beans	Red radishes	Radish	Romaine Lettuce	Beets
	Arugula	Sweet potatoes	Tomatoes	Jerusalem artichoke	Zucchini
	Snow peas	Onions			
Fruit	Apples	Pineapple	Apricots	Pears	Dates
	Figs	Grapefruit	Raspberries	Elderberries	Red/Black Currents
	Starfruit	Cherries	Kiwi	Kumquats	Limes
	Mangoes	Nectarine	Papayas	Peaches	Plums
	Cranberries	Gooseberries	Grapes	Lemons	
Grains	Amaranth	Buckwheat	Spelt	Millet	Kamut
	Crispbead	Quinoa	Whole-grain/Wildrice		

Oil / Fats

Oil / Fats	Butter	Flax seed oil	Olive oil	Canola oil	Sesame oil
------------	--------	---------------	-----------	------------	------------