



These are just samples, you can move food families around or delete if desired. (/)=same , Capital= Family name. **Bold=unique**

Category	Day 1-2	Day 3-4	Day 5-6	Day 7-8	Day 9-10 or Fill-Ins (add or replace 2 days/8)
Meat	Chicken	Beef	Sardine, Salmon, Cod (4)	Egg/None	Lamb, Seafood, Pork, Turkey? Dairy
Nut	Cashew/ Pistachio (Mango)	Almond (Rose)	Coconut	Walnut/Pecan	Sesame, Pine, Brazil, Hazel, Macadamia, etc.
Seed	Sunflower (Lettuces)				Flax, Poppy, Hemp, Pumpkin (Gourd), Chia (Mint)
Salad Oil (cold)	Sunflower	Avocado (Cinnamon)	Coconut (/Dates)	Walnut	Sesame, Olive, Pumpkin seed
Cooking Oil (high temp)	Sunflower	Avocado (Cinnamon)	Coconut, Red Palm (/Dates)	Grapeseed	Pork lard
Thickener	Okra		Flax	Egg	arrowroot, chia (Mint), ?tapioca,
Sweet	Cardamom (Ginger)	Cumin, ? Stevia	Coconut	Onion (Garlic)	vanilla, basil (Mint)
Astringent	Turmeric, cocoa	Cumin/dill/parsley (Parsley)			Saffron, Neem
Umami					mushrooms, nutritional yeast, fish sauce
Spice/Condiment	Cardamom (Ginger),	Dill/cumin/aniseed/ caraway seed/chervil/ cilantro/coriander/ parsley (Parsley)	Mustard	Onion/Garlic	basil/marjoram/(pepper)mint/ oregano/sage/rosemary/savory/ thyme, (Mint), nutmeg
Warm/ Hot Spice	Ginger/Turmeric (Cardamom)	Cumin (Parsley) Cinnamon (avocado)	Mustard, Wasabi (cruciferous)	Garlic (Onion)	Red Pepper/ Paprika (Nightshade), Black Pepper, Clove/Allspice (Guava)
Green Veggie	Spinach/Chard (beets), Lettuce (Aster /sunflower),	Celery/Fennel/ Celeriac (parsley)	Cabbage, Kale, Cauliflower (3), Brussel Sprouts, Bok Choy, (cruciferous)	Asparagus (garlic/onion)	Cucumber/zucchini (Gourds)
Root/ Starchy/ Sweet Veggie	Beets (spinach/chard) Okra/(cocoa/ hibiscus)	Carrot/Parsnips/ Turnips (Parsley)	Yam, Daikon (cruciferous)	Onion (Garlic/ asparagus)	Squash/zucchini /pumpkin (Gourd), Eggplant (Nightshade), Plantain (Banana)
Crunchy	Jicama	Carrot, Apple	Coconut		Cucumber (Gourd), Water Chestnut
Special	Cocoa/(okra/ hibiscus)	Avocado	Coconut		Tomato (Nightshade), Olives, Capers
Fruit	Mango (cashew/ pistachio)	Apple/Peach/ Strawberry/ Plum/Prune (Rose)	Dates (Coconut)		Melons (Gourd), Banana, Citrus, Pomegranate, Raisins (Grape) Currents, Pineapple, Cranberry/Blueberry, Guava (clove/allspice), Fig, Kiwi
Sweetener	Honey	Maple	Date/Coconut sugar	Agave (onion)	Fruit Concentrates, Molasses?
"Milk"	Other Nut/None	Almond (Apple/Rose)	Coconut		Hemp
Vinegar/ Acid		Apple Cider	Coconut		Lemon/Lime, Red Wine/Balsamic (Grape), Ume Plum
Tea	Hibiscus (/okra/cocoa)	? Rose Hips			Black & Green teas

Notes

- 1) Most foods should be organic not only to protect against GMO's and pesticides, but also have higher content of minerals and phyto-nutrients. Certain non-organic produce is highly processed, such as agave, oils, and even honey (pasteurized).
- 2) Symptom Scale: 10 = worst/ER, 5 = med, 0 = none
- 3) Coconut Milk helps balance out bitterness of kale
- 4) Fish should be wild-caught, preferably small (sardine)

Breakfast Ideas:

- 1) Eggs
- 2) Avocado/Guacamole
- 3) Any nut/nut butter/spread
- 4) Left over dinner
- 5) Any easy protein: sardines, organic cold cuts