



FOOD FOR DAILY USE

- **Proteins.** Eat this three times daily, (but animal protein only twice daily. The third protein source could be almond butter or beans and lentils etc.)

Eat protein food first during the meal for best digestion.

At noon and in the evening, the protein food is either dark-meat chicken (better than just breast), lamb chops, sardines and some pure bred beef or wild game, but not buffalo or bison. Beef is a ok but not the mass produced variety. Should be grass fed and organic and preferably pure bred. Dairy products are not highly recommended at all. A little raw is ok.

Eggs are okay, but only up to 6 per week for women and up to 8 per week for men. Eggs must be soft-boiled, poached or lightly fried only, so the yolk is runny. Some people do better on a few more eggs though.

- **Vegetables.** Although you can eat other vegetables these are the ones that are particularly recommended for daily use. Of the following 22 vegetables, eat a small amount of 5-7 of them at each meal, rotating them for variety. All vegetables and proteins can be pressure-cooked together for convenience.

The vegetables are carrots, rutabaga, daikon, Brussels sprouts, baby broccoli (also called broccolet or broccolini), red cabbage, cauliflower (white, orange or purple), green beans, and onions (red, white, yellow, sweet, green or scallions, leeks, shallots, white pearl, red pearl, gold pearl, white boiler, and cipolline). Also add a small amount of ginger and garlic once every few days.

If possible, eat organically grown vegetables. Here they are in a list for convenience:

- **Root Vegetables:**

The Alliums:

Red onions

White onions

Yellow onions

Sweet onions

Gold pearl onions

Red pearl onions

White pearl onions

Boiler onions

Cipolline onions

Green onions or scallions

Shallots

Leeks

Rutabaga

Daikon or white radish

Carrots

● **Cruciferous vegetables:**

Red cabbage

Brussels sprouts

Broccollette, brocolini or baby broccoli (but not as much regular broccoli).

White cauliflower

Orange cauliflower

Purple cauliflower (With all cauliflower, be sure to cook and eat the leaves and stems around the sides of the cauliflower)

● **Greens and others**

Green beans

Green onions

Bulb onions

Leeks

Garlic

Leaves of cauliflower

Brussels sprouts, cabbage leaves and baby broccoli are actually greens.

Ginger root

A new recommendation is to eat about 1 tablespoon of tahini or two tablespoons of hummus daily.

- **Toppings.** These are not needed. However, you can make Chinese-tasting vegetables such as chow mein, Thai-tasting vegetables with a little peanut sauce or curry, or Indian-tasting vegetables with a little mokni, vindaloo, sag or other herbal sauces as toppings. These are sold in health food stores.

Other simple, tasty toppings are a little pesto sauce, a little hummus, or some grated cheese. For children, cream is delicious mixed with cooked vegetables.

- **Blue corn.** After eating protein, eat your vegetables. Then eat a few blue corn

tortilla chips, at least at one meal. An excellent brand is Late July Purple Corn Tortilla Chips. Other grains are not nearly as good.

- **Snacks.** Ideally, do not snack, as it is hard on digestion. If needed, a snack can be a few blue corn chips, leftover vegetables and protein, more almond butter, hummus, a sardine or a piece of beef or chicken jerky.
- **Occasional foods.** Treats can include corn on the cob and perhaps other vegetables.
- **Fat.** If you are a slow oxidizer, do not add extra fat to this diet. Almond butter, dark-meat chicken, lamb, and sardines in olive oil provide enough fat. It is okay to add a little butter or oil to the diet, but don't add a lot.

Fast oxidizers need some extra fat with each meal. The best is animal fat such as chicken, lamb or beef fat. Almond butter and tahini also contain excellent fats. Duck fat is not as good, and avoid lard. A little butter or olive oil is okay, but preferably only once daily.