

Custom Eating Guidelines For: **Joe Bloggs** Prepared On Date: **9<sup>th</sup> September 2009** Guidelines Good For: **90 Days**

**KEY: GREEN = BEST | BLACK = OK | PURPLE = CONSUME ONLY OCCASSIONALLY | RED = AVOID | ~~RED~~ = NEVER EAT**

MEAT		POULTRY		SEAFOOD		LEGUMES		BEVERAGES	
BISON BUFFALO BEEF, GRASS FED ELK VENISON LAMB LIVER (BEEF) KIDNEY (BEEF) PORK (CHOP) PORK (HAM) BEEF, GRAIN FED PORK (BACON)	TURKEY (WHITE MEAT) CHICKEN (WHITE MEAT) DUCK PHEASANT QUAIL TURKEY (BACON) TURKEY (DARK MEAT) CHICKEN (DARK MEAT)	*ALL FISH NEED TO BE CHOSEN CAREFULLY - I.E. MERCURY CONTAMINATION, OVER FARMING ETC.  SALMON WHITE FISH (DEEP SEA/COLD WATER) SARDINE PERCH RED SNAPPER	TUNA TROUT COD HALIBUT SARDINES SCALLOPS SOLE TILAPIA OCTOPUS SQUID SHARK HERRING	MAHI MAHI CRAB SHRIMP CAVIAR LOBSTER CRAYFISH CLAM OYSTERS MUSSELS CATFISH	GREEN BEANS GREEN PEAS LENTILS KIDNEY BEANS PINTO BEANS LIMA BEANS BLACK BEANS NAVY BEANS GARBANZO BEANS CHICKPEAS DRIED PEAS	ADUKI BEANS GREAT NORTHERN BEANS MUNG BEANS PINK BEANS WHITE BEANS FAVA BEANS RED BEANS SOY BEANS TOFU	SPRING WATER REVERSE OSMOSIS - WATER GREEN TEA WHITE TEA FILTERED WATER RED WINE COFFEE BLACK TEA	WHITE WINE VODKA TEQUILA GIN WHISKEY BEER / ALE SODA WATER SODA DRINKS SOY MILK RICE MILK OAT MILK NUT MILK	
DAIRY / EGGS		NUTS/SEEDS		GRAINS		VEGETABLES / SALAD GREENS		SEA VEG	
WHEY ISOLATE WHEY - CONCENTRATE GOAT MILK GOAT CHEESE GOAT YOGHURT* GOAT ICE CREAM COW YOGHURT* KEFIR (COW)* KEFIR (GOAT)*  * MUST CONTAIN LIVE CULTURES AND BE LOW FAT IDEALLY	<del>COW CHEESE</del> <del>COW MILK, FULL FAT</del> <del>COW MILK, LOW FAT</del> <del>COW COTTAGE CHEESE</del> <del>COW CREAM</del> <del>CHEESE</del> EGGS (FREE RANGE): EGG YOLKS EGG WHITES DUCK EGGS	SUNFLOWER SEEDS FLAXSEEDS SESAME SEEDS PUMPKIN SEEDS WALNUTS HAZELNUTS/FILBERT ALMONDS CASHEWS CHESTNUTS PEANUTS	OATS QUINOA WILD RICE BROWN RICE SPROUTED WHEAT SPELT AMARANTH BASMATI RICE	RYE WHEAT BUCKWHEAT WHITE RICE CORN FLOWER PASTA	SPINACH SWISS CHARD CRIMINI - MUSHROOMS ASPARAGUS BROCCOLI ROMAINE LETTUCE COLLARD GREENS KALE MUSTARD GREENS TOMATOES BRUSSELS - SPROUTS SHALLOTS SCALLIONS ENDIVE	BELL PEPPERS SQUASH (SUMMER) CAULIFLOWER CELERY FENNEL CABBAGE CARROTS SQUASH (WINTER) BEETS BEET GREENS EGGPLANT GREEN ONIONS ARTICHOKE RADICCHIO	GARLIC ONIONS / LEEKS SWEET POTATOE YAMS CUCUMBER AVOCADO CUCUMBER SHITAKE - MUSHROOMS OLIVES JICAMA POTATOE (SMALL) POTATOE (LARGE) PARSNIP TURNIP CORN	KELP WAKAME DULSE	
FRUITS		OTHER FRUIT PRODUCTS:		OILS / FATS		HERBS / SPICES / SEASONINGS		SALTS:	
STRAWBERRIES RASBERRIES CANTALOUPE PINEAPPLE KIWI FRUIT ORANGES PAPAYA WATERMELON APRICOTS GRAPEFRUIT GRAPES BLUEBERRIES CRANBERRIES BANANAS PLUMS / PRUNES	LEMONS LIMES APPLES PEARS	FIGS DATES RAISINS DRIED APRICOTS DRIED BANANA DRIED COCONUT FLAKES JAMS / PRESERVES	FLAX OIL OLIVE OIL COCONUT OIL MACADAMIA NUT OIL PUMPKIN SEED OIL SESAME SEED OIL WALNUT OIL ALMOND OIL SUNFLOWER SEED OIL	GOAT BUTTER COW BUTTER (WHOLE MILK) GHEE MARGARINE LARD	GINGER OREGANO ROSEMARY SAGE TURMERIC CORIANDER CLOVES GALRIC POWDER ONION POWDER CHIVE PARSLEY CILANTRO PARIKA PEPPER PEPPERMINT	CUMIN DILL WEED CURRY POWDER CHILLI POWDER FENNEL SEED FENUGREEK MUSTARD NUTMEG SAFFRON VANILLA BASIL BAY LEAF KETCHUP (natural, sugar free only)	SWEETENERS: SUGAR (WHITE) SUGAR (RAW) XYLITOL STEVIA HONEY (FRESH) HONEY (REFINED) ARTIFICAL SWEETNERS	CELTC SALT SALT (COARSE) SALT (LOW SODIUM) SWEETENERS: SUGAR (WHITE) SUGAR (RAW) XYLITOL STEVIA HONEY (FRESH) HONEY (REFINED) ARTIFICAL SWEETNERS	CHOCOLATE: DARK CHOCOLATE (MUST BE AT LEAST 70% COCOA SOLIDS, PREFERABLY MADE WITH RAW CACAO) MILK CHOCOLATE WHITE CHOCOLATE CANDY

\*\* PLEASE NOTE THAT THESE GUIDELINES ARE NOT EXHAUSTIVE AND WILL NEED REGULAR REVISIONS \*\*

## **IMPORTANT NOTES: Please Read!**

### **UNDERSTANDING THE KEY:**

**GREEN = BEST:** *These foods are going to be the most ideal foods for you, based on your assessment and goals. Try to focus your meals and snacks on these foods and drinks.*

**BLACK = OK:** *These foods are also acceptable for you to eat daily, BUT they are less beneficial than the green foods – therefore: try to focus on the green foods and use the black foods for variety ESPECIALLY if they make a meal more enjoyable for you as an ingredient or constituent of the dish.*

**PURPLE = CONSUME ONLY OCCASSIONALLY:** *These foods are not beneficial to you! They are not likely to be bad for you either, but your assessment dictates that these foods should be minimized or avoided where possible. Consuming these foods once or twice a week is unlikely to be damaging to your overall goals – however: you should be focusing on the green and black foods in preference to these foods!*

**RED = AVOID:** *These foods should be avoided! Your assessment has identified issues that these foods may be counter-productive to and/or just not helpful to your overall goals with this program. Eating these foods extremely rarely, such as once a month, is unlikely to be a serious problem however.*

**~~RED~~ = NEVER EAT:** *These foods should be avoided at all costs! Your assessment has identified issues (such as food intolerance and/or allergies), for which these foods are very likely to cause or exacerbate one or more issue that the program is trying to support.*

### **FREQUENTLY ASKED QUESTIONS:**

**Q** - My eating guidelines do not show all the foods I eat, do I assume that they are OK to eat if not on my list?

**A** - If there is no similar food on the list, then I suggest you e-mail me to check and make sure! For example if all nuts on the list are red, then you can assume that other nuts are also going to be restricted – BUT if only 1 nut is restricted (i.e. peanuts), but all other nuts are OK – then you can assume that another type of nut is OK. Remember; always e-mail me to check if unsure!

**Q** - I travel a great deal, and I find it really difficult to stick to the guidelines on the airplane and airport... what do I do?

**A** - Sometimes, it is just not possible to follow the program exactly. So long as you follow the program most of the time (80+ %) then you are likely to succeed in achieving your goals anyway. If a food is red with a strikethrough- then you MUST still try to avoid this food as you were found to have a significant problem with it. Always travel with some 'emergency' rations – such as approved fruit, nuts etc. If you have many red foods on your list and are worried about your travel plans and your program – contact me to discuss in detail!

**Q** - The eating guidelines are just too hard for me to follow, should I give up and try another approach!

**A** - No! Contact me, so that I can revise your guidelines. Your initial guidelines will be my most accurate and somewhat idealistic recommendations. If they are too tough for you – then contact me so that I can revise the guidelines for you and make them easier – BUT be aware that this will likely prolong the length of the program by at least several months to compensate.