



Diet Plan #2-A, Parasympathetic Dominant

PROTEINS			CARBOHYDRATES			OILS / FATS	
MEAT & FOWL	SEAFOOD	DAIRY	WHOLE GRAINS	VEGETABLE	FRUIT	NUT / SEED	OIL / FAT
HIGH PURINE	HIGH PURINE	LOW PURINE	<i>Listed best to worst</i>	<i>Listed best to worst</i>	<i>Listed best to worst</i>	<i>all are OK</i>	butter
organ meats	^ = contains mercury	(whole fat)	oat	green / wax bean	olive †	<i>listed from best to worst</i>	coconut oil
paté	anchovy	cheese	amaranth	green pea †	blueberry	peanut	cream
brains	caviar	cottage cheese	quinoa	asparagus	cranberry	Brazil	ghee
buffalo	herring	cream	triticale *	mushrooms	boysenberry †	macadamia	avocado oil
elk	mackerel ^	eggs	spelt *	cauliflower	raspberry	pecan	olive oil
heart	mussel	kefir	wheat *	artichoke	kumquat	walnut	palm oil
kidney	sardine	milk	kasha *	sprouts	rhubarb	hazelnut	flax oil
liver, beef	scallop	yogurt	kamut *	watercress	blackberry	pumpkin †	fish oil
liver, chicken	MEDIUM PURINE	NUTS	barley *	leek	plum	sunflower	<i>Use these oils sparingly</i>
meat gravies	abalone	<i>all are OK</i>	rye *	lettuce	strawberry	pine	almond oil
sweetbreads	arctic char	<i>listed from best to least preferable</i>	millet	cucumber	raisin †	almond †	black currant oil
tongue	clam	LOW PURINE	buckwheat	jicama	grape †	sesame †	flax oil
tripe	crab ^	peanut	teff	collard	apple	coconut	hemp oil
venison	crayfish ^	Brazil	sorghum	eggplant (butter fried)	casaba	coconut	peanut oil
wild game	lobster ^	macadamia	rice, wild	cabbage	cherry †	pistachio †	saflower oil
MEDIUM PURINE	octopus	pecan	cornmeal	turnip	watermelon	flax	sesame oil
beef	oyster	walnut	rice, basmati	scallion	persimmon	cashew †	sunflower oil
bacon	perch (ocean)	hazelnut	rice, brown	radish	peach	chia	walnut oil
chicken, dark	salmon	pumpkin †	couscous *	mustard greens	elderberry †	chestnut †	
Cornish-Hen	shrimp	sunflower	<i>* contains gluten</i>	kale	coconut		OILS / FATS
duck	squid	pine	<i>Sprouted grain bread is the only bread allowed, e.g., Essene or Ezekiel</i>	celery	apricot †		BEVERAGES
goose	trout	almond †		sweet peppers	pomegranate †		<i>Allowed</i>
grouse	tuna, dark ^	sesame †		parsley	pear †		Water
lamb	LOW PURINE	coconut		broccoli	banana †		<i>purified only *</i>
pheasant	bass ^	pistachio †	<i>Note: High starch foods are high carb/glycemic foods (convert quickly to sugar) and thus are caution foods</i>	summer squash	kiwi fruit †		Almond milk
pork-ribs	catfish	flax		onion	cantaloupe		Coffee
rabbit	cod ^	cashew †		carrot	nectarine		Cow's milk
quail	flounder	chia		corn †	dates †		Goat's milk
spare rib	grouper ^	chestnut †		spinach	figs †		Black tea
turkey, dark	halibut ^	LEGUMES	<i>Add starch foods only as needed as per DCR's</i>	winter squash †	prune †		Green tea
veal	pompano	MEDIUM PURINE		brussels sprout	mango †		Herbal tea
LOW PURINE	shark ^	dried beans †		pumpkin †	guava		Veggie juice
bacon	snail/escargot	dried peas †	<i>Consume proteins, fats, and carbs at every meal / snack</i>	okra	avocado		Restricted
chicken, white	snapper ^	lentils †		zucchini	honeydew		Beer
ham	swordfish ^	tempeh and all other fermented soy	<i>Always consume vegetables with butter, ghee, or oil</i>	beet †	papaya		Fruit Juice
pork chop	tuna, light ^	LOW PURINE	<i>Restrict foods not on this list or eat only occasionally</i>	rutabaga	<i>* Limit citrus 2x / week</i>		Liquor
ostrich	whitefish	Legumes are proteins & carbs		kohlrabi	lemon *, lime *		Oat Milk
turkey, white	<i>Minimize canned, farmed, and mercury-containing seafoods</i>		<i>Always eat whole, natural, unprocessed, organic when possible</i>	parsnip †	tangerine * †		Rice Milk
				tomato	pineapple * †		Soy milk
				beet greens	grapefruit *		<i>Drink only water when thirsty</i>
				potato (butter fried) †	orange *		<i>* purify using reverse osmosis, distilled, or Berkey Filter</i>
				sweet potato †	<i>Always eat fruit with some fat and protein</i>		BEVERAGES
				yam †	<i>† highest in carbs/sugar</i>		
				chard			

Every meal should contain a protein from these sources, but dairy, legumes or nuts are not a substitute for meats. Higher fat, higher purine foods are preferable.