

EQUATORIAL TYPE DIET PLAN

Recommended Foods Chart

PROTEINS			CARBOHYDRATES				OILS / FATS	
MEAT/FOWL	SEAFOOD	DAIRY	GRAIN	VEGETABLE		FRUIT	NUT/SEED	OIL/FAT
<i>light meats</i>	<i>light fish</i>	<i>non/low fat</i>	<i>whole grains only</i>	<i>high starch</i>	<i>low starch</i>	<i>all are okay</i>	<i>use sparingly</i>	<i>use sparingly</i>
chicken breast	catfish	cheese		potato	beet green	apple	walnut	butter
Cornish game hen	cod	cottage cheese	<i>high starch</i>	pumpkin	broccoli	apricot	pumpkin	cream
turkey breast	flounder	kefir	amaranth	rutabaga	brussels sprout	berry	peanut	ghee
pork, lean	haddock	milk	barley	sweet potato	cabbage	cherry	sunflower	<i>oils:</i>
ham	halibut	yogurt	brown rice	yam	chard	citrus	sesame	almond oil
<i>Only occasional lean red meat or restrict entirely</i>	perch	eggs	buckwheat	<i>moderate starch</i>	collard	grape	almond	flax oil
	scrod	LEGUMES	corn	beet	cucumber	melon	cashew	olive oil
	sole	<i>use sparingly</i>	couscous	corn	garlic	peach	Brazil	peanut oil
	trout	<i>high starch</i>	kamut	eggplant	kale	pear	filbert	sesame oil
	tuna, white	dried beans	kasha	jicama	leafy greens	pineapple	pecan	sunflower oil
	turbot	lentils	millet	okra	onion	plum	chestnut	walnut oil
		<i>low starch</i>	oat	parsnip	parsley	tomato	pistachio	
		tempeh	quinoa	radish	peppers	tropical	coconut	
		tofu	rice	spaghetti squash	scallion	LEGUMES	hickory	
		NUTS	rye	summer squash	sprouts	<i>high starch</i>	macadamia	
		<i>sparingly</i>	spelt	yellow squash	tomato	dried beans		
			triticale	turnip	watercress	dried peas		
			wheat	zucchini		lentils		

Every meal should contain a protein from these sources

* Note: nuts are listed from highest to lowest protein content.

Note: High starch foods are high glycemic foods (converts quickly to sugar) and thus are your caution foods if you have blood sugar problems.

POLAR TYPE DIET PLAN

Recommended Foods Chart

PROTEINS			CARBOHYDRATES			OILS / FATS	
MEAT/FOWL	SEAFOOD	DAIRY	GRAIN	VEGETABLE	FRUIT	NUT/SEED	OIL/FAT
<i>high purine</i>	<i>high purine</i>	<i>whole fat</i>	<i>whole grains only</i>	<i>non- starch</i>	avocado	<i>all are okay</i>	<i>all are okay</i>
organ meats	anchovy	<i>low purine</i>		asparagus	olive	walnut	butter
pate	caviar	cheese	<i>high starch</i>	beans, fresh		pumpkin	cream
beef liver	herring	cottage cheese	amaranth	cauliflower	<i>not fully ripe -</i>	peanut	ghee
chicken liver	mussel	cream	barley	celery	apple (some)	sunflower	<i>oils:</i>
<i>medium purine</i>	sardine	eggs	brown rice	mushroom	pear (some)	sesame	almond oil
beef	<i>medium purine</i>	kefir	buckwheat	spinach	<i>high starch</i>	almond	flax oil
bacon	abalone	milk	corn	<i>high starch</i>	banana	cashew	olive oil
chicken*	clam	yogurt	couscous	artichoke		Brazil	peanut oil
duck	crab	LEGUMES	kamut	carrot		filbert	sesame oil
fowl	crayfish	<i>low purine</i>	kasha	pea		pecan	sunflower oil
goose	lobster	tempeh	millet	potatoes, fried in butter only		chestnut	walnut oil
kidney	mackerel	tofu	oat	squash, winter		pistachio	
lamb	octopus	<i>medium purine</i>	quinoa	LEGUMES		coconut	
pork chop	oyster	beans, dried	rye	<i>non-starch</i>		hickory	
spare rib	salmon	lentils	spelt	tempeh		macadamia	
turkey*	scallop	NUTS	triticale	tofu			
veal	shrimp	<i>all are okay</i>	<i>sprouted grain bread is the only bread allowed*</i>	<i>high starch</i>			
wild game	snail			beans, dried			
*dark meat is best	squid			peas, dried			
	tuna, dark			lentils			
Every meal should contain a protein from these sources, but dairy, legumes or nuts are not a substitute for meats at main meals			*Sprouted grain breads such as Ezekiel or Manna breads				

* Note: nuts are listed from highest to lowest protein content.

Note: High starch foods are high glycemic foods (converts quickly to sugar) and thus are your caution foods.