

SUMMER AND EARLY AUTUMN



FRUITS	
Good	All fruits
Reduce	Grapefruits
Avoid	
VEGETABLES	
Good	All vegetables
Reduce	
Avoid	Pickled vegetables
GRAINS	
Good	Barley, Millet, Oats, Rice, Wheat
Reduce	Rye, Amaranth, Buckwheat, Corn, Quinoa, Brown rice
Avoid	White processed wheat products (toast bread, cakes, biscuits...)
LEGUMES	
Good	All good when activated (sprouted)
Reduce	Tofu
Avoid	
NUTS AND SEEDS	
Good	Almonds, Coconut, Macadamias, Pine nuts, Pumpkin, Sunflower, Walnuts
Reduce	Almonds, Brazil nuts, Cashews, Flax, Macadamias, Peanuts, Pecans, Pistachios
Avoid	
MEAT AND FISH	
Good	Chicken, Duck, Eggs, Freshwater fish, Lamb, Turkey, Shrimps
Reduce	Beef, Oysters, Crabs, Venison
Avoid	Pork
DAIRY	
Good	Butter, Fresh cheese, Ghee, Milk, Ice Cream
Reduce	Buttermilk, Kefir, Sour cream, Yoghurt
Avoid	Seasoned salty cheese
SWEETENERS AND CONDIMENTS	
Good	Maple syrup, Raw sugar, Carob
Reduce	Honey, Molasses, Mayonnaise, Cacao, Salt, Vinegar
Avoid	White sugar, Artificial sweeteners

BEVERAGES	
Good	Warm water, Fresh fruit and veggie juices, sparkling water, green tea, herbal teas
Reduce	Coffee, Black tea, Alcohol
Avoid	Icy Soda
HERBS AND SPICES	
Good	All garden herbs, Coriander, Cardamom, Fennel, Mint, Saffron, Fresh ginger, Cumin, Liquorice
Reduce	Black pepper, Salt, Mustard
Avoid	Chili

