



**HEALTHY SWEETS** (such as plain dark chocolate) Sparingly



**RED WINE** (optional)  
No more than 1-2 glasses a day



**SUPPLEMENTS**  
Daily

**TEA** (white, green, oolong)  
2-4 cups a day



**HEALTHY HERBS & SPICES** (such as garlic, ginger, turmeric, cinnamon) Unlimited amounts

**OTHER SOURCES OF PROTEIN** (high quality natural cheeses and yogurt, omega-3 enriched eggs, skinless poultry, lean meats) 1-2 a week



**COOKED ASIAN MUSHROOMS**  
Unlimited amounts

**WHOLE SOY FOODS** (edamame, soy nuts, soymilk, tofu, tempeh) 1-2 a day



**FISH & SEAFOOD** (wild Alaskan salmon, Alaskan black cod, sardines) 2-6 a week

**HEALTHY FATS** (extra virgin olive oil, expeller-pressed canola oil, nuts - especially walnuts, avocados, seeds - including hemp seeds and freshly ground flaxseeds) 5-7 a day



**WHOLE & CRACKED GRAINS**  
3-5 a day



**PASTA (al dente)**  
2-3 a week



**BEANS & LEGUMES**  
1-2 a day



**VEGETABLES** (both raw and cooked, from all parts of the color spectrum, organic when possible) 4-5 a day minimum



**FRUITS** (fresh in season or frozen, organic when possible) 3-4 a day