



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



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



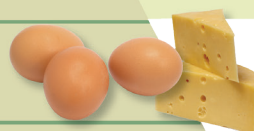
SUPPLEMENTS
Daily



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



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



OTHER SOURCES OF PROTEIN (natural cheeses, lowfat dairy, 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**