



<p><b>Fruits</b></p> <p>Apples, Oranges, Strawberries, Pear, Plum, Bananas, Melons (eat on their own), Grapefruits, Lemons, etc.</p>	
<p><b>Vegetables</b></p> <p>Leafy Green Lettuces of all kinds, Broccoli, Cauliflower, Carrots, Beets, Artichokes, Asparagus, Sprouts, Radishes, Corn, Peas, etc.</p>	
<p style="text-align: center;"><b>Proteins</b></p> <p>Beef, Chicken, Lamb, Veal, Turkey, Venison, Pork, Sea foods (fish, Shell fish of any kind), Eggs, Dairy products (Milk of any kind, Ice cream, Cottage Cheese, Yogurt), Nuts &amp; seeds, Mature Coconut, Avocado, Soybeans, Olives</p>	<p style="text-align: center;"><b>Carbohydrates &amp; Starches</b></p> <p>Potatoes, Pasta, Bread, Young coconuts, Most cereals, Grains (rice, millet, couscous), Legumes-lentils, Peas, Beans (are also loaded with natural proteins)</p>