You’re About To Discover...

Nutrition Case Studies – the Science “Behind the Plate”

with Kellie Hill, NTP
The Right Plan
Have You Ever Wondered?
Would You Like Me To SHARE
You’re About To Discover
Promise
The Problem
What Is Whole Food Nutrition?
Why Whole Food Nutrition?
Who Am I & Why
Listen To Me?

Meet Kellie Hill
Whole Food = FREEDOM
Simple Steps to Optimal Health

1. Possible Predisposing Factors
2. Nutrients to Increase
3. Nutrients to Decrease
4. Additional Resources
Anxiety

Possible Predisposing Factors

1. Reactive hypoglycemia
2. Vitamin B complex deficiency
3. Ca or Mg deficiency
4. Psychological stress
5. Food allergy or sensitivity
Anxiety

**Nutrients to Increase**

1. Calcium
2. Magnesium
3. Iron
4. L-lysine
5. High protein foods
Anxiety

Nutrients to Decrease

1. Sugars
2. Fructose foods
3. Caffeine
4. Alcohol
5. 
<table>
<thead>
<tr>
<th>Meats</th>
<th>Poultry</th>
<th>Seafood</th>
<th>Legumes</th>
<th>Dairy and Eggs</th>
<th>Nuts and Seeds</th>
<th>Grains</th>
<th>Greens</th>
<th>Vegetables</th>
<th>Sea Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidney (beef)</td>
<td>Chicken (dark meat)</td>
<td>Abalone</td>
<td>Sardine</td>
<td>Grouper</td>
<td>Blue Cheese</td>
<td>Almonds</td>
<td>Amaranth</td>
<td>Asparagus</td>
<td>Arugula</td>
</tr>
<tr>
<td>Liver (beef)</td>
<td>Chicken (white meat)</td>
<td>Anchovy</td>
<td>Scallop</td>
<td>Redfish</td>
<td>Brie</td>
<td>Brazil Nuts</td>
<td>Quinoa</td>
<td>Avocado</td>
<td>Jerusalem Artichoke</td>
</tr>
<tr>
<td>Beef</td>
<td>Duck</td>
<td>Cattail</td>
<td>Squid</td>
<td>Melon-mahi</td>
<td>cotswold</td>
<td>Pumpkin Seeds</td>
<td>Rice (black, white)</td>
<td>Celery</td>
<td>Chill Powder</td>
</tr>
<tr>
<td>Buffalo</td>
<td>Goose</td>
<td>Clams</td>
<td>Trout</td>
<td>Rockfish</td>
<td>Edam</td>
<td>Sunflower Seeds</td>
<td>Romaine</td>
<td>Spinach</td>
<td>Cinnamon</td>
</tr>
<tr>
<td>Elk</td>
<td>Pheasant</td>
<td>Mackerel</td>
<td>Walleye</td>
<td>Rough</td>
<td>Eggs-Chicken (white)</td>
<td>Pepitas</td>
<td>Lettuce (bibb)</td>
<td>Leek</td>
<td>Cumin</td>
</tr>
<tr>
<td>Heart (beef)</td>
<td>Quail</td>
<td>Mussel</td>
<td>Herring</td>
<td>Gilt</td>
<td>Eggs-Chicken (pale)</td>
<td>Caviar</td>
<td>Lettuce (iceberg)</td>
<td>Leek</td>
<td>Coriander</td>
</tr>
<tr>
<td>Lamb</td>
<td>Turkey (dark meat)</td>
<td>Quail</td>
<td>Sockeye</td>
<td>Sockeye</td>
<td>Gouda</td>
<td>Walnuts</td>
<td>Lettuce (iceberg)</td>
<td>Mushroom (all varieties)</td>
<td>Turmeric</td>
</tr>
<tr>
<td>Rabbit</td>
<td>Turkey (white meat)</td>
<td>Perch</td>
<td>Red</td>
<td>Tuna</td>
<td>Feta</td>
<td>Cashews</td>
<td>Mint</td>
<td>Olive</td>
<td>Tarragon</td>
</tr>
<tr>
<td>Venison</td>
<td>Perkin</td>
<td>Perkin</td>
<td>Grey</td>
<td>Grey</td>
<td>Feta</td>
<td>Cashews</td>
<td>Mustard</td>
<td>Persimmon</td>
<td>Tarragon</td>
</tr>
<tr>
<td>Pork (bacon)</td>
<td>Perkin</td>
<td>Perkin</td>
<td>Grey</td>
<td>Grey</td>
<td>Eggs-Chicken (white)</td>
<td>Perkin</td>
<td>Mustard</td>
<td>Persimmon</td>
<td>Thyme</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Oils and Fats</th>
<th>Herbs, Spices and Seasonings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Prunes</td>
<td>Cardamom</td>
</tr>
<tr>
<td>Apricots</td>
<td>Raspberries</td>
<td>Dates</td>
</tr>
</tbody>
</table>
Cancer (prevention)

Possible Predisposing Factors

1. Genetics & environment
2. Heavy metal toxicity (incl. copper)
3. Chemical toxicity (incl. carcinogens)
4. Stress
5. Immune dysfunction
Cancer (prevention)

Nutrients to Increase

1. Vitamins A, B2, B6, B12, C, E
2. Carotenoids
3. Calcium, selenium, zinc
4. Omega 3 fatty acids
5. Lycopene and folates
Cancer (prevention)

Nutrients to Decrease

1. Copper
2. Alcohol
3. Mercury containing foods
4. Sugars
5. Harmful fats & carcinogenic foods
<table>
<thead>
<tr>
<th>Meat Types</th>
<th>Poached</th>
<th>Seafood</th>
<th>Legumes</th>
<th>Beverages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>Abalone</td>
<td>Oyster</td>
<td>Garbanzo</td>
<td>Milk-Orange</td>
</tr>
<tr>
<td>Buffalo</td>
<td>Anchovy</td>
<td>Rockfish</td>
<td>Beans</td>
<td>Rice-Milk</td>
</tr>
<tr>
<td>Elk</td>
<td>Bass (sea)</td>
<td>Roughy</td>
<td>Lima</td>
<td>Water (distilled)</td>
</tr>
<tr>
<td>Lamb</td>
<td>Mackerel</td>
<td>Sorrel</td>
<td>Lime</td>
<td>Lime-Black</td>
</tr>
<tr>
<td>Pork (ham, chops, etc.)</td>
<td>Goose</td>
<td>Smoked</td>
<td>Red</td>
<td>Soy-Milk</td>
</tr>
<tr>
<td>Rabbit</td>
<td>perch</td>
<td>Smoked</td>
<td>Soy</td>
<td>Coffee (pa)</td>
</tr>
<tr>
<td>Heart (beef)</td>
<td>Pacific Herring</td>
<td>Smoked</td>
<td>Soy Northern</td>
<td>Tea (black)</td>
</tr>
<tr>
<td>Kidney (beef)</td>
<td>Catfish</td>
<td>Smoked</td>
<td>Great Northern</td>
<td>Coffee (pa)</td>
</tr>
<tr>
<td>Liver (beef)</td>
<td>Scallop</td>
<td>Smoked</td>
<td>Beans</td>
<td>Tea (green)</td>
</tr>
<tr>
<td>Pork (bacon)</td>
<td>Shrimp</td>
<td>Smoked</td>
<td>Beans</td>
<td>Tea (red)</td>
</tr>
<tr>
<td>Venison</td>
<td>Whitefish</td>
<td>Smoked</td>
<td>Beans</td>
<td>Wine (white)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Diary and Eggs</th>
<th>Nuts and Seeds</th>
<th>Grains</th>
<th>Greens</th>
<th>Vegetables</th>
<th>Sea Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Cheese</td>
<td>Chestnuts</td>
<td>Rice</td>
<td>Arugula</td>
<td>Artichoke</td>
<td>Mushroom</td>
</tr>
<tr>
<td>Butter</td>
<td>Macadamia Nuts</td>
<td>Rice</td>
<td>Arugula</td>
<td>Asparagus</td>
<td>Mustard (all)</td>
</tr>
<tr>
<td>Cheddar</td>
<td>Poppy Seeds</td>
<td>Arugula</td>
<td>Arugula</td>
<td>Asparagus</td>
<td>Irish Moss</td>
</tr>
<tr>
<td>Colby</td>
<td>almonds</td>
<td>Arugula</td>
<td>Arugula</td>
<td>Asparagus</td>
<td>card (carrageenan)</td>
</tr>
<tr>
<td>Cottage Cheese</td>
<td>Ripefruit</td>
<td>Green</td>
<td>Arugula</td>
<td>Asparagus</td>
<td>Help</td>
</tr>
<tr>
<td>Cream Cheese</td>
<td>Peaches</td>
<td>Green</td>
<td>Arugula</td>
<td>Asparagus</td>
<td>Help</td>
</tr>
<tr>
<td>Edam</td>
<td>Pine Nuts</td>
<td>Green</td>
<td>Arugula</td>
<td>Asparagus</td>
<td>Help</td>
</tr>
<tr>
<td>Eggs, Chicken (whites)</td>
<td>Nuts</td>
<td>Green</td>
<td>Arugula</td>
<td>Asparagus</td>
<td>Help</td>
</tr>
<tr>
<td>Eggs, Chicken (yolk)</td>
<td>Nuts</td>
<td>Green</td>
<td>Arugula</td>
<td>Asparagus</td>
<td>Help</td>
</tr>
<tr>
<td>Eggs, Duck (white)</td>
<td>Nuts</td>
<td>Green</td>
<td>Arugula</td>
<td>Asparagus</td>
<td>Help</td>
</tr>
<tr>
<td>Feta</td>
<td>Sour Cream</td>
<td>Green</td>
<td>Arugula</td>
<td>Asparagus</td>
<td>Help</td>
</tr>
<tr>
<td>Goat Cheese</td>
<td>Soursax</td>
<td>Green</td>
<td>Arugula</td>
<td>Asparagus</td>
<td>Help</td>
</tr>
<tr>
<td>Goat Milk</td>
<td>Sunflower Seeds</td>
<td>Green</td>
<td>Arugula</td>
<td>Asparagus</td>
<td>Help</td>
</tr>
<tr>
<td>Gouda</td>
<td>Sunflower Seeds</td>
<td>Green</td>
<td>Arugula</td>
<td>Asparagus</td>
<td>Help</td>
</tr>
<tr>
<td>Guayavo</td>
<td>Sunflower Seeds</td>
<td>Green</td>
<td>Arugula</td>
<td>Asparagus</td>
<td>Help</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Oils and Fats</th>
<th>Herbs, Spices and Seasonings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Oils</td>
<td>Herbs</td>
</tr>
<tr>
<td>Bananas</td>
<td>Fats</td>
<td>Spices</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Oils</td>
<td>Seasonings</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Fats</td>
<td>Herbs</td>
</tr>
<tr>
<td>Boysenberries</td>
<td>Oils</td>
<td>Spices</td>
</tr>
<tr>
<td>Casteloupe</td>
<td>Fats</td>
<td>Seasonings</td>
</tr>
<tr>
<td>Cherries</td>
<td>Oils</td>
<td>Herbs</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Fats</td>
<td>Spices</td>
</tr>
<tr>
<td>Elderberries</td>
<td>Oils</td>
<td>Seasonings</td>
</tr>
<tr>
<td>Gooseberries</td>
<td>Fats</td>
<td>Herbs</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Oils</td>
<td>Spices</td>
</tr>
<tr>
<td>Grapes</td>
<td>Fats</td>
<td>Seasonings</td>
</tr>
<tr>
<td>Guava</td>
<td>Oils</td>
<td>Herbs</td>
</tr>
<tr>
<td>Honeydew Melon</td>
<td>Fats</td>
<td>Spices</td>
</tr>
<tr>
<td>Kiwifruit</td>
<td>Oils</td>
<td>Seasonings</td>
</tr>
</tbody>
</table>
Cardiac Arrhythmia

Possible Predisposing Factors

1. Vitamin B1 deficiency
2. Copper and/or magnesium deficiency
3. Cardiac damage
4. Autonomic nervous system dysfunction
5. Food allergy or sensitivity
Cardiac Arrhythmia

Nutrients to Increase

1. Polyunsaturated fatty acids
2. Fish oil
3. Foods high in DHA
4. Calcium
5. Magnesium
Cardiac Arrhythmia

Nutrients to Decrease

1. High histamine content foods
2. High saturated fats
3. Alcohol
4. Sugars
5. Harmful fats & carcinogenic foods
### Eating Guidelines for Kellie Hill

**Recommended by Kellie Hill. The Right Plan on 2/2/2016**

**Food Colors**
- **Green** = Ideal (eat ideal foods at every meal)
- **Black** = Neutral (or, but emphasize "Ideal" foods)
- **Gray** = Caution (eat rarely or only for variety)
- **Red** = Avoid (don’t eat these foods)

### Meats
<table>
<thead>
<tr>
<th>Beef</th>
<th>Poultry</th>
<th>Seafood</th>
<th>Legumes</th>
<th>Beverages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buffalo</td>
<td>Chicken (dark meat)</td>
<td>Albacore</td>
<td>Lima Beans</td>
<td>Almond Milk</td>
</tr>
<tr>
<td>Elk</td>
<td>Chicken (white meat)</td>
<td>Atlantic</td>
<td>Legume Beans</td>
<td>Coffee (decaf)</td>
</tr>
<tr>
<td>Lamb</td>
<td>Goose</td>
<td>Octopus</td>
<td>Almond</td>
<td>Cherry Juice</td>
</tr>
<tr>
<td>Heart (beef)</td>
<td>Goose</td>
<td>Squid</td>
<td>White</td>
<td>Cork</td>
</tr>
<tr>
<td>Pork (ham, chops)</td>
<td>Salmon</td>
<td>Anchovy</td>
<td>Azuki Beans</td>
<td>Coffee (espresso)</td>
</tr>
<tr>
<td>Rabbit</td>
<td>Turkey (dark meat)</td>
<td>Smoked Salmon</td>
<td>Black Beans</td>
<td>Cat Milk</td>
</tr>
<tr>
<td>Venison</td>
<td>Turkey (white meat)</td>
<td>Smoked Salmon</td>
<td>Black-eyed</td>
<td>Rice Milk</td>
</tr>
<tr>
<td>Kidney (beef)</td>
<td>Turkey (white meat)</td>
<td>Smoked Salmon</td>
<td>Emincallens</td>
<td>Rice (white)</td>
</tr>
<tr>
<td>Liver (beef)</td>
<td>Turkey (white meat)</td>
<td>Smoked Salmon</td>
<td>Garbanzo</td>
<td>Rice (white)</td>
</tr>
<tr>
<td>Pork (bacon)</td>
<td>Turkey (white meat)</td>
<td>Smoked Salmon</td>
<td>Great Northern</td>
<td>Rice (white)</td>
</tr>
</tbody>
</table>

### Dairy and Eggs
<table>
<thead>
<tr>
<th>Buttermilk</th>
<th>Cottage Cheese</th>
<th>Cottage Cheese (lite)</th>
<th>Goat Milk</th>
<th>Gulf</th>
<th>Ice Cream</th>
<th>Milk (2%)</th>
<th>Milk (whole)</th>
<th>Whole Milk</th>
<th>Whole Milk (2%)</th>
<th>Whole Milk (Skim)</th>
<th>Whole Milk (2%)</th>
<th>Whole Milk (Skim)</th>
<th>Whole Milk (Skim)</th>
<th>Whole Milk (Skim)</th>
<th>Whole Milk (Skim)</th>
<th>Whole Milk (Skim)</th>
<th>Whole Milk (Skim)</th>
<th>Whole Milk (Skim)</th>
<th>Whole Milk (Skim)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>Eggs, Chicken (white)</td>
<td>Eggs, Chicken (yolk)</td>
<td>Eggs, Chicken (whites)</td>
<td>Eggs, Chicken (yolk)</td>
<td>Eggs, Chicken (whites)</td>
<td>Eggs, Chicken (whites)</td>
<td>Eggs, Chicken (yolk)</td>
<td>Eggs, Chicken (whites)</td>
<td>Eggs, Chicken (yolk)</td>
<td>Eggs, Chicken (whites)</td>
<td>Eggs, Chicken (yolk)</td>
<td>Eggs, Chicken (whites)</td>
<td>Eggs, Chicken (yolk)</td>
<td>Eggs, Chicken (whites)</td>
<td>Eggs, Chicken (yolk)</td>
<td>Eggs, Chicken (whites)</td>
<td>Eggs, Chicken (yolk)</td>
<td>Eggs, Chicken (whites)</td>
<td></td>
</tr>
<tr>
<td>Yogurt</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Nuts and Seeds
|---------|---------|-----------|--------------|---------------|-----------|-------------|---------------|--------|--------------|------------------|---------------------|-----------------|-------------|-----------|-----------|-------------|------------------|---------|

### Grains
|-------|--------|-----------|-------------|-------|----------|---------------|-----------------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|

### Greens
|--------|------|---------------|------------|--------|--------|----------------|---------------|-----------------|---------------|---------------|----------------|---------|-------|-------|-------|-------|-------|

### Vegetables
| Beets | Brussels Sprout | Cabbage | Carrots | Corn | Cucumber | Daikon | Dill | Fennel | Fennel | Fennel (white) | Fennel (red) | Fennel (green) | Fennel (wild) | Fennel (yellow) | Fennel (purple) | Fennel (brown) | Fennel (white) | Fennel (red) |
|-------|----------------|---------|---------|------|----------|--------|------|-------|-------|-------------|-------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|

### Sea Vegetables
| Avocado | Brussel Sprout | Cabbage | Carrots | Corn | Cucumber | Daikon | Dill | Fennel | Fennel | Fennel (white) | Fennel (red) | Fennel (green) | Fennel (wild) | Fennel (yellow) | Fennel (purple) | Fennel (brown) | Fennel (white) | Fennel (red) |
|---------|----------------|---------|---------|------|----------|--------|------|-------|-------|-------------|-------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|

### Fruits
<table>
<thead>
<tr>
<th>Apple</th>
<th>Mango</th>
<th>Coconut</th>
<th>Fish Oils</th>
<th>Flaxseed Oil</th>
<th>Flaxseed Oil</th>
<th>Ground Flaxseed Oil</th>
<th>Ground Flaxseed Oil</th>
<th>Ground Flaxseed Oil</th>
<th>Ground Flaxseed Oil</th>
<th>Ground Flaxseed Oil</th>
<th>Ground Flaxseed Oil</th>
<th>Ground Flaxseed Oil</th>
<th>Ground Flaxseed Oil</th>
<th>Ground Flaxseed Oil</th>
<th>Ground Flaxseed Oil</th>
<th>Ground Flaxseed Oil</th>
<th>Ground Flaxseed Oil</th>
<th>Ground Flaxseed Oil</th>
</tr>
</thead>
</table>

### Oils and Fats
| Sesame Oil | Sunflower Oil | Sunflower Oil | Sunflower Oil | Sunflower Oil | Sunflower Oil | Sunflower Oil | Sunflower Oil | Sunflower Oil | Sunflower Oil | Sunflower Oil | Sunflower Oil | Sunflower Oil | Sunflower Oil | Sunflower Oil | Sunflower Oil | Sunflower Oil | Sunflower Oil |
|------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|

### Herbs
| Anise | Basil | Bay Leaf | Bay Leaf | Bay Leaf | Bay Leaf | Bay Leaf | Bay Leaf | Bay Leaf | Bay Leaf | Bay Leaf | Bay Leaf | Bay Leaf | Bay Leaf | Bay Leaf | Bay Leaf | Bay Leaf | Bay Leaf | Bay Leaf |
|-------|-------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|

### Spices and Seasonings
|---------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|

### Additional Notes
- **Green** = Ideal (eat ideal foods at every meal)
- **Black** = Neutral (or, but emphasize "Ideal" foods)
- **Gray** = Caution (eat rarely or only for variety)
- **Red** = Avoid (don’t eat these foods)
Depression

Possible Predisposing Factors

1. Alcoholism
2. Vitamin B1 deficiency
3. Copper toxicity
4. Psychological stress
5. Food allergy or sensitivity
5. Neurotransmitter imbalance
Depression

Nutrients to Increase

1. Foods high in EPA
2. Foods high in DHA
3. Vitamin B12
4. Iron
5. Folates
Depression
Nutrients to Decrease

1. Alcohol
2. Refined sugars
3. Caffeine
4.
5.
### Eating Guidelines for Kellie Hill

**Recommended by Kellie Hill, The Right Plan on 2/2/2016**

**Food Colors**
- **Green** = Ideal (eat ideal foods at every meal)
- **Black** = Neutral (ok, but emphasize "ideal" foods)
- **Ivory** = Cautious (eat rarely or only for variety)
- **Red** = Avoid (don't eat these foods)

#### Meats
- **Buffalo**
- **Liver (beef)**
- **Kidney (beef)**
- **Rabbit**
- **Beef**
- **Venison**
- **Heart (beef)**
- **Lamb**
- **Turkey (dark meat)**
- **Pork (lomo, chops)**
- **Pork (bacon)**

#### Poultry
- **Chicken (white meat)**
- **Turkey (white meat)**
- **Turkey (dark meat)**
- **Chicken (dark meat)**
- **Cornish Hen**
- **Goose**
- **Quail**
- **Crab**
- **Clams**
- **Oysters**
- **Tuna**
- **Mung Beans**
- **Swedish Beans**
- **Salmon**

#### Seafood
- **Scallop**
- **Herring**
- **Cod**
- **Perch**
- **Tilapia**
- **Lentil**
- **Red Beans**
- **Rockfish**
- **Roughy**

#### Legumes
- **Azuuki Beans**
- **Green Beans**
- **Black Beans**
- **Black-eyed Peas**
- **Fava Beans**
- **Green Northern Beans**
- **Green Peas**
- **Tofu**

#### Vegetable Juices
- **Fresh juices**
- **Water (drilled)**
- **Water (pure, bottled)**
- **Tea (herbal)**
- **Boil**
- **Liquor**
- **Water (carbonated)**
- **Ice (green)***

#### Beverages
- **Milk (whole)**
- **Milk (2%)**

#### Dairy and Eggs
- **Milk (whole)**
- **Milk (2%)**
- **Eggs (All)**
- **Eggs: Turkey (white meat)**
- **Eggs, Chicken (whites)**
- **Goat Cheese**
- **Goat Milk**
- **Goat Yoghurt**
- **Goat (2%)**

#### Nuts and Seeds
- **Almonds**
- **Chestnuts**
- **Mozzarella**
- **Poppy Seeds**
- **Sesame Seeds**
- **Brad Nuts**
- **Peanuts**
- **Pistachios**
- **Walnuts**
- **Peanuts**

#### Grains
- **Amaranth**
- **Barley**
- **Buckwheat**
- **Beans**
- **Beans**
- **Beans**
- **Beans**
- **Rice (white)**
- **Peaches**

#### Greens
- **Artichoke**
- **Asparagus**
- **Avocado**
- **Broccoli**
- **Brussels Sprout**
- **Califlower**
- **Collard Greens**
- **Dandelion Greens**
- **Endive**
- **Lettuce (iceberg)**
- **Lettuce (romaine)**
- **Lettuce (butter)**
- **Mustard (all varieties)**
- **Onion**

#### Sea Vegetables
- **Dulse**
- **Irish Moss (carrageen)**
- **Kelp**
- **Laver**
- **Welcome**

#### Fruits
- **Apples**
- **Gooseberries**
- **Pears**
- **Fish Oils**
- **Sesame Oils**
- **Anise**
- **Dill Weed**
- **Pepper (ground black)**

#### Oils and Fats
- **Olive Oil**
- **Sunflower Oil**
- **Wheat Germ Oil**
- **Garlic Powder**
- **Dill Seed**
- **Pepper (ground black)**
- **Pepper (green)**
- **Vitamin (omega)**

#### Herbs, Spices, and Seasonings
- **Bay Leaf**
- **Fenugreek**
- **Rosemary**
- **Garlic (white)**
- **Saffron**
- **Sage**
- **Saffarden**
- **Sugar (brown)**
- **Sugar (brown)**
- **Sugar (white)**
- **Sugar (white)**
- **Sugar (white)**
Fatigue

Possible Predisposing Factors

1. Incorrect macronutrient ratios
2. Viral, yeast or fungal infection
3. Parasites
4. Anemia
5. Food allergy or sensitivity
Fatigue

Nutrients to Increase

1. Adrenal supporting foods
2. Thyroid supporting foods
3. High protein foods
4. Iron and magnesium
5. Omega 3 fatty acids
Fatigue

Nutrients to Decrease

1. Refined sugars
2. Adrenal suppressing foods
3. Thyroid suppressing foods
4. Mercury containing foods
### Eating Guidelines for Kellie Hill

**Recommended by Kellie Hill, The Right Plan on 2/2/2016**

**Food Colors**
- Green = Ideal (eat ideal foods at every meal)
- Black = Neutral (ok, but emphasize "ideal" foods)
- White = Caution (eat rarely or only for variety)
- Red = Avoid (don’t eat these foods)

### Meats

<table>
<thead>
<tr>
<th>Dairy and Eggs</th>
<th>Dairy and Eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>Fruits</td>
</tr>
<tr>
<td>Oils and Fats</td>
<td>Oils and Fats</td>
</tr>
<tr>
<td>Herbs, Spices and Seasonings</td>
<td>Herbs, Spices and Seasonings</td>
</tr>
</tbody>
</table>

### Diary and Eggs

- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Cheese
- Blue Che...
Insulin Resistance
Possible Predisposing Factors

1. Diet high in carbohydrates
2. Candida or fungal infections
3. Adrenal hypo-function
4. Calcium, Mg, potassium deficiency
5. Digestive dysfunction
5. Reactive hypoglycemia
Insulin Resistance

Nutrients to Increase

1. Monounsaturated fatty acids
2. Polyunsaturated fatty acids
3. Vitamin C
4. Vitamin E
5. Fiber
Insulin Resistance

Nutrients to Decrease

1. High glycemic load foods
2. Medium glycemic load foods
3. Sugars
4. Alcohol
5. High saturated fat foods
# Eating Guidelines for Kellie Hill

**Food Colors**
- **Green** = Ideal (eat ideal foods at every meal)
- **Black** = Neutral (will break some of the guidelines)
- **Orange** = Cautious (eat now or only for variety)
- **Red** = Avoid (don't eat these foods)

## Meat
- **Beef**: Chicken (dark meat), Fish (sea bass)
- **Pork**: Ham (chops)
- **Lamb**: Liver (dark meat), Pork (bacon)
- **Rabbit**: Venison

## Dairy and Eggs
- Buttermilk
- Cottage Cheese
- Ricotta
- Yogurt
- Blue Cheese
- Brie
- Camembert
- Gouda
- Gruyere
- Blue Cheese (chips)
- Eggs, Chicken (whites)
- Ricotta
- Whipped

## Nuts and Seeds
- Almonds
- Figs
- Hazelnuts
- Pecans
- Sunflower Seeds
- Walnut

## Grains
- Quinoa
- Rye
- Amaranth
- Buckwheat
- Rice (brown)
- Wheat

## Greens
- Spinach
- Broccoli
- Kale
- Brussels Sprouts
- Lettuce (romaine)
- Lettuce (iceberg)
- Arugula

## Fruits
- Apricots
- Blackberries
- Nectarines
- Raspberries
- Strawberries

## Oils and Fats
- Almond Oil
- Canola Oil
- Olive Oil
- Peanut Oil
- Soybean Oil
- Sunflower Oil
- Avocado Oil
- Fish Oil
- Butter (sweetened)
- Canola Oil
- Olive Oil

## Herbs and Seasonings
- Coriander
- Parsley
- Pepper (ground black)
- Paprika
- Rosemary
- Thyme
- Oregano
- Sage
- Saffron
- Smoked Paprika
- Cinammon
- Cumin
- Clove
- Mustard Seed
-廉政
- Turmeric
- Cumin
- Turmeric
- Garlic
- Nutmeg
- Coriander
- Oregano
- Paprika
- Vinegar (balsamic)

## Beverages
- Almond Milk
- Soy Milk
- Water (distilled)
- Juice (fruit)
- Water (sodium, anhydrous)
- Coffee (decaf)
- Coffee (black)

## Vegetables
- Artichoke
- Asparagus
- Broccoli
- Brussel Sprouts
- Spinach
- Tomato
- Peppers
- Carrots
- Kales
- Cabbage
- Lettuce
- Chives
- Basil
- Garlic
- Rosemary
- Thyme
- Oregano
- Turmeric
- Coriander
- Paprika

## Measurments
- 1280.0x720.0

**Recommended by Kellie Hill, The Right Plan on 2/2/2016**
Manic Depression

Possible Predisposing Factors

1. Psychological stress or trauma
2. Vitamin B1 deficiency
3. Endocrine hypo-function
4. Carbohydrate sensitivity
5. Food allergy or sensitivity
Manic Depression

Nutrients to Increase

1. **Seafood**
2. **Omega 3 fatty acids**
3. **Foods high in arachidonic acid**
4. 
5. 
Manic Depression

Nutrients to Decrease

1. Alcohol
2. Sugars
3. Mercury containing foods
4.
5.
**Food Colors**

- **Green** = Ideal (most ideal foods at every meal)
- **Black** = Neutral (ok, but emphasize "ideal" foods)
- **Red** = Avoid (don’t eat these foods)

<table>
<thead>
<tr>
<th>Meats</th>
<th>Poultry</th>
<th>Seafood</th>
<th>Legumes</th>
<th>Beverages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>Chicken (dark meat)</td>
<td>Salmon</td>
<td>Navy Beans</td>
<td>Coffee (decaf)</td>
</tr>
<tr>
<td>Heart (beef)</td>
<td>Chicken (white meat)</td>
<td>Coquille St. Jacques</td>
<td>Pinto Beans</td>
<td>Tea (black)</td>
</tr>
<tr>
<td>Kidney (beef)</td>
<td>Cornish Hen</td>
<td>Rockfish</td>
<td>Red Beans</td>
<td>Tea (green)</td>
</tr>
<tr>
<td>Kidney (liver)</td>
<td>Quail</td>
<td>Reeng</td>
<td>White Beans</td>
<td>Tea (herbal)</td>
</tr>
<tr>
<td>Liver (beef)</td>
<td>Turkey (dark meat)</td>
<td>Salmon</td>
<td>Garbanzo Beans</td>
<td>Nuts-Milk</td>
</tr>
<tr>
<td>Venison</td>
<td>Turkey (white meat)</td>
<td>Grease</td>
<td>Soy Beans</td>
<td>Vegetable Juices</td>
</tr>
<tr>
<td>Rabbit</td>
<td>Pheasant</td>
<td>Shrimp</td>
<td>Great Northern Beans</td>
<td>Soften-Dime (poise)</td>
</tr>
<tr>
<td>Beef</td>
<td>Buffalo</td>
<td>Octopus</td>
<td>Great Beans</td>
<td>Soy-Milk</td>
</tr>
<tr>
<td>Pork (beef)</td>
<td>Lamb</td>
<td>Grease</td>
<td>Green Beans</td>
<td>Water (distilled)</td>
</tr>
<tr>
<td>Pork (ham, chops)</td>
<td>Pork</td>
<td>Grayfish</td>
<td>Green Peas</td>
<td>Water (pure, bottled)</td>
</tr>
</tbody>
</table>

**Dairy and Eggs**

- Eggs, Duck (white)
- Blue Cheese
- Cheddar
- Ricotta
- Cottage Cheese
- Blue Cheese
- Yogurt
- Eggs, Chicken (whites)
- Feta
- Goat Cheese
- Gouda
- Gruyere
- Milk (2%)
- Milk (whole)

**Nuts and Seeds**

- Chestnuts
- Almonds
- Pecans
- Pine Nuts
- Pumpkin Seeds
- Sunflower Seeds
- Walnuts

**Grains**

- Amaranth
- Farro
- Millet
- Rice (brown)
- Rice (white)
- Tobacco

**Greens**

- Arugula
- Beet Greens
- Collard Greens
- Lettuce (butter)
- Lettuce (romaine)
- Spinach
- Spinach

**Vegetables**

- Artichokes
- Kohlrabi
- Zucchini

**Sea Vegetables**

- Wakame

**Fruits**

- Apples
- Grapes
- Banana
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupe
- Casaba Melon
- Cherries
- Cranberries
- CURRENTS
- Dates
- Elderberries
- Figs
- Gooseberries

**Oils and Fats**

- Black Currant Oil
- Olive Oil
- Coconut Oil
- Evening Primrose Oil
- Olive Oil
- Palm Kernel Oil

**Herbs, Spices and Seasonings**

- Anise
- Basil
- Bay Leaf
- Caraway
- Carrot
- Cinnamon
- Cinnamon

- Chili Powder
- Cloves
- Coriander
- Cumin
- Curry Powder
- Dill Weed
- Lime Seed
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pepper (ground black)
- Rosemary
- Saffron
- Serrano Pepper
- Sichuan Pepper
- Sugar/Brown, unfried
- Sugar/Brown, fried
- Tarragon
- Thyme
- Vanilla (extract)
- Vinegar (apple cider)
Wrong Focus = Wrong Results

- Human Biology: 30%
- Environmental: 5%
- Social: 15%
- Lifestyle & Behavior: 40%
- Focus: Medical Care: 10%

Take Action NOW

Your purpose . . . The Right Plan
Eating Guidelines for Kellie Hill

**Recommended by Kellie Hill, The Right Plan on 2/2/2016**

**Food Colors**

- **Green** = Ideal (eat ideal foods at every meal)
- **Black** = Neutral (ok, but emphasize "Ideal" foods)
- **Red** = Avoid (don’t eat these foods)
- **Italic** = Caution (eat rarely or only for variety)

### Meats

<table>
<thead>
<tr>
<th>Beef</th>
<th>Buffalo</th>
<th>Elk</th>
<th>Heart (beef)</th>
<th>Lamb</th>
<th>Pork (ham, chops)</th>
<th>Rabbit</th>
<th>Venison</th>
<th>Kidney (beef)</th>
<th>Liver (beef)</th>
<th>Pork (bacon)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (dark meat)</td>
<td>Chicken (white meat)</td>
<td>Cornish Hen</td>
<td>Duck</td>
<td>Goose</td>
<td>Pheasant</td>
<td>Quail</td>
<td>Turkey (dark meat)</td>
<td>Turkey (white meat)</td>
<td>Turkey (dark meat)</td>
<td>Turkey (white meat)</td>
</tr>
</tbody>
</table>

### Dairy and Eggs

<table>
<thead>
<tr>
<th>Buttermilk</th>
<th>Cottage Cheese</th>
<th>Cottage Cheese (lite)</th>
<th>Goat Milk</th>
<th>Milk (2%)</th>
<th>Milk (whole)</th>
<th>Whey</th>
<th>Yogurt</th>
<th>Cream (half and half)</th>
<th>Cream Cheese</th>
<th>Eggs, Chicken (whites)</th>
<th>Eggs, Chicken (yolks)</th>
<th>Eggs, Duck (whole)</th>
<th>Sorbet</th>
<th>Sour Cream</th>
<th>Blue Cheese</th>
<th>Camembert</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheddar</td>
<td>Colby</td>
<td>Edam</td>
<td>Feta</td>
<td>Goat Cheese</td>
<td>Guernsey</td>
<td>Milk ( skim)</td>
<td>Monterey Jack</td>
<td>Mozzarella</td>
<td>Muenster</td>
<td>Neufohuelte</td>
<td>Parmesan</td>
<td>Provolone</td>
<td>Ricotta</td>
<td>Romana</td>
<td>Roquefort</td>
<td>Swiss</td>
</tr>
</tbody>
</table>

### Nuts and Seeds

|---------|---------|-----------|--------------|----------------|----------|------------|-------------|--------------|-------------|--------|-------------|------------------|

### Grains

<table>
<thead>
<tr>
<th>Barley</th>
<th>Oats</th>
<th>Rice (brown)</th>
<th>Spelt</th>
<th>Wheat</th>
<th>Barley</th>
<th>Millet</th>
<th>Millet</th>
<th>Quinoa</th>
<th>Rice (basmati)</th>
<th>Rice (plain, white)</th>
<th>Rye</th>
<th>Triticale</th>
<th>Wild Rice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arugula</td>
<td>Beet Greens</td>
<td>Collard Greens</td>
<td>Dandelion Greens</td>
<td>Kale</td>
<td>Turnip Greens</td>
<td>Watercress</td>
<td>Cilantro</td>
<td>Endive</td>
<td>Quinoa</td>
<td>Lettuce (bibb)</td>
<td>Lettuce (iceberg)</td>
<td>Lettuce (loose-leaf)</td>
<td>Lettuce (romaine)</td>
</tr>
</tbody>
</table>

### Greens

<table>
<thead>
<tr>
<th>Bok Choy</th>
<th>Onions</th>
<th>Artichoke</th>
<th>Asparagus</th>
<th>Bamboo Shoots</th>
<th>Beets</th>
<th>Brussels Sprout</th>
<th>Pumpkin</th>
<th>Cabbage</th>
<th>Radish</th>
<th>Carrots</th>
<th>Celery</th>
<th>Cucumber</th>
<th>Daikon</th>
<th>Fennel</th>
<th>Garlic</th>
<th>Ginger Root</th>
<th>Jerusalem Artichoke</th>
<th>Jicama</th>
<th>Kohlrabi</th>
<th>Leek</th>
<th>Okra</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celery</td>
<td>Shallot</td>
<td>Squash (summer)</td>
<td>Squash (winter)</td>
<td>Turnip</td>
<td>Rutabaga</td>
<td>Endive</td>
<td>Brussels Sprout</td>
<td>Pumpkin</td>
<td>Cabbage</td>
<td>Radish</td>
<td>Carrots</td>
<td>Celery</td>
<td>Cucumber</td>
<td>Daikon</td>
<td>Fennel</td>
<td>Garlic</td>
<td>Ginger Root</td>
<td>Jerusalem Artichoke</td>
<td>Jicama</td>
<td>Kohlrabi</td>
<td>Leek</td>
</tr>
</tbody>
</table>

### Sea Vegetables

| Laver | Kelp | Irish Moss | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus | Chondrus |
|-------|------|-----------|----------|-----------|---------|----------|---------|---------|--------|-------|------|----------|-------|--------|--------|---------|--------|-------|------|-------|--------|-------|--------|------|-------|
|       |      |           |          |           |         |          |         |         |        |      |     |         |       |        |        |         |        |      |     |      |        |       |        |      |      |

### Herbs, Spices and Seasonings

<table>
<thead>
<tr>
<th>Anise</th>
<th>Dill Weed</th>
<th>Paprika</th>
<th>Tarragon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil</td>
<td>Fennel Seed</td>
<td>Parsley</td>
<td>Thyme</td>
</tr>
<tr>
<td>Bay Leaf</td>
<td>Fenugreek</td>
<td>Pepper (ground black)</td>
<td>Turmeric</td>
</tr>
<tr>
<td>Caraway</td>
<td>Garlic Powder</td>
<td>Peppermint</td>
<td>Wasabi</td>
</tr>
<tr>
<td>Cardamom</td>
<td>Ginger</td>
<td>Rosemary</td>
<td>Artichoke Sweeteners</td>
</tr>
<tr>
<td>Carob</td>
<td>Honey</td>
<td>Saffron</td>
<td>Chocolate</td>
</tr>
<tr>
<td>Cayenne</td>
<td>Horseradish</td>
<td>Sage</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td>Chervil</td>
<td>Ketchup</td>
<td>Salt (iodized)</td>
<td>Soy Sauce</td>
</tr>
<tr>
<td>Chili Powder</td>
<td>Mace</td>
<td>Salt (low sodium)</td>
<td>Soy Sauce</td>
</tr>
<tr>
<td>Chive</td>
<td>Marjoram</td>
<td>Salt (sea salt, unrefined)</td>
<td>Vinegar (apple cider)</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Molasses</td>
<td>Savory</td>
<td>Vinegar (balsamic)</td>
</tr>
<tr>
<td>Cloves</td>
<td>Mustard</td>
<td>Spearmint</td>
<td>Vinegar (rice)</td>
</tr>
<tr>
<td>Coriander</td>
<td>Mustard Seed</td>
<td>Sugar (brown)</td>
<td>Vinegar (wine)</td>
</tr>
<tr>
<td>Cumin</td>
<td>Nutmeg</td>
<td>Sugar (white)</td>
<td>Sugar (brown, unrefined)</td>
</tr>
<tr>
<td>Curry Powder</td>
<td>Oregano</td>
<td>Sugar (brown, unrefined)</td>
<td>Sugar (brown, unrefined)</td>
</tr>
</tbody>
</table>

### Fruits

<table>
<thead>
<tr>
<th>Apples</th>
<th>Mango</th>
<th>Coconut</th>
<th>Fish Oils</th>
<th>Sesame Oil</th>
<th>Anise</th>
<th>Dill Weed</th>
<th>Paprika</th>
<th>Tarragon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots</td>
<td>Nectarines</td>
<td>Figs</td>
<td>Flaxseed Oil</td>
<td>Sunflower Oil</td>
<td>Basil</td>
<td>Fennel Seed</td>
<td>Parsley</td>
<td>Thyme</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Papaya</td>
<td>Grapefruit</td>
<td>Almond Oil</td>
<td>Wheat Germ Oil</td>
<td>Bay Leaf</td>
<td>Fenugreek</td>
<td>Pepper (ground black)</td>
<td>Turmeric</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Peaches</td>
<td>Grapes</td>
<td>Black Currant Oil</td>
<td>Caneola-Oil</td>
<td>Caraway</td>
<td>Garlic Powder</td>
<td>Peppermint</td>
<td>Wasabi</td>
</tr>
<tr>
<td>Boysenberries</td>
<td>Pears</td>
<td>Kumquat</td>
<td>Borage Oil</td>
<td>Corn-Oil</td>
<td>Cardamom</td>
<td>Ginger</td>
<td>Rosemary</td>
<td>Artichoke Sweeteners</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Persimmon</td>
<td>Lemons</td>
<td>Butter (salted)</td>
<td>Cottonseed-Oil</td>
<td>Carob</td>
<td>Honey</td>
<td>Saffron</td>
<td>Chocolate</td>
</tr>
<tr>
<td>Casaba Melon</td>
<td>Pomegranate</td>
<td>Limes</td>
<td>Butter (unsalted)</td>
<td>Margarine</td>
<td>Cayenne</td>
<td>Horseradish</td>
<td>Sage</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td>Cherries</td>
<td>Prunes</td>
<td>Oranges</td>
<td>Coconut Oil</td>
<td></td>
<td>Chervil</td>
<td>Ketchup</td>
<td>Salt (iodized)</td>
<td>Soy Sauce</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Raisins</td>
<td>Pineapple</td>
<td>Evening Primrose Oil</td>
<td></td>
<td>Chili Powder</td>
<td>Mace</td>
<td>Salt (low sodium)</td>
<td>Soy Sauce</td>
</tr>
<tr>
<td>Currants</td>
<td>Rhubarb</td>
<td>Plums</td>
<td>Ghee (clarified butter)</td>
<td></td>
<td>Chive</td>
<td>Marjoram</td>
<td>Salt (sea salt, unrefined)</td>
<td>Vinegar (apple cider)</td>
</tr>
<tr>
<td>Elderberries</td>
<td>Strawberries</td>
<td>Raspberries</td>
<td>Hemp Oil</td>
<td></td>
<td>Cinnamon</td>
<td>Molasses</td>
<td>Savory</td>
<td>Vinegar (balsamic)</td>
</tr>
<tr>
<td>Gooseberries</td>
<td>Watermelon</td>
<td>Tangerines</td>
<td>Olive Oil</td>
<td></td>
<td>Cloves</td>
<td>Mustard</td>
<td>Spearmint</td>
<td>Vinegar (rice)</td>
</tr>
<tr>
<td>Guava</td>
<td>Dates</td>
<td></td>
<td>Palm Kernel Oil</td>
<td></td>
<td>Coriander</td>
<td>Mustard Seed</td>
<td>Sugar (brown)</td>
<td>Vinegar (wine)</td>
</tr>
<tr>
<td>Honeydew Melon</td>
<td>Kiwi Fruit</td>
<td></td>
<td>Peanut Oil</td>
<td></td>
<td>Cumin</td>
<td>Nutmeg</td>
<td>Sugar (white)</td>
<td>Sugar (brown,unrefined)</td>
</tr>
<tr>
<td>Loganberries</td>
<td>Banana</td>
<td></td>
<td>Safflower Oil</td>
<td></td>
<td>Curry Powder</td>
<td>Oregano</td>
<td>Sugar (brown, unrefined)</td>
<td>Sugar (brown, unrefined)</td>
</tr>
</tbody>
</table>

### Oils and Fats

<table>
<thead>
<tr>
<th>Fish Oils</th>
<th>Sesame Oil</th>
<th>Anise</th>
<th>Dill Weed</th>
<th>Paprika</th>
<th>Tarragon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flaxseed Oil</td>
<td>Sunflower Oil</td>
<td>Basil</td>
<td>Fennel Seed</td>
<td>Parsley</td>
<td>Thyme</td>
</tr>
<tr>
<td>Almond Oil</td>
<td>Wheat Germ Oil</td>
<td>Bay Leaf</td>
<td>Fenugreek</td>
<td>Pepper (ground black)</td>
<td>Turmeric</td>
</tr>
<tr>
<td>Black Currant Oil</td>
<td>Caneola-Oil</td>
<td>Caraway</td>
<td>Garlic Powder</td>
<td>Peppermint</td>
<td>Wasabi</td>
</tr>
<tr>
<td>Borage Oil</td>
<td>Corn-Oil</td>
<td>Cardamom</td>
<td>Ginger</td>
<td>Rosemary</td>
<td>Artichoke Sweeteners</td>
</tr>
<tr>
<td>Butter (salted)</td>
<td>Cottonseed-Oil</td>
<td>Carob</td>
<td>Honey</td>
<td>Saffron</td>
<td>Chocolate</td>
</tr>
<tr>
<td>Butter (unsalted)</td>
<td>Margarine</td>
<td>Cayenne</td>
<td>Horseradish</td>
<td>Sage</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td>Coconut Oil</td>
<td></td>
<td>Chervil</td>
<td>Ketchup</td>
<td>Salt (iodized)</td>
<td>Soy Sauce</td>
</tr>
<tr>
<td>Evening Primrose Oil</td>
<td></td>
<td>Chili Powder</td>
<td>Mace</td>
<td>Salt (low sodium)</td>
<td>Soy Sauce</td>
</tr>
<tr>
<td>Ghee (clarified butter)</td>
<td></td>
<td>Chive</td>
<td>Marjoram</td>
<td>Salt (sea salt, unrefined)</td>
<td>Vinegar (apple cider)</td>
</tr>
<tr>
<td>Hemp Oil</td>
<td></td>
<td>Cinnamon</td>
<td>Molasses</td>
<td>Savory</td>
<td>Vinegar (balsamic)</td>
</tr>
<tr>
<td>Olive Oil</td>
<td></td>
<td>Cloves</td>
<td>Mustard</td>
<td>Spearmint</td>
<td>Vinegar (rice)</td>
</tr>
<tr>
<td>Palm Kernel Oil</td>
<td></td>
<td>Coriander</td>
<td>Mustard Seed</td>
<td>Sugar (brown)</td>
<td>Vinegar (wine)</td>
</tr>
<tr>
<td>Peanut Oil</td>
<td></td>
<td>Cumin</td>
<td>Nutmeg</td>
<td>Sugar (white)</td>
<td></td>
</tr>
<tr>
<td>Safflower Oil</td>
<td></td>
<td>Curry Powder</td>
<td>Oregano</td>
<td>Sugar (brown, unrefined)</td>
<td></td>
</tr>
</tbody>
</table>

### Beverages

<table>
<thead>
<tr>
<th>Almond Milk</th>
<th>Coffee (decaf)</th>
<th>Coffee (black)</th>
<th>Tea (green)</th>
<th>Vegetable Juice</th>
<th>Tea (black)</th>
<th>Soy Milk</th>
<th>Tea (herbal)</th>
<th>Wine (red)</th>
<th>Wine (white)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer</td>
<td>Fruit Juice</td>
<td>Liqueur</td>
<td></td>
<td></td>
<td></td>
<td>Rice Milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Schedule a follow-up with your practitioner.
<table>
<thead>
<tr>
<th>Meats</th>
<th>Poultry</th>
<th>Seafood</th>
<th>Legumes</th>
<th>Vegetable Juices</th>
<th>Beverages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buffalo</td>
<td>Chicken (white meat)</td>
<td>Abalone</td>
<td>Herring</td>
<td>Azuki Beans</td>
<td>White Beans</td>
</tr>
<tr>
<td>Kidney (beef)</td>
<td>Turkey (white meat)</td>
<td>Anchovy</td>
<td>Lobster</td>
<td>Black Beans</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Liver (beef)</td>
<td>Chicken (dark meat)</td>
<td>Bass (freshwater)</td>
<td>Mackerel</td>
<td>Black-eyed Peas</td>
<td>Lima Beans</td>
</tr>
<tr>
<td>Rabbit</td>
<td>Cornish Hen</td>
<td>Bass (sea)</td>
<td>Mahi-mahi</td>
<td>Fava Beans</td>
<td>Garbanzo Beans</td>
</tr>
<tr>
<td>Beef</td>
<td>Duck</td>
<td>Catfish</td>
<td>Mussels</td>
<td>Great Northern Beans</td>
<td>Soy Beans</td>
</tr>
<tr>
<td>Elk</td>
<td>Goose</td>
<td>Caviar</td>
<td>Octopus</td>
<td>Swordfish</td>
<td>Tofu</td>
</tr>
<tr>
<td>Venison</td>
<td>Pheasant</td>
<td>Clams</td>
<td>Oysters</td>
<td>Trout</td>
<td>Lentils</td>
</tr>
<tr>
<td>Heart (beef)</td>
<td>Quail</td>
<td>Cod</td>
<td>Perch</td>
<td>Tuna</td>
<td>Mung Beans</td>
</tr>
<tr>
<td>Lamb</td>
<td>Turkey (dark meat)</td>
<td>Crab</td>
<td>Pompano</td>
<td>Whitefish</td>
<td>Navy Beans</td>
</tr>
<tr>
<td>Pork (bacon)</td>
<td>Group</td>
<td>Grayfish</td>
<td>Rockfish</td>
<td>Roughy</td>
<td>Pink Beans</td>
</tr>
<tr>
<td>Pork (ham, chops)</td>
<td>Group</td>
<td>Group</td>
<td>Group</td>
<td>Group</td>
<td>Red Beans</td>
</tr>
</tbody>
</table>

Dairy and Eggs

<table>
<thead>
<tr>
<th>Dairy and Eggs</th>
<th>Nuts and Seeds</th>
<th>Grains</th>
<th>Greens</th>
<th>Vegetables</th>
<th>Sea Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs, Duck (whole)</td>
<td>Milk (whole)</td>
<td>Almonds</td>
<td>Millet</td>
<td>Artichoke</td>
<td>Jicama</td>
</tr>
<tr>
<td>Blue Cheese</td>
<td>Monterey Jack</td>
<td>Chestnuts</td>
<td>Triticale</td>
<td>Vegan</td>
<td>Water Chestnuts</td>
</tr>
<tr>
<td>Brie</td>
<td>Mozzarella</td>
<td>Macadamia Nuts</td>
<td>Amaranth</td>
<td>Asparagus</td>
<td>Zucchini</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>Muenster</td>
<td>Poppy Seeds</td>
<td>Barley</td>
<td>Beets</td>
<td>Avocado</td>
</tr>
<tr>
<td>Camembert</td>
<td>Neufchatel</td>
<td>Sesame Seeds</td>
<td>Buckwheat</td>
<td>Broccoli</td>
<td>Corn</td>
</tr>
<tr>
<td>Cheddar</td>
<td>Parmesan</td>
<td>Brazil Nuts</td>
<td>Kamut</td>
<td>Brussels Sprout</td>
<td>Onion</td>
</tr>
<tr>
<td>Colby</td>
<td>Provolone</td>
<td>Cashews</td>
<td>Oats</td>
<td>Potato (all varieties)</td>
<td>Okra</td>
</tr>
<tr>
<td>Cottage Cheese</td>
<td>Ricotta</td>
<td>Filberts</td>
<td>Quinoa</td>
<td>Spinach</td>
<td>Olive (all varieties)</td>
</tr>
<tr>
<td>Cottage Cheese (lite)</td>
<td>Romano</td>
<td>Hickory Nuts</td>
<td>Rice (basmati)</td>
<td>Turnip Greens</td>
<td>Bamboo Shoots</td>
</tr>
<tr>
<td>Cream (half and half)</td>
<td>Roquefort</td>
<td>Pecans</td>
<td>Rice (brown)</td>
<td>Rice Greens</td>
<td>Bok Choy</td>
</tr>
<tr>
<td>Cream Cheese</td>
<td>Sour Cream</td>
<td>Pine Nuts</td>
<td>Rice (plain, white)</td>
<td>Beet Greens</td>
<td>Cabbage</td>
</tr>
<tr>
<td>Edam</td>
<td>Swiss</td>
<td>Pistachios</td>
<td>Rye</td>
<td>Kale</td>
<td>Carrots</td>
</tr>
<tr>
<td>Eggs, Chicken (white)</td>
<td>Whey</td>
<td>Pumpkin Seeds</td>
<td>Spelt</td>
<td>Lettuce (iceberg)</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Feta</td>
<td>Yogurt</td>
<td>Sunflower Seeds</td>
<td>Wild Rice</td>
<td>Lettuce (leaf)</td>
<td>Pumpkin</td>
</tr>
<tr>
<td>Goat Cheese</td>
<td>Eggs, Chicken (yolks)</td>
<td>Walnuts</td>
<td>Mustard Greens</td>
<td>Radicchio</td>
<td>Celery</td>
</tr>
<tr>
<td>Goat Milk</td>
<td>ice-cream</td>
<td>Almonds</td>
<td>Arugula</td>
<td>Sprouts (bean)</td>
<td>Cucumber</td>
</tr>
<tr>
<td>Gouda</td>
<td>Milk (skim)</td>
<td>Pecans</td>
<td>Spinach</td>
<td>Sprouts (alfalfa)</td>
<td>Rutabaga</td>
</tr>
<tr>
<td>Gruyere</td>
<td>Swiss</td>
<td>Peanuts</td>
<td>Mustard Greens</td>
<td>Radicchio</td>
<td>Daikon</td>
</tr>
</tbody>
</table>

Fruits

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Oils and Fats</th>
<th>Herbs, Spices and Seasonings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots</td>
<td>Gooseberries</td>
<td>Pears</td>
</tr>
<tr>
<td>Boysenberries</td>
<td>Grapefruit</td>
<td>Persimmon</td>
</tr>
<tr>
<td>Casaba Melon</td>
<td>Grapes</td>
<td>Pineapple</td>
</tr>
<tr>
<td>Currants</td>
<td>Guava</td>
<td>Plums</td>
</tr>
<tr>
<td>Apples</td>
<td>Honeydew Melon</td>
<td>Pomegranate</td>
</tr>
<tr>
<td>Banana</td>
<td>Kiwifruit</td>
<td>Prunes</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Kumquat</td>
<td>Raisins</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Lemons</td>
<td>Raspberry</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Limes</td>
<td>Rhubarb</td>
</tr>
<tr>
<td>Cherries</td>
<td>Loganberries</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Mango</td>
<td>Tangerines</td>
</tr>
<tr>
<td>Dates</td>
<td>Oranges</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Elderberries</td>
<td>Papaya</td>
<td>Peaches</td>
</tr>
</tbody>
</table>

Copyright ©2010 FoodPharmacy These Eating Guidelines may require modification as your health status changes. Schedule a follow-up with your practitioner.
Eating Guidelines for Kellie Hill

Recommended by Kellie Hill, The Right Plan on 2/2/2016

**Meats**
- Buffalo = Abalone
- Elk = Anchovy
- Heart (beef) = Ancho
- Kidney (beef) = Asparagus
- Liver (beef) = Avocado
- Venison = Barley
- Lamb = Bass (freshwater)
- Pork (bacon) = Beef
- Pork (ham, chops) = Black Currant
- Rabbit = Black-eyed Peas

**Dairy and Eggs**
- Blue Cheese = Monterey Jack
- Buttermilk = Muenster
- Camembert = Mozzarella
- Cheddar = Provolone
- Colby = Ricotta
- Cream (half and half) = Romano
- Cream Cheese = Roquefort
- Eggs, Chicken (whites) = Sour Cream
- Eggs, Chicken (yolks) = Swiss
- Eggs, Duck (white) = Swiss
- Feta = Whey
- Goat Cheese = Cottage Cheese
- Goat Milk = Cottage Cheese (lite)
- Gouda = Ice-Cream
- Gruyere = Milk (almond)
- Milk (2%) = Sorbet

**Vegetables**
- Apricots = Apples
- Blueberries = Banana
- Boysenberries = Blackberries
- Cherries = Cantaloupe
- Coconut = Casaba Melon
- Cranberries = Elderberries
- Currants = Grapes
- Dates = Guava
- Figs = Honeydew Melon
- Gooseberries = Kiwi fruit
- Grapefruit = Kumquat
- Lemons = Loganberries
- Oranges = Mango
- Prunes = Nectarines

**Fruits**
- Apricots = Almond Oil
- Blueberries = Black Currant Oil
- Boysenberries = Evening Primrose Oil
- Cherries = Fish Oils
- Coconut = Flaxseed Oil
- Cranberries = Flaxseed Oil
- Currants = Olive Oil
- Dates = Pomegranate
- Figs = Raisins
- Gooseberries = Tangerines
- Grapefruit = Watermelon
- Lemons = Peaches
- Oranges = Papaya
- Prunes = Peaches
- Strawberries = Nectarines

**Legumes**
- Black Beans = Grouper
- Lentils = Healibut
- Lima Beans = Lobster
- Pink Beans = Mahi mahi
- White Beans = Rockfish
- Azuki Beans = Roughy
- Black-eyed Peas = Shark
- Fava Beans = Swordfish
- Garbanzo Beans = Tuna
- Great Northern Beans = Tuna
- Green Beans = Tuna
- Green Peas = Tuna

**Drinks**
- Coffee (decaffeinated)
- Coffee (decaf)
- Cola
- Soft Drinks (colas)
- Beer
- Tea (green)
- Rice Milk
- beer
- Fruit Juices
- Water (distilled)
- Water (pure, bottled)
- Soy Milk
- Soy Milk
- Water (carbonated)
- Wine (red)
- Wine (white)
- Almond Milk

**Herbs, Spices and Seasonings**
- Apricots = Garlic Powder
- Blueberries = Cayenne
- Boysenberries = Marjoram
- Cherries = Marjoram
- Coconut = Nutmeg
- Cranberries = Wasabi
- Currants = Ginger
- Dates = Ginger
- Figs = Saffron
- Gooseberries = Turmeric
- Grapefruit = Curry Powder
- Lemons = Chives
- Oranges = Basil
- Prunes = Bay Leaf
- Strawberries = Basil

**Sea Vegetables**
- Apricots = Bak Choy
- Blueberries = Corn
- Boysenberries = Turnip
- Cherries = Agar
- Coconut = Dulse
- Cranberries = Irish Moss (carrageenan)
- Currants = Laver
- Dates = Wakame
- Figs = Water Chestnuts
- Gooseberries = Zucchini
- Grapefruit = Kohlrabi
- Lemons = Jerusalem Artichoke
- Oranges = Mushrooms (all varieties)
- Prunes = Okra
- Strawberries = Parsnip
- Apricots = Olive (all varieties)
- Blueberries = Pumpkin
- Boysenberries = Onions
- Cherries = Radish
- Coconut = Pepper (bells, all colors)
- Cranberries = Pepper (hot, all colors)
- Currants = Squash (winter)
- Dates = Shallot
- Figs = Squash (summer)
- Gooseberries = Tomato
- Grapefruit = Tomatoes
- Lemons = Wasabi
- Oranges = Artificial Sweeteners
- Prunes = Artificial Sweeteners
- Strawberries = Artificial Sweeteners

**Vegetables**
- Apricots = Almond Oil
- Blueberries = Black Currant Oil
- Boysenberries = Evening Primrose Oil
- Cherries = Fish Oils
- Coconut = Flaxseed Oil
- Cranberries = Flaxseed Oil
- Currants = Olive Oil
- Dates = Pomegranate
- Figs = Raisins
- Gooseberries = Tangerines
- Grapefruit = Watermelon
- Lemons = Peaches
- Oranges = Papaya
- Prunes = Peaches
- Strawberries = Nectarines

**Oils and Fats**
- Apricots = Palm Kernel Oil
- Blueberries = Peanut Oil
- Boysenberries = Wheat Germ Oil
- Cherries = Canola Oil
- Coconut = Corn Oil
- Cranberries = Cottonseed Oil
- Currants = Sesame Oil
- Dates = Sesame Oil
- Figs = Sunflower Oil
- Gooseberries = Sunflower Oil
- Grapefruit = Sunflower Oil
- Lemons = Butter (salted)
- Oranges = Ghee (clarified butter)
- Prunes = Hemp Oil

**Herbs, Spices and Seasonings**
- Apricots = Garlic Powder
- Blueberries = Cayenne
- Boysenberries = Marjoram
- Cherries = Marjoram
- Coconut = Nutmeg
- Cranberries = Wasabi
- Currants = Ginger
- Dates = Ginger
- Figs = Saffron
- Gooseberries = Turmeric
- Grapefruit = Curry Powder
- Lemons = Chives
- Oranges = Basil
- Prunes = Bay Leaf
- Strawberries = Basil

**Sea Vegetables**
- Apricots = Bak Choy
- Blueberries = Corn
- Boysenberries = Turnip
- Cherries = Agar
- Coconut = Dulse
- Cranberries = Irish Moss (carrageenan)
- Currants = Laver
- Dates = Wakame
- Figs = Water Chestnuts
- Gooseberries = Zucchini
- Grapefruit = Kohlrabi
- Lemons = Jerusalem Artichoke
- Oranges = Mushrooms (all varieties)
- Prunes = Okra
- Strawberries = Parsnip
- Apricots = Olive (all varieties)
- Blueberries = Pumpkin
- Boysenberries = Onions
- Cherries = Radish
- Coconut = Pepper (bells, all colors)
- Cranberries = Pepper (hot, all colors)
- Currants = Squash (winter)
- Dates = Shallot
- Figs = Squash (summer)
- Gooseberries = Tomato
- Grapefruit = Tomatoes
- Lemons = Wasabi
- Oranges = Artificial Sweeteners
- Prunes = Artificial Sweeteners
- Strawberries = Artificial Sweeteners

**Vegetables**
- Apricots = Almond Oil
- Blueberries = Black Currant Oil
- Boysenberries = Evening Primrose Oil
- Cherries = Fish Oils
- Coconut = Flaxseed Oil
- Cranberries = Flaxseed Oil
- Currants = Olive Oil
- Dates = Pomegranate
- Figs = Raisins
- Gooseberries = Tangerines
- Grapefruit = Watermelon
- Lemons = Peaches
- Oranges = Papaya
- Prunes = Peaches
- Strawberries = Nectarines

**Oils and Fats**
- Apricots = Palm Kernel Oil
- Blueberries = Peanut Oil
- Boysenberries = Wheat Germ Oil
- Cherries = Canola Oil
- Coconut = Corn Oil
- Cranberries = Cottonseed Oil
- Currants = Sesame Oil
- Dates = Sesame Oil
- Figs = Sunflower Oil
- Gooseberries = Sunflower Oil
- Grapefruit = Sunflower Oil
- Lemons = Butter (salted)
- Oranges = Ghee (clarified butter)
- Prunes = Hemp Oil

**Dairy and Eggs**
- Apricots = Monterey Jack
- Blueberries = Muenster
- Boysenberries = Neufchatel
- Cherries = Parmesan
- Coconut = Provolone
- Cranberries = Ricotta
- Currants = Romano
- Dates = Roquefort
- Figs = Sour Cream
- Gooseberries = Swiss
- Grapefruit = Swiss
- Lemons = Whey
- Oranges = Cottage Cheese
- Prunes = Cottage Cheese (lite)
- Strawberries = Ice-Cream

**Vegetables**
- Apricots = Arugula
- Blueberries = Beet Greens
- Boysenberries = Collard Greens
- Cherries = Dandelion Greens
- Coconut = Endive
- Cranberries = Kale
- Currants = Lettuce (bibb)
- Dates = Lettuce (iceberg)
- Figs = Lettuce (romaine)
- Gooseberries = Mustard Greens
- Grapefruit = Radicchio
- Lemons = Spinach
- Oranges = Sprouts (bean)
- Prunes = Swiss Chard
- Strawberries = Sprouts (alfalfa)

**Oils and Fats**
- Apricots = Apricot Oil
- Blueberries = Black Currant Oil
- Boysenberries = Evening Primrose Oil
- Cherries = Fish Oils
- Coconut = Flaxseed Oil
- Cranberries = Flaxseed Oil
- Currants = Olive Oil
- Dates = Pomegranate
- Figs = Raisins
- Gooseberries = Tangerines
- Grapefruit = Watermelon
- Lemons = Peaches
- Oranges = Papaya
- Prunes = Peaches
- Strawberries = Nectarines
# Eating Guidelines for Kellie Hill

Recommended by Kellie Hill, The Right Plan on 2/2/2016

**Green = Ideal** (eat ideal foods at every meal)
**Black = Neutral** (ok, but emphasize "Ideal" foods)
**Italics = Caution** (eat rarely or only for variety)
**Red = Avoid** (don’t eat these foods)

<table>
<thead>
<tr>
<th>Meats</th>
<th>Poultry</th>
<th>Seafood</th>
<th>Legumes</th>
<th>Beverages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>Chicken (dark meat)</td>
<td>Bass (sea)</td>
<td>Swordfish</td>
<td>Almond Milk</td>
</tr>
<tr>
<td>Buffalo</td>
<td>Chicken (white meat)</td>
<td>Catfish</td>
<td>Tun</td>
<td>Coffee (decaf)</td>
</tr>
<tr>
<td>Elk</td>
<td>Cornish Hen</td>
<td>Clams</td>
<td>Lobster</td>
<td>Tea (black)</td>
</tr>
<tr>
<td>Heart (beef)</td>
<td>Duck</td>
<td>Salmon</td>
<td>Whitefish</td>
<td>Tea (green)</td>
</tr>
<tr>
<td>Kidney (beef)</td>
<td>Goose</td>
<td>Mahi-mahi</td>
<td>Anchovy</td>
<td>Tea (herbal)</td>
</tr>
<tr>
<td>Lamb</td>
<td>Pheasant</td>
<td>Mussels</td>
<td>Herring</td>
<td>Vegetable Juices</td>
</tr>
<tr>
<td>Liver (beef)</td>
<td>Quail</td>
<td>Octopus</td>
<td>Mackerel</td>
<td>Water (distilled)</td>
</tr>
<tr>
<td>Pork (bacon)</td>
<td>Turkey</td>
<td>Abalone</td>
<td>Pompano</td>
<td>Water (pure, bottled)</td>
</tr>
<tr>
<td>Pork (ham, chops)</td>
<td>Turkey</td>
<td>Bass (freshwater)</td>
<td>Perch</td>
<td>Water (tap)</td>
</tr>
<tr>
<td>Rabbit</td>
<td></td>
<td>Caviar</td>
<td>Shark</td>
<td>Beer</td>
</tr>
<tr>
<td>Venison</td>
<td></td>
<td>Cod</td>
<td>Roughy</td>
<td>Coffee (caffeinated)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dairy and Eggs</th>
<th>Nuts and Seeds</th>
<th>Grains</th>
<th>Greens</th>
<th>Vegetables</th>
<th>Sea Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttermilk</td>
<td>Goat Milk</td>
<td>Almonds</td>
<td>Amaranth</td>
<td>Bok Choy</td>
<td>Potato (all varieties)</td>
</tr>
<tr>
<td>Cottage Cheese</td>
<td>Gouda</td>
<td>Filberts</td>
<td>Kamut</td>
<td>Collard Greens</td>
<td>Agar</td>
</tr>
<tr>
<td>Cottage Cheese (lite)</td>
<td>Ice-Cream</td>
<td>Hickory Nuts</td>
<td>Quinoa</td>
<td>Dandelion Greens</td>
<td>Dulse</td>
</tr>
<tr>
<td>Eggs, Chicken (whites)</td>
<td>Greyere</td>
<td>Pecans</td>
<td>Spelt</td>
<td>Kale</td>
<td>Squash (summer)</td>
</tr>
<tr>
<td>Ricotta</td>
<td>Milk (2%)</td>
<td>Pistachios</td>
<td>Triticale</td>
<td>Mustard Greens</td>
<td>Squash (winter)</td>
</tr>
<tr>
<td>Whey</td>
<td>Milk (3%)</td>
<td>Sesame Seeds</td>
<td>barley</td>
<td>Radicchio</td>
<td>Sweet Potato (yam)</td>
</tr>
<tr>
<td>Blue Cheese</td>
<td>Monterey Jack</td>
<td>Sunflower Seeds</td>
<td>Millet</td>
<td>Spinach</td>
<td>Kelp</td>
</tr>
<tr>
<td>Blue Cheese</td>
<td>Monterey Jack</td>
<td>Walnuts</td>
<td>Oats</td>
<td>Swiss Chard</td>
<td>Laver</td>
</tr>
<tr>
<td>Cheese</td>
<td>Mozzarella</td>
<td>Chestnuts</td>
<td>Rice (basmati)</td>
<td>Turnip Greens</td>
<td>Wakame</td>
</tr>
<tr>
<td>Camembert</td>
<td>Munster</td>
<td>Poppy Seeds</td>
<td>Rice (brown)</td>
<td>Watercress</td>
<td></td>
</tr>
<tr>
<td>Cheddar</td>
<td>Neufchatel</td>
<td>Greek Nuts</td>
<td>Rice (plain, white)</td>
<td>Arugula</td>
<td></td>
</tr>
<tr>
<td>Colby</td>
<td>Parmesan</td>
<td>Cashews</td>
<td>Rye</td>
<td>Endive</td>
<td></td>
</tr>
<tr>
<td>Cream (half-and-half)</td>
<td>Prevalone</td>
<td>Maoodamia Nuts</td>
<td>Wheat</td>
<td>Sprouts (bean)</td>
<td></td>
</tr>
<tr>
<td>Cream Cheese</td>
<td>Romano</td>
<td>Peanuts</td>
<td>Wild Rice</td>
<td>Sprouts (alfalfa)</td>
<td></td>
</tr>
<tr>
<td>Edam</td>
<td>Roquefort</td>
<td>Pine Nuts</td>
<td></td>
<td>Lettuce (bibb)</td>
<td></td>
</tr>
<tr>
<td>Eggs, Chicken (yolke)</td>
<td>Sorbet</td>
<td>Pumpkin Seeds</td>
<td></td>
<td>Lettuce (iceberg)</td>
<td></td>
</tr>
<tr>
<td>Eggs, Duck (whole)</td>
<td>Sour-Greem</td>
<td></td>
<td></td>
<td>Lettuce (loose-leaf)</td>
<td></td>
</tr>
<tr>
<td>Feta</td>
<td>Swiss</td>
<td></td>
<td></td>
<td>Lettuce (romaine)</td>
<td></td>
</tr>
<tr>
<td>Goat Cheese</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Oils and Fats</th>
<th>Herbs, Spices and Seasonings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots</td>
<td>Raspberries</td>
<td>Plums</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Strawberries</td>
<td>Pomegranate</td>
</tr>
<tr>
<td>Casaba Melon</td>
<td>Tangerines</td>
<td>Prunes</td>
</tr>
<tr>
<td>Elderberries</td>
<td>Apples</td>
<td>Rhubarb</td>
</tr>
<tr>
<td>Gooseberries</td>
<td>Blueberries</td>
<td>Semen</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Boysenberries</td>
<td>Cantaloupe</td>
</tr>
<tr>
<td>Guava</td>
<td>Cherries</td>
<td>Coconut</td>
</tr>
<tr>
<td>Honeydew Melon</td>
<td>Cranberries</td>
<td>Dates</td>
</tr>
<tr>
<td>Kiwifruit</td>
<td>Currants</td>
<td>Figs</td>
</tr>
<tr>
<td>Kumquat</td>
<td>Grapes</td>
<td>Pineapple</td>
</tr>
<tr>
<td>Lemons</td>
<td>Limes</td>
<td>Raisins</td>
</tr>
<tr>
<td>Mango</td>
<td>Loganberries</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Oranges</td>
<td>Nectarines</td>
<td></td>
</tr>
<tr>
<td>Papaya</td>
<td>Peaches</td>
<td></td>
</tr>
<tr>
<td>Persimmon</td>
<td>Pears</td>
<td></td>
</tr>
</tbody>
</table>

Copyright ©2010 FoodPharmacy

These Eating Guidelines may require modification as your health status changes. Schedule a follow-up with your practitioner.
Neutral = Black
Ideal = Food Colors
Eating Guidelines for Kellie Hill Recommended by Kellie Hill, The Right Plan on 2/7/2012

<table>
<thead>
<tr>
<th>Meats</th>
<th>Poultry</th>
<th>Seafood</th>
<th>Legumes</th>
<th>Beverages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidney (beef)</td>
<td>Chicken (dark meat)</td>
<td>Abalone</td>
<td>Sardine</td>
<td>Grouper</td>
</tr>
<tr>
<td>Liver (beef)</td>
<td>Chicken (white meat)</td>
<td>Anchovy</td>
<td>Scallop</td>
<td>Halibut</td>
</tr>
<tr>
<td>Pork (ham, chops)</td>
<td>Cornish Hen</td>
<td>Bass (freshwater)</td>
<td>Shrimp</td>
<td>Lobster</td>
</tr>
<tr>
<td>Beef</td>
<td>Duck</td>
<td>Catfish</td>
<td>Squid</td>
<td>Mahi-mahi</td>
</tr>
<tr>
<td>Buffalo</td>
<td>Goose</td>
<td>Clams</td>
<td>Trout</td>
<td>Rockfish</td>
</tr>
<tr>
<td>Elk</td>
<td>Pheasant</td>
<td>Mackerel</td>
<td>Whitefish</td>
<td>Roughy</td>
</tr>
<tr>
<td>Heart (beef)</td>
<td>Quail</td>
<td>Octopus</td>
<td>Bass (sea)</td>
<td>Snapper</td>
</tr>
<tr>
<td>Lamb</td>
<td>Turkey (dark meat)</td>
<td>Oysters</td>
<td>Caviar</td>
<td>Swordfish</td>
</tr>
<tr>
<td>Rabbit</td>
<td>Turkey (white meat)</td>
<td>Perch</td>
<td>Cod</td>
<td>Tuna</td>
</tr>
<tr>
<td>Venison</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pork (bacon)</td>
<td>Mozzarella</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dairy and Eggs</th>
<th>Nuts and Seeds</th>
<th>Grains</th>
<th>Greens</th>
<th>Vegetables</th>
<th>Sea Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Cheese</td>
<td>Ice Cream</td>
<td>Almonds</td>
<td>Amaranth</td>
<td>Asparagus</td>
<td>Jicama</td>
</tr>
<tr>
<td>Brie</td>
<td>Milk (2%)</td>
<td>Brazil Nuts</td>
<td>Quinoa</td>
<td>Beet Greens</td>
<td>Olive (all varieties)</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>Milk (skim)</td>
<td>Chestnuts</td>
<td>Rice (basmati)</td>
<td>Cilantro</td>
<td>Water Chestnuts</td>
</tr>
<tr>
<td>Camembert</td>
<td>Milk (whole)</td>
<td>Pine Nuts</td>
<td>Rice (brown)</td>
<td>Collard Greens</td>
<td>Zucchini</td>
</tr>
<tr>
<td>Cheddar</td>
<td>Montery-Jack</td>
<td>Poppy Seeds</td>
<td>Rice (plain, white)</td>
<td>Dandelion Greens</td>
<td>Eggplant</td>
</tr>
<tr>
<td>Gouda</td>
<td>Mozzarella</td>
<td>Pumpkin Seeds</td>
<td>Wild Rice</td>
<td>Endive</td>
<td>Garlic</td>
</tr>
<tr>
<td>Cottage Cheese</td>
<td>Muenster</td>
<td>Sesame Seeds</td>
<td>Barley</td>
<td>Lettuce (bibb)</td>
<td>Ginger Root</td>
</tr>
<tr>
<td>Cottage Cheese (feta)</td>
<td>Neufchaul</td>
<td>Sunflower Seeds</td>
<td>Buckwheat</td>
<td>Lettuce (iceberg)</td>
<td>Leek</td>
</tr>
<tr>
<td>Cream (half-and-half)</td>
<td>Parmesan</td>
<td>Walnuts</td>
<td>Kamut</td>
<td>Lettuce (loose-leaf)</td>
<td>Mushroom (all varieties)</td>
</tr>
<tr>
<td>Cream Cheese</td>
<td>Provolone</td>
<td>Cashews</td>
<td>Millet</td>
<td>Lettuce (romaine)</td>
<td>Okra</td>
</tr>
<tr>
<td>Edam</td>
<td>Ricotta</td>
<td>Filberts</td>
<td>Chestnuts</td>
<td>Radicchio</td>
<td>Onion</td>
</tr>
<tr>
<td>Eggs-Chicken (whites)</td>
<td>Romano</td>
<td>Hickory Nuts</td>
<td>Spelt</td>
<td>Sprouts (bean)</td>
<td>Pepper (bell, all colors)</td>
</tr>
<tr>
<td>Eggs-Chicken (yolks)</td>
<td>Roquefort</td>
<td>Macadamia Nuts</td>
<td>Triticale</td>
<td>Swiss Chard</td>
<td>Pepper (hot, all colors)</td>
</tr>
<tr>
<td>Eggs-Duck (whites)</td>
<td>Sherbet</td>
<td>Pecans</td>
<td>Wheat</td>
<td>Turnip Greens</td>
<td>Shallot</td>
</tr>
<tr>
<td>Feta</td>
<td>Sour Cream</td>
<td>Pistachios</td>
<td></td>
<td>Watercress</td>
<td>Tomato</td>
</tr>
<tr>
<td>Goat Cheese</td>
<td>Swiss</td>
<td>Peanuts</td>
<td></td>
<td></td>
<td>Tomato (Bok Choy)</td>
</tr>
<tr>
<td>Gouda-Milk</td>
<td>Whey</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gouda</td>
<td>Yogurt</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gruyere</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Oils and Fats</th>
<th>Herbs, Spices and Seasonings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Prunes</td>
<td>Cayenne</td>
</tr>
<tr>
<td>Apricots</td>
<td>Raspberries</td>
<td>Chill Powder</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Strawberries</td>
<td>Garlic Powder</td>
</tr>
<tr>
<td>Cherries</td>
<td>Tangerines</td>
<td>Ginger</td>
</tr>
<tr>
<td>Coconut</td>
<td></td>
<td>Parsley</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Limes</td>
<td>Rosemary</td>
</tr>
<tr>
<td>Elderberries</td>
<td>Nectarines</td>
<td>Saffron</td>
</tr>
<tr>
<td>Gooseberries</td>
<td>Plums</td>
<td>Sage</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Pomegranate</td>
<td>Salt (iodized)</td>
</tr>
<tr>
<td>Grapes</td>
<td>Rhubarb</td>
<td>Salt (low sodium)</td>
</tr>
<tr>
<td>Guava</td>
<td>Banana</td>
<td>Salt (sea salt, unrefined)</td>
</tr>
<tr>
<td>Lemons</td>
<td>Blueberries</td>
<td>Palm Kernel Oil</td>
</tr>
<tr>
<td>Oranges</td>
<td>Boysenberries</td>
<td>Peanut Oil</td>
</tr>
<tr>
<td>Papaya</td>
<td>Cantaloupe</td>
<td>Borage Oil</td>
</tr>
<tr>
<td>Persimmon</td>
<td>Casaba Melon</td>
<td>Hemp Oil</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Copyright ©2009 FoodPharmacy These Eating Guidelines may require modification as your health status changes. Schedule a follow-up with your practitioner.
### Eating Guidelines for Kellie Hill

**Recommended by Kellie Hill, The Right Plan on 2/2/2016**

**Food Colors**
- Green = Ideal (eat ideal foods at every meal)
- Black = Neutral (ok, but emphasize "ideal" foods)
- Italics = Caution (eat rarely or only for variety)
- Red = Avoid (don't eat these foods)

#### Meats
- Beef: Abalone, Bass (freshwater), Mackerel, Muscles, Perch, Pompano, Sardines, Trout
- Turkey (dark meat): Turkey (white meat)
- Chicken (dark meat): Chicken (white meat)
- Pork: Goose, Pheasant
- Rabbit: Pheasant
- Pork (bacon): Turkey (dark meat)
- Liver (bacon): Turkey (white meat)
- Venison: Grouper

#### Dairy and Eggs
- Blue Cheese: Monterey Jack
- Buttermilk: Mozzarella
- Camembert: Muenster
- Cheddar: Parmesan
- Colby: Provolone
- Cottage Cheese: Romano
- Cottage Cheese (lite): Roquefort
- Cream (half and half): Swiss
- Cream Cheese: Whey
- Edam: Yogurt
- Eggs, Chicken (white): Brie
- Eggs, Chicken (yolks): Neufchatel
- Eggs, Duck (whole): Ricotta
- Feta: Sour Cream
- Goat Cheese: Ice Cream
- Goat Milk: Milk (whole)
- Gouda: Milk (whole)
- Gruyere: Sorbet

#### Fruits
- Apples: Kumquat
- Banana: Lemons
- Blackberries: Lines
- Blueberries: Loganberries
- Boysenberries: Mango
- Cantaloupe: Oranges
- Cherries: Papaya
- Cranberries: Persimmon
- Elderberries: Raspberries
- Gooseberries: Raspberries
- Grapefruit: Tangerines
- Grapes: Watermelon
- Guava: Dates
- Honeydew Melon: Nectarines
- Kiwifruit: Peaches

#### Herbs, Spices and Seasonings
- Oregano: Mustard Seed
- Mustard: Turmeric
- Saffron: Thyme
- Sage: Turmeric
- Sugar (brown, unrefined): Artificial Sweeteners
- Cinnamon: Nutmeg
- Pepper (ground black): Pepper (ground black)
- Pepper (ground black): Cinnamon

#### Herbs, Spices and Seasonings
- Artichoke: Tomatoes
- Asparagus: Bamboo Shoots
- Beet: Cucumber
- Bok Choy: Dalkon
- Brussels Sprout: Fennel
- Carrots: Cabbage
- Cilantro: Ginger Root
- Celery: Jerusalem Artichoke
- Chick: Radish
- Octopus: Seaweed
- Quinoa: Radish
- Rye: Squash (summer)
- Spelt: Turnip
- Triticale: Turnip
- Wasabi: Red Beans

#### Legumes
- Azuki Beans: Garbanzo Beans
- Black Beans: Lentils
- Black-eyed Peas: Lima Beans
- Fava Beans: Red Beans
- Great Northern Beans: Soy Beans
- Mung Beans: Red Beans
- Navy Beans: Lentils
- Pink Beans: White Beans
- Pinto Beans: White Beans
- Pinto Beans: White Beans
- White Beans: Green Beans

#### Legumes
- Broad Beans: Garbanzo Beans
- Black Beans: Lentils
- Black-eyed Peas: Lima Beans
- Fava Beans: Red Beans
- Great Northern Beans: Soy Beans
- Mung Beans: Red Beans
- Navy Beans: Lentils
- Pink Beans: White Beans
- Pinto Beans: White Beans
- Pinto Beans: White Beans
- White Beans: Green Beans

#### Legumes
- Broad Beans: Garbanzo Beans
- Black Beans: Lentils
- Black-eyed Peas: Lima Beans
- Fava Beans: Red Beans
- Great Northern Beans: Soy Beans
- Mung Beans: Red Beans
- Navy Beans: Lentils
- Pink Beans: White Beans
- Pinto Beans: White Beans
- Pinto Beans: White Beans
- White Beans: Green Beans
# Eating Guidelines for Kellie Hill

Recommended by Kellie Hill, The Right Plan on 2/2/2016

**Food Colors**

- **Green** = Ideal (eat ideal foods at every meal)
- **Black** = Neutral (ok, but emphasize "ideal" foods)
- **Red** = Avoid (don’t eat these foods)
- **Italics** = Caution (eat rarely or only for variety)

## Meats

<table>
<thead>
<tr>
<th>Meat</th>
<th>Poultry</th>
<th>Seafood</th>
<th>Legumes</th>
<th>Beverages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elk</td>
<td>Chicken (dark meat)</td>
<td>Abalone</td>
<td>Mahi-mahi</td>
<td>Azuki Beans</td>
</tr>
<tr>
<td>Heart (beef)</td>
<td>Chicken (white meat)</td>
<td>Anchoy</td>
<td>Whitefish</td>
<td>Pink Beans</td>
</tr>
<tr>
<td>Kidney (beef)</td>
<td>Cornish Hen</td>
<td>Bass (freshwater)</td>
<td>Bass (sea)</td>
<td>Black Beans</td>
</tr>
<tr>
<td>Liver (beef)</td>
<td>Quail</td>
<td>Catfish</td>
<td>Caviar</td>
<td>Black-eyed Peas</td>
</tr>
<tr>
<td>Venison</td>
<td>Turkey (dark meat)</td>
<td>Clams</td>
<td>God</td>
<td>Fava Beans</td>
</tr>
<tr>
<td>Rabbit</td>
<td>Turkey (white meat)</td>
<td>Mussel</td>
<td>Crab</td>
<td>Garbanzo Beans</td>
</tr>
<tr>
<td>Beef</td>
<td>Pheasant</td>
<td>Octopus</td>
<td>Scallop</td>
<td>Great Northern Beans</td>
</tr>
<tr>
<td>Buffalo</td>
<td>Buck</td>
<td>Oysters</td>
<td>Shrimp</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Lamb</td>
<td>Goose</td>
<td>Perch</td>
<td>Lobster</td>
<td>Green Peas</td>
</tr>
<tr>
<td>Pork (bacon)</td>
<td>Salmon</td>
<td>Halibut</td>
<td>Squid</td>
<td>Lentils</td>
</tr>
<tr>
<td>Pork (ham, chops)</td>
<td>Peking</td>
<td>Swordfish</td>
<td></td>
<td>Lime Beans</td>
</tr>
</tbody>
</table>

## Dairy and Eggs

<table>
<thead>
<tr>
<th>Dairy and Eggs</th>
<th>Nuts and Seeds</th>
<th>Grains</th>
<th>Greens</th>
<th>Vegetables</th>
<th>Sea Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs, Duck (whole)</td>
<td>Monterey Jack</td>
<td>Chestnuts</td>
<td>Arugula</td>
<td>Artichoke</td>
<td>Zucchini</td>
</tr>
<tr>
<td>Blue Cheese</td>
<td>Mozzarella</td>
<td>Poppy Seeds</td>
<td>Beet Greens</td>
<td>Kohlrabi</td>
<td>Wakame</td>
</tr>
<tr>
<td>Brie</td>
<td>Muenster</td>
<td>Sesame Seeds</td>
<td>Cilantro</td>
<td>Mushroom (all varieties)</td>
<td></td>
</tr>
<tr>
<td>Buttermilk</td>
<td>Neufchatel</td>
<td>Almonds</td>
<td>Collard Greens</td>
<td>Beets</td>
<td>Agar</td>
</tr>
<tr>
<td>Camembert</td>
<td>Parmesan</td>
<td>Brazil-Nuts</td>
<td>Dandelion Greens</td>
<td>Broccoli</td>
<td>Irish Moss (carrageenan)</td>
</tr>
<tr>
<td>Cheddar</td>
<td>Provolone</td>
<td>Geshews</td>
<td>Oat</td>
<td>Broccoli</td>
<td>Kelp</td>
</tr>
<tr>
<td>Colby</td>
<td>Ricotta</td>
<td>Filberts</td>
<td>Quinoa</td>
<td>Brussels Sprout</td>
<td>Laver</td>
</tr>
<tr>
<td>Cottage Cheese</td>
<td>Romano</td>
<td>Hickory Nuts</td>
<td>Rice (basmati)</td>
<td>Cabbage</td>
<td></td>
</tr>
<tr>
<td>Cottage Cheese (lite)</td>
<td>Roquefort</td>
<td>Macadamia Nuts</td>
<td>Rice (brown)</td>
<td>Carrots</td>
<td></td>
</tr>
<tr>
<td>Cream (half and half)</td>
<td>Swiss</td>
<td>Peanuts</td>
<td>Rice (plain, white)</td>
<td>Cauliflower</td>
<td></td>
</tr>
<tr>
<td>Cream Cheese</td>
<td>American</td>
<td>Pecans</td>
<td>Rye</td>
<td>Celery</td>
<td></td>
</tr>
<tr>
<td>Edam</td>
<td>Goat</td>
<td>Spelt</td>
<td>Spelt</td>
<td>Cucumber</td>
<td></td>
</tr>
<tr>
<td>Eggs, Chicken (white)</td>
<td>Eggs, Chicken-yolks</td>
<td>Pistachios</td>
<td>Triticale</td>
<td>Daikon</td>
<td></td>
</tr>
<tr>
<td>Feta</td>
<td>Goat-Milk</td>
<td>Wheat</td>
<td>Wild Rice</td>
<td>Eggplant</td>
<td></td>
</tr>
<tr>
<td>Goat Cheese</td>
<td>Ice-Cream</td>
<td>Pumpkin Seeds</td>
<td>Spinach</td>
<td>Squash (summer)</td>
<td></td>
</tr>
<tr>
<td>Gouda</td>
<td>Milk-(yohimbe)</td>
<td>Sunflower Seeds</td>
<td>Sprouts (bean)</td>
<td>Fennel</td>
<td></td>
</tr>
<tr>
<td>Gruyere</td>
<td>Sorbet</td>
<td>Walnuts</td>
<td>Swiss Chard</td>
<td>Garlic</td>
<td></td>
</tr>
<tr>
<td>Milk (2%)</td>
<td>Sour-Cream</td>
<td></td>
<td></td>
<td>Ginger Root</td>
<td></td>
</tr>
<tr>
<td>Milk (whole)</td>
<td></td>
<td></td>
<td></td>
<td>Jerusalem Artichoke</td>
<td></td>
</tr>
</tbody>
</table>

## Fruits

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Oils and Fats</th>
<th>Herbs, Spices and Seasonings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Grapefruit</td>
<td>Anise</td>
</tr>
<tr>
<td>Apricots</td>
<td>Grapes</td>
<td>Dill Weed</td>
</tr>
<tr>
<td>Banana</td>
<td>Guava</td>
<td>Pepper (ground black)</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Honeydew Melon</td>
<td>Vinegar (balsamic)</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Kiwifruit</td>
<td>Basil</td>
</tr>
<tr>
<td>Boysenberries</td>
<td>Kumquat</td>
<td>Fennel Seed</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Lemons</td>
<td>Peppermint</td>
</tr>
<tr>
<td>Casaba Melon</td>
<td>Lime</td>
<td>Paprika</td>
</tr>
<tr>
<td>Cherries</td>
<td>Loganberries</td>
<td>Rosemary</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Mango</td>
<td>Saffron</td>
</tr>
<tr>
<td>Currants</td>
<td>Nectarines</td>
<td>Caraway</td>
</tr>
<tr>
<td>Dates</td>
<td>Oranges</td>
<td>Garlic Powder</td>
</tr>
<tr>
<td>Elderberries</td>
<td>Papaya</td>
<td>Cardamom</td>
</tr>
<tr>
<td>Figs</td>
<td>Peaches</td>
<td>Chili Powder</td>
</tr>
<tr>
<td>Gooseberries</td>
<td>Pears</td>
<td>Chive</td>
</tr>
</tbody>
</table>

## Oils

<table>
<thead>
<tr>
<th>Oils</th>
<th>Oils and Fats</th>
<th>Herbs, Spices and Seasonings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Current Oil</td>
<td>Safflower Oil</td>
<td>Anise</td>
</tr>
<tr>
<td>Fish Oils</td>
<td>Sesame Oil</td>
<td>Dill Weed</td>
</tr>
<tr>
<td>Flaxseed Oil</td>
<td>Sunflower Oil</td>
<td>Pepper (ground black)</td>
</tr>
<tr>
<td>Hemp Oil</td>
<td>Canola-Oil</td>
<td>Vinegar (balsamic)</td>
</tr>
<tr>
<td>Wheat Germ Oil</td>
<td>Corn-Oil</td>
<td>Basil</td>
</tr>
<tr>
<td>Almond Oil</td>
<td>Cottonseed Oil</td>
<td>Fennel Seed</td>
</tr>
<tr>
<td>Borage Oil</td>
<td>Margarined</td>
<td>Peppermint</td>
</tr>
<tr>
<td>Butter (salted)</td>
<td></td>
<td>Paprika</td>
</tr>
<tr>
<td>Butter (unsalted)</td>
<td></td>
<td>Rosemary</td>
</tr>
<tr>
<td>Coconut Oil</td>
<td></td>
<td>Saffron</td>
</tr>
<tr>
<td>Evening Primrose Oil</td>
<td></td>
<td>Caraway</td>
</tr>
<tr>
<td>Ghee (clarified butter)</td>
<td></td>
<td>Garlic Powder</td>
</tr>
<tr>
<td>Olive Oil</td>
<td></td>
<td>Cardamom</td>
</tr>
<tr>
<td>Palm Kernel Oil</td>
<td></td>
<td>Chili Powder</td>
</tr>
<tr>
<td>Peanut Oil</td>
<td></td>
<td>Chive</td>
</tr>
</tbody>
</table>

## Herbs, Spices, and Seasonings

<table>
<thead>
<tr>
<th>Herbs, Spices, and Seasonings</th>
<th>Oils and Fats</th>
<th>Oils and Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Current Oil</td>
<td>Safflower Oil</td>
<td>Anise</td>
</tr>
<tr>
<td>Fish Oils</td>
<td>Sesame Oil</td>
<td>Dill Weed</td>
</tr>
<tr>
<td>Flaxseed Oil</td>
<td>Sunflower Oil</td>
<td>Pepper (ground black)</td>
</tr>
<tr>
<td>Hemp Oil</td>
<td>Canola-Oil</td>
<td>Vinegar (balsamic)</td>
</tr>
<tr>
<td>Wheat Germ Oil</td>
<td>Corn-Oil</td>
<td>Basil</td>
</tr>
<tr>
<td>Almond Oil</td>
<td>Cottonseed Oil</td>
<td>Fennel Seed</td>
</tr>
<tr>
<td>Borage Oil</td>
<td>Margarined</td>
<td>Peppermint</td>
</tr>
<tr>
<td>Butter (salted)</td>
<td></td>
<td>Paprika</td>
</tr>
<tr>
<td>Butter (unsalted)</td>
<td></td>
<td>Rosemary</td>
</tr>
<tr>
<td>Coconut Oil</td>
<td></td>
<td>Saffron</td>
</tr>
<tr>
<td>Evening Primrose Oil</td>
<td></td>
<td>Caraway</td>
</tr>
<tr>
<td>Ghee (clarified butter)</td>
<td></td>
<td>Garlic Powder</td>
</tr>
<tr>
<td>Olive Oil</td>
<td></td>
<td>Cardamom</td>
</tr>
<tr>
<td>Palm Kernel Oil</td>
<td></td>
<td>Chili Powder</td>
</tr>
<tr>
<td>Peanut Oil</td>
<td></td>
<td>Chive</td>
</tr>
</tbody>
</table>

## Copyright

Copyright ©2010 FoodPharmacy These Eating Guidelines may require modification as your health status changes. Schedule a follow-up with your practitioner.