



ALKALIZING – or “RECOMMENDED” – FOODS

*Eat as many alkalizing foods as possible, at least **75%** of your diet.*

VEGETABLES

Alfalfa
Asparagus
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrot
Cauliflower
Celery
Chard
Collard Greens
Cucumber
Dandelions
Eggplant
Fermented Veggies
Garlic
Kale
Lettuce
Mushrooms
Mustard Greens
Onions
Parsnips
Peas
Peppers
Pumpkin
Rutabaga
Sprouts
Squashes
Barley Grass
Watercress
Wheat Grass
Wild Greens

FRUITS

Apple
Apricot
Avocado

Banana
Berries (all)
Cantaloupe
Cherries
Currants
Dates/Figs
Grapes
Grapefruit
Honeydew Melon
Lemon
Lime
Nectarine
Orange
Peach
Pear
Pineapple
Tangerine
Tomato
Tropical Fruits
Watermelon

PROTEIN

Almonds
Chestnuts
Chicken Breast
Cottage Cheese
Eggs
Flax Seeds
Millet
Nuts
Pumpkin Seeds
Squash Seeds
Sunflower Seeds
Tempeh/Tofu (fermented)
Whey Protein Powder
Yogurt

OTHER

Apple Cider
Banchi Tea
Bee Pollen
Dandelion Tea
Fresh Fruit Juice
Ginseng Tea
Green Juices
Green Tea
Herbal Tea
Kombucha
Lecithin Granules
Mineral Water
Organic Milk
(unpasteurized)
Probiotic Cultures
Veggie Juices
Vinegar

SPICES/SWEETENERS/ SEASONINGS

All Herbs
Cayenne
Chili/Sweet/Hot Peppers
Cinnamon
Curry
Ginger
Miso
Mustard
Paprika
Sea Salt
Stevia
Tamari
Tobasco



Nulean[®]
Get Your Body Back—NOW!

ACIDIFYING – or “MODERATION” – FOODS

*Limit acidifying foods to no more than **25%** of your diet.*

FATS & OILS

Avocado Oil
Canola Oil
Corn Oil
Flax Oil
Hemp Seed Oil
Lard
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

FRUITS

Cranberries

GRAINS

Amaranth
Barley
Buckwheat
Corn
Hemp Seed Flour
Kamut
Oats (rolled)
Quinoi
Rice (all)
Rice Cakes
Rye
Spelt
Wheat/ Wheat Cakes

DAIRY

Cheese, Cow
Cheese, Goat
Cheese, Processed
Cheese, Sheep

Milk

Butter

NUTS & BUTTERS

Cashews
Brazil Nuts
Peanuts
Peanut Butter
Pecans
Tahini
Walnuts

ANIMAL PROTEIN

Beef
Carp
Clams
Fish
Lamb
Lobster
Mussels
Oyster
Pork
Rabbit
Salmon
Shrimp
Scallops
Tuna
Turkey
Venison

PASTA (WHITE)

Noodles
Macaroni
Spaghetti

OTHER

Distilled Vinegar
Potatoes
Wheat Germ

DRUGS & CHEMICALS

Chemicals
Medicinal Drugs
Psychedelic Drugs
Herbicides
Pesticides

ALCOHOL

Beer
Hard Liquor
Spirits
Wine

BEANS & LEGUMES

Almond Milk
Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Lima Beans
Pinto Beans
Red Beans
Rice Milk
Soy Beans
Soy Milk
White Beans