

GROUP OF GRAPHIC FOOD AND RECOMMENDED O

MEAT	DAIRY PRODUCTS	FRESH PINTO BEANS	PLAIN-LEAVED ENDIVE	GOOSEBERRY	PARSLEY
LAMB	FETA	DRIED PINTO BEANS	CURLY-LEAVED ENDIVE	GOLDEN RAISIN	PROPOLIS
DUCK	GOAT CHEESE	CHICKPEAS	EGGPLANT	SPICE AND SIMILAR	RHUBARB
BRESAOLA	FRESH AND LIGHT CHEESE	CHICKLING VETCH	BLACK OLIVES	VINEGAR (ALL TYPES)	ROSEHIPS
GOAT	ICE CREAM	SPAIN WHITE BEANS	GREEN OLIVES	LAUREL	SAGE
VENISON	COW'S MOZZARELLA	WHITE KIDNEY/ CANNELLINI BEANS	PARSNIP	ANISE	ELDERBERRY
CAPON	BUFFALO MILK MOZZARELLA	COWPEAS	WHITE, YELLOW, RED POTATOES	BASIL	FENNEL SEEDS
HORSE	GOAT MILK RICOTTA	BLACK BEANS	SWEET WHITE AND RED POTATOES	BERGAMOT	DANDELION
BOAR	COW MILK RICOTTA	RED BEANS	SWEET PEPPER	CINNAMON	LIME
RABBIT	GOAT MILK YOGURT	GREEN BEANS	TOMATO	CAPERS	THYME
HEART AND LIVER (NOT OF PORK)	GOAT SKIMMED MILK	FAVA BEANS	LEEK	CHERVIL	VALERIAN
PHEASANT	COW MILK YOGURT	GREEN LENTILS	PARSLEY	CLOVE	GINGER
HEN	BUTTER- BRIE- CAMEMBERT- CHEDDAR	RED LENTILS	RADICCHIO	CUMIN	SWEETS
ROOSTER	FRESH CHEESE - MELTED CHEESE	LUPIN	TURMERIC	CURRY	ASPARTAME
PORK	FULL CREAM MILK- GRUYERE	PEAS	RADISH	TARRAGON	RICE AND MILE BASED BEVERAGE
BEEF	FULL CREAM COW'S MILK	YELLOW AND GREEN SOY	ARUGULA	CHIVES	OAT BASED BEVERAGE
MUTTON	SKIMMED COW'S MILK	SNOW PEAS	SHALLOT	FENNEL SEED	CANDIES
GOOSE	PARMESAN AND PROVOLA CHEESE	CEREAL AND SIMILAR	CELERY	GLUTAMATE	CHEWING- GUM
CHICKEN	ALL OTHER DAIRY PRODUCTS	TUMBLEWEED	SPINACH	KETCHUP	MILK CHOCOLATE
OSTRICH	SOY AND DERIVED	CORN STARCH	DANDELION	BREWER'S YEAST	DARK CHOCOLATE
TURKEY	SOY-BASED BEVERAGES	OAT	WHITE AND BLACK TRUFFLE	MAYONNAISE WITH VINEGAR	CHEMICAL SWEETENING
VEAL	SOY CHEESE (TOFU)	COUSCOUS	JERUSALEM ARTICHOKE	MAYONNAISE WITHOUT VINEGAR	SWEETS WITHOUT SUGAR
FISH, SHELLFISH AND SIMILAR	SOY YOGURT	BRAN AND WHEAT GERM	GINGER	MINT	FRUCTOSE
HERRING	EGGS	RICE FLOUR	PUMPKIN	SOY MISO	ALMOND MILK
SMOKED OR PICKLED HERRING	FROM 2 TO 5 AT WEEK	WHOLEGRAIN FLOUR	ZUCCHINI	NUTMEG	MALTODEXTRINE
ANCHOVY	FROM 4 TO 6 AT WEEK	POTATO STARCH	FRUITS	PAPRIKA	MALTING WHEAT
EEL	FROM 3 TO 7 AT WEEK	WHEAT (FLOUR, PASTA, BREAD)	APRICOT	WHITE PEPPER	MOLASSES
LOBSTER	OILS AND FATS	BUCKWHEAT	PINEAPPLE	CAVENNE	HONEY
SEA BASS	BURRO	KAMUT	WATERMELON	BLACK PEPPER	MAPLE SYRUP
SQUID	OLIVE OIL	CORN	ORANGE	CHILI PEPPER	AGAVE SYRUP
CAVIAR	PEANUT OIL	MILE	AVOCADO	ROSEMARY	ALL MILK DERIVED CREAMY SWEETS
CARP	EXTRA-VIRGIN OLIVE OIL	BARLEY	BANANA	SAGE	XYLITOL
GROUPEL	COD-LIVER OIL	PEARL BARLEY	KHAKI	SALT (WITHOUT EXCEEDING)	SUGAR
VENDACE	SUNFLOWER OIL	POP CORN	CEGAR	SAVORY	BEEF SUGAR
MUSSELS	LINSEED OIL	QUINOA	CHERRY	MUSTARD WITH VINEGAR	CANE SUGAR
SHRIMP	CORN OIL	RICE	DATES	MUSTARD WITHOUT VINEGAR	BEVERAGES
CRAB	RICE OIL	RYE AND RYE BREAD	FRESH AND DRIED FIGS	TAMARI (SOY SAUCE)	STILL WATER
HALIBUT	HEMPSEED OIL	SEITAN	PRICKLY PEAR	THYME	DIET DRINKS
PIKE	PUMPKIN SEEDS OIL	DURUM WHEAT FLOUR	STRAWBERRY	VANILLA	SPARKLY DRINKS OR COLA BASED
SMAILS	SESAME OIL	SORGHUM	KIWI	SAFFRON	BEER (NO CORN OR WHEAT)
ANCHOVY	SOY OIL	TAPIOCA	RASPBERRIES	GINGER	CHICORY COFFE
EEL	GRAPE SEED OIL	VEGETABLES	LEMON	HERBS AND HERBAL TEA	COFFE
HAKE	SEEDS AND DRIED FRUITS	GARLIC (NO WITH DIGESTIVE PROBLEM)	TANGERINE	YARROW	GINSENG COFFE
SEA BREAM	CASHEW	ASPARAGUS	CLEMENTINE	ALFAALFA	BARLEY COFFE
OYSTER	PEANUT BUTTER	RED BEET	MANGO	ALOE	CHAMOMILLE
DOG FISH	ALMOND BUTTER	WHITE BEET	POMEGRANATE	BURDOCK	KARKADE
PERCH	HAZELNUT BUTTER	CHESTNUT	APPLE	CORN SILK	CIDER
CATFISH	ALMOND BUTTER	ALMOND	BROCCOLI	ORANGE MELON	SUPER ALCOHOLICS
SWORDFISH	HAZELNUT BUTTER	HAZELNUT	ARTICHOKE	YELLOW MELON	HAWTHORN
OCTOPUS	SESAME BUTTER (TAHINI)	SMOCKED SALMON	WALNUT	CARROT	CALENDULA
FROG	CHESTNUT	SARDINE	BRASIL NUTS	CAULIFLOWER	CHAMOMILLE
AMBERJACK FISH	ALMOND	CUTTLEFISH	PECANS	BRUSSELS SPROUTS	ROMAN CHAMOMILLE
SALMON NOT SMOCKED	HAZELNUT	MACKEREL	PINENUTS	CABBAGE	MILK THISTLE
SMOCKED SALMON	WALNUT	SOLE	PISTACHIO	RED CABSABAGE	ECHINACEA
SARDINE	BRASIL NUTS	STURGEON	SUNFLOWER SEEDS	SAVOY CABBAGE	PAPAYA
CUTTLEFISH	PECANS	TUNA	POPPY SEEDS	CHERVIL	EUCALYPTUS
MACKEREL	PINENUTS	MULLET	SESAME SEEDS	PUMPKINS SEEDS	FENUGREEK
CUTTLEFISH	PECANS	SALMON TROUT	PUMPKINS SEEDS	LEGUMES	GINSENG
MACKEREL	PINENUTS	RAINBOW TROUT	CLAIMS	AZUKI (RED SOY BEANS)	NECTARINE
SOLE	PISTACHIO	RAINBOW TROUT	CLAIMS	AZUKI (RED SOY BEANS)	GRAPEFRUIT
STURGEON	SUNFLOWER SEEDS	RAINBOW TROUT	CLAIMS	AZUKI (RED SOY BEANS)	FRESH PLUM
TUNA	POPPY SEEDS	RAINBOW TROUT	CLAIMS	AZUKI (RED SOY BEANS)	LIQORICE ROOT
MULLET	SESAME SEEDS	RAINBOW TROUT	CLAIMS	AZUKI (RED SOY BEANS)	HOP
SALMON TROUT	PUMPKINS SEEDS	RAINBOW TROUT	CLAIMS	AZUKI (RED SOY BEANS)	PEPPERMINT
RAINBOW TROUT	LEGUMES	RAINBOW TROUT	CLAIMS	AZUKI (RED SOY BEANS)	CATNIP
CLAIMS	AZUKI (RED SOY BEANS)	RAINBOW TROUT	CLAIMS	AZUKI (RED SOY BEANS)	PASSIONFLOWER
		RAINBOW TROUT	CLAIMS	AZUKI (RED SOY BEANS)	BLUEBERRIES
		RAINBOW TROUT	CLAIMS	AZUKI (RED SOY BEANS)	PAPAYA
		RAINBOW TROUT	CLAIMS	AZUKI (RED SOY BEANS)	PEAR
		RAINBOW TROUT	CLAIMS	AZUKI (RED SOY BEANS)	TOMATO
		RAINBOW TROUT	CLAIMS	AZUKI (RED SOY BEANS)	GRAPEFRUIT
		RAINBOW TROUT	CLAIMS	AZUKI (RED SOY BEANS)	PLUM
		RAINBOW TROUT	CLAIMS	AZUKI (RED SOY BEANS)	GRAPE

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YOU RECOMMEND TO EAT FRUITS WITH THE EMPTY STOMACH IT'S BEST TO AVOID WITH TEA JUICES

EXCLUSIVE STUDIO OF PRO.DR.WALTER ALEREDO SILVA

● allowed ● not allowed ● neutro

