

Metabolic Nutrition - Group I Foods

The Professor's Slow Oxidizers & Sympathetics

Proteins (30%)			Carbohydrates (40%)			Fats (30%)
Meat	Seafood	Dairy +	No Grains	Veggies	Fruit	Oils - Nuts
Eat Lighter Meats & Avoid Dark Meats	Eat White Fish & Shellfish Only	Low Fat Only (Cow) or Goat & Sheep	All Whole Grains are Not OK	Emphasize the Following	All are OK But No Fruit Juices	Use Sparingly
Buffalo	Catfish	Goat Cheese	Amaranth	Beets	Apples	Almonds
Chicken Breast	Cod	Cottage Cheese	Barley	Broccoli	Bananas	Cashews
Ostrich	Flounder	Low Fat Milk	Buckwheat	Brussels Sprouts	Berries	Almond Butter
Pork (Lean)	Haddock	Yogurt (Plain)	Com	Cabbage	Cherries	Tahiti Butter
Turkey Breast	Perch	Kefir	Millet	Swiss Chard*	Citrus	Olive Oil
	Scrod		Quinoa	Cucumbers	Grapes	Coconut Butter
Minimize	Sole	Unlimited Eggs	Rice (Brown)	Eggplant	Melons	
Salty Foods	Trout		Rye	Garlic	Peaches	Moderately
Organ Meats	Tuna		Wheat	Kale	Pineapple	Coconut Oil
Red Meats				Leafy Greens	Plums	Sesame Oil
	Crab			Romaine Lettuce		Other Nuts
	Crayfish		Minimize	Onions	Minimize	Seeds
	Lobster		Oats	Peppers	Avocado	Sunflower
	Shrimp		Beans	Red Potatoes	Artichoke	Pumpkin
			Lentils	Sprouts (Any)	Asparagus	Minimize
	Minimize			Squash (Soft)	Carrots	Butter
	Oily Fish			Tomatoes	Cauliflower	Fatty Foods
				Turnips	Olives	No Peanuts
				Yams	Peas	
				Zucchini	Spinach	

- **Eat White (Meat, Fish, Low Fat Dairy & Eggs) but No Sugar (Candies), Salt, Potatoes or Flour Products.**
- **Eat 3 Regular Medium Meals/Day**; eat **Protein Foods Twice/day**; do not eat the same foods every day.
- **Avoid Processed & Fast Food**, & refined/partially hydrogenated vegetable oils; **Use Unrefined Oils Only.**
- **Eat Local Organic Meat, Eggs & Produce (95%)** emphasizing **Vegetables & Leafy Greens.**
- **Bake, Broil, Grill, Poach or Stew Animal Foods**; do not overcook or blacken. (**Eat Sitting Up & Empty**)
- Drink 2 Small Cups of **Distilled Water** on arising; drink **Lemon, Stevia, Cayenne Water** 6-8 glasses/day.
- **Minimize Alcohol** (especially hard liquor) and **Coffee**; **Avoid All Sodas (Regular or Diet) & Ice Cream.**
- **Restrict Salt Intake**; use unrefined sea salts, such as Celtic, Eden, Mediterranean or **Real Salt.**