

Diet Plan Protein Type

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| PROTEINS | | | CARBOHYDRATES | | | OILS/FATS | |
|----------------------|----------------------|----------------------|--|---------------------------|----------------------|--|---|
| MEAT/FOWL | SEAFOOD | DAIRY | GRAIN | VEGETABLE | FRUIT | NUT/SEED | OIL/FAT |
| <i>High purine</i> | <i>High purine</i> | HIGH FAT | <i>whole grain only</i> | NON-STARCH | | <i>All are okay</i> | <i>use sparingly</i> |
| Organ meats | Anchovy | <i>Low purine</i> | HIGH STARCH | Asparagus | Avocado | Walnut | Butter |
| Pate | Caviar | Cheese | Amaranth | Beans, fresh | olive | Pumpkin | Cream |
| Beef liver | Herring | Cottage cheese | Barley | Cauliflower | <i>use sparingly</i> | peanut | Ghee |
| Chicken liver | Mussel | Cream | Brown rice | Celery | Apples | Sunflower | OILS |
| <i>Medium purine</i> | Sardine | Eggs | Buckwheat | Mushroom | Pears | Sesame | Almond oil |
| Beef | <i>Medium purine</i> | Kefir | Corn | Spinach | Berries | Almond | Flax oil |
| Bacon | Abalone | Milk | Couscous | HIGH STARCH | Lemons | Cashew | Olive oil |
| Chicken (dark) | Clam | Yogurt | Kamut | Artichoke | Limes | Brazil | Peanut oil |
| Duck | Crab | LEGUMES | Kasha | Carrot | Grapefruit | Filbert | Sesame oil |
| Fowl | Crayfish | <i>Low purine</i> | Millet | Pea | Banana | Pecan | Sunflower oil |
| Goose | Lobster | Tempeh | Oat | <i>Potatoes, fried in</i> | | Chestnut | Walnut oil |
| Kidney | Mackerel | Tofu | Quinoa | Squash, winter | | Pistachio | Coconut oil |
| Lamb | Octopus | <i>Medium purine</i> | Rice | LEGUMES | | Coconut | *High starch foods are high glycemic foods (converts to sugar quickly) and thus are your caution foods if you wish to release weight or have blood sugar problems. |
| Pork chop | Oyster | Beans, dried | Rye | NON-STARCH | | Hickory | |
| Spare rib | Salmon | lentils | Spelt | Tempeh | | Macadamia | |
| Turkey (dark) | Scallop | NUTS | Triticale | Tofu | | | |
| Veal | Shrimp | <i>All are okay</i> | *only use sprouted grain bread. | HIGH STARCH | | *Nuts are listed from highest to lowest protein sources | |
| Wild game | snail | | | Beans, dried | | | |
| | Squid | | | Peas, dried | | | |
| | Tuna, dark | | | lentils | | | |