

Day 2

Food family/ category	Foods
Vegetables	Goosefoot family: beets Lily family: asparagus, leek, onion Legume family: green (string) beans Parsley family: carrot, parsnip Potato family: eggplant No relation: Chinese water chestnut, sweet potato
Fruits	Banana family: banana Buckwheat family: rhubarb Laurel family: avocado Rose family (stone fruits): apricot, cherry, nectarine, plum, prune, pear Spurge family: tapioca No relation: papaya
Cereals/Flours	Legume family: soy No relation: amaranth, arrowroot
Nuts/Seeds	Birch family: filberts Legume family: peanuts, peanut butter Rose family: almonds Walnut family: pecans
Dried beans / sprouts	Legume family: black, kidney, navy, soy (including tofu), lentils, black-eyed peas
Sweeteners	Goosefoot family: beet sugar No relation: honey
Seasonings	Legume family: carob Lily family: chive, garlic Mint family: oregano, sage Parsley family: anise, caraway, coriander, dill, fennel Potato family: red pepper No relation: white pepper
Fats and oils	Borage family: borage oil Laurel family: avocado oil Legume family: Peanut oil, soy oil Rose family (stone fruits): almond oil, apricot oil Walnut family: pecan oil
Beverages	Lily family: sarsaparilla tea Parsley family: carrot Rose family (stone fruits): apricot, cherry, nectarine, plum, prune, pear No relation: papaya
Poultry	Bird family: chicken, Cornish hen, dove, duck, goose, pigeon, squab, pheasant, quail, any eggs of these birds
Fish	Flounder family (saltwater): flounder, halibut, sole, turbot Herring family (saltwater): herring, menhaden, sardine, sea herring Herring family (fresh water): shad Minnow family (freshwater): carp chub Whitefish (freshwater): whitefish