

Day 3

Category / family	Food
Vegetable	Composite family: chicory, lettuce (leaf, romaine, Boston, etc.) Gourd family: butternut squash, cucumber, zucchini Mustard family: Brussel sprouts, cauliflower, mustard greens, rutabaga
Fruit	Cashew family: mango Citrus family: lemon, orange, tangerine Gooseberry family: currant Gourd family: casaba melon, watermelon Heath family: blueberry, cranberry Mulberry family: fig Olive family: Olive
Cereals/flours	Grass (cereal grain) family: barley, corn, kamut, oats, rye, spelt, wild rice
Nuts / Seeds	Cashew family: pistachios No relations: Brazil nuts, macadamia nuts
Sweeteners	Grass (cereal grain) family: cane sugar, corn syrup, molasses
Seasonings	Grass (cereal grain) family: malt Mint family: rosemary Mustard family: mustard seed Myrtle family: clove Stercula family: cocoa powder
Fats and oils	Bovine family: butter (cow or goat) Composite family: safflower oil Grass (cereal grain) family: corn Olive family: Olive oil No relation: flaxseed (linseed)
Beverages	Citrus family: lemon, orange Comfrey family: comfrey tea Heath family: cranberry Mulberry family: fig Tea family: black tea, green tea, pekoe tea
Meats	Bovine family: beef, beef gelatin, cow dairy products, veal, goat, goat dairy products, lamb, mutton
Fish	Mackerel family (saltwater): albacore, mackerel, tuna Salmon family (freshwater): salmon species, freshwater trout species Smelt family (freshwater): smelt Sturgeon family (freshwater): caviar, sturgeon