

Day 1

Food Family/Category	Foods
Vegetables	Composite family: artichokes (globe), endive, escarole, Jerusalem artichoke Fungi family: mushrooms Gourd family: Squash: acorn, spaghetti, yellow (summer), pumpkin Mustard family: artichokes, broccoli, cabbage, collard, endive, escarole, kale, radish, turnip, watercress.
Fruits	Citrus family: grapefruit, lime Gourd family: cantaloupe, honeydew melon Grape family: green and purple grapes, raisins Palm Family: dates No relation: Kiwi; pomegranate
Cereals/ flour	Grass (cereal grain) family: bran, millet, rice, teff, wheat, wheat germ
Nuts/seeds	Cashew family: cashews Composite family: sunflower seeds Gourd family: pumpkin seeds Palm family: coconut
Sweeteners	Grass (cereal grain) family: sorghum, rice syrup Palm family: date sugar
Seasonings	Composite family: chamomile Fungi family: baker's yeast Grape family: cream of tartar Mustard family: horseradish Myrtle family: allspice No relation: Poppyseed
Fats and oils	Composite family: sunflower oil Grass (cereal grain) family: wheat germ oil Palm family: coconut oil
Beverages	Citrus family: grapefruit, lime Composite family: chamomile tea Grape family: grape No relation: coffee
Meats	Bear family: bear Bovine family: lamb Deer family: caribou, deer (venison), elk, moose, reindeer Rabbit family: rabbit
Fish	Bass family (freshwater): yellow bass, white perch Anchovy family (saltwater): anchovy Cod family (saltwater): cod, haddock, hake, pollack