

## Eating Plan for Jeremy Goemaat

Recommended by Metabolic Typing Online

Created Monday, August 08, 2005

**Bold = Ideal** (eat ideal foods at every meal)

**Black = Neutral** (ok, but emphasize "Ideal" foods)

*Italics = Caution* (eat rarely or only for variety)

~~Strikethrough = Avoid~~ (don't eat these foods)

Meats		Poultry		Seafood		Legumes		Beverages	
Beef	Chicken (dark meat)	Abalone	Oysters	<i>Bass (freshwater)</i>	Black Beans	<i>Pink Beans</i>	Water (pure, bottled)	Soft Drinks (colas)	
Buffalo	Cornish Hen	Anchovy	Pompano	<i>Bass (sea)</i>	Aduki Beans	<i>Pinto Beans</i>	Water (distilled)	Soy Milk	
Elk	Duck	Catfish	Salmon	<i>Cod</i>	Fava Beans	<i>White Beans</i>	<i>Tea (herbal)</i>	Tea (black)	
Heart (beef)	Goose	Caviar	Sardine	<i>Grouper</i>	Great Northern Beans	<del>Black-eyed Peas</del>	<i>Vegetable Juices</i>	Tea (green)	
Kidney (beef)	Pheasant	Clams	Scallop	<i>Halibut</i>	Green Beans	Soy Beans	Almond Milk	Water (carbonated)	
Lamb	Quail	Crab	Squid	<i>Mahi-mahi</i>	Green Peas	<del>Tofu</del>	Beer	Water (tap)	
Liver (beef)	Turkey (dark meat)	Crayfish	Shark	<i>Perch</i>	Lentils		Coffee (caffeinated)	Wine (red)	
Pork (bacon)	Chicken (white meat)	Herring	Swordfish	<i>Rockfish</i>	Lima Beans		Coffee (decaf)	Wine (white)	
Venison	Turkey (white meat)	Lobster	Trout	<i>Roughy</i>	Mung Beans		Fruit Juices		
Pork (ham, chops)		Mackerel	Mussels	<i>Snapper</i>	Red Beans		Liquor		
Rabbit		Octopus	Whitefish		<i>Garbanzo Beans</i>		Oat Milk		
					<i>Navy Beans</i>		Rice Milk		
Dairy and Eggs		Nuts and Seeds		Grains		Vegetables		Sea Vegetables	
Blue Cheese	Cottage Cheese (lite)	Brazil Nuts	Amaranth	Spinach	Artichoke	<i>Jicama</i>	Pepper (bell, all colors)	Agar	
Brie	Eggs, Chicken (whites)	Pumpkin Seeds	Triticale	Collard Greens	Asparagus	<i>Kohlrabi</i>	Pepper (hot, all colors)	Dulse	
Camembert	Eggs, Chicken (yolks)	Sesame Seeds	Barley	Turnip Greens	Avocado	<i>Okra</i>	Pumpkin	Irish Moss	
Cheddar	Eggs, Duck (whole)	Sunflower Seeds	Buckwheat	<i>Arugula</i>	Cauliflower	<i>Potato (all varieties)</i>	Sweet Potato (yam)	Kelp	
Colby	Feta	Almonds	Kamut	<i>Cilantro</i>	Jerusalem Artichoke	<i>Radish</i>		Laver	
Cream Cheese	Goats Milk	Filberts	Oat	<i>Dandelion Greens</i>	Mushroom (all varieties)	<i>Rutabaga</i>		Wakame	
Edam	Milk (whole)	Macadamia Nuts	Quinoa	<i>Kale</i>	Olive (all varieties)	<i>Shallot</i>			
Goat Cheese	Neufchatel	Peanuts	Rye	<i>Lettuce (bibb)</i>	Carrot	<i>Squash (summer)</i>			
Gouda	Ricotta	Pecans	Spelt	<i>Lettuce (iceberg)</i>	Celery	<i>Squash (winter)</i>			
Gruyere	Sour Cream	Pistachios	<del>Millet</del>	<i>Lettuce (loose-leaf)</i>	Corn	<i>Tomato</i>			
Monterey Jack	Yogurt	Walnuts	<i>Rice (basmati)</i>	<i>Lettuce (romaine)</i>	<i>Bamboo Shoots</i>	<i>Turmp</i>			
Mozzarella	Buttermilk	Cashews	<i>Rice (brown)</i>	<i>Radichio</i>	<i>Bok Choy</i>	<i>Water Chestnuts</i>			
Muenster	<i>Cream (half and half)</i>	Chestnuts	<i>Rice (plain, white)</i>	<i>Sprouts (alfalfa)</i>	<i>Cabbage</i>	<i>Zucchini</i>			
Parmesan	<i>Ice Cream</i>	<i>Hickory Nuts</i>	<i>Wheat</i>	<i>Sprouts (bean)</i>	<i>Cucumber</i>	<i>Beet</i>			
Provolone	<i>Milk (2%)</i>	<i>Pine Nuts</i>	<i>Wild-Rice</i>	<i>Watercress</i>	<i>Daikon</i>	<i>Broccoli</i>			
Romano	<i>Milk (skim)</i>	<i>Poppy Seeds</i>		<i>Beet Greens</i>	<i>Eggplant</i>	<i>Brussels-Sprout</i>			
Roquefort	<i>Sherbet</i>			<i>Endive</i>	<i>Fennel</i>	<i>Leek</i>			
Swiss	<i>Whey</i>			<i>Mustard-Greens</i>	<i>Garlic</i>	<i>Onion</i>			
Cottage Cheese				<i>Swiss-Chard</i>	<i>Ginger Root</i>	<i>Parsnip</i>			
Fruits		Oils and Fats		Herbs, Spices and Seasonings					
Apples	Apricots	Persimmon	Butter (salted)	Wheat Germ Oil	Basil	Caraway	Parsley	Ketchup	
Banana	Blackberries	Pineapple	Butter (unsalted)	<del>Canola Oil</del>	Bay Leaf	Cardamom	Pepper (ground black)	Mayonnaise	
Coconut	Cantaloupe	Plums	Coconut Oil	<del>Germ Oil</del>	Carob	Cayenne	Peppermint	Molasses	
Pears	Casaba Melon	Prunes	Fish Oil	<del>Cottonseed Oil</del>	Cloves	Chervil	Saffron	Mustard	
<i>Blueberries</i>	<i>Granberries</i>	Raisins	Flax Oil	<del>Margarine</del>	Cumin	Chili Powder	Turmeric	<del>Salt (iodized)</del>	
<i>Boysenberries</i>	<i>Currants</i>	Raspberries	Ghee (clarified butter)	<del>Palm-Kernel Oil</del>	Dill Weed	Chive	Vanilla (extract)	<del>Salt (low-sodium)</del>	
<i>Cherries</i>	<i>Dates</i>	Rhubarb	Olive Oil		Fennel Seed	Cinnamon	Vinegar (apple cider)	<del>Sugar (brown)</del>	
<i>Elderberries</i>	<i>Figs</i>	Strawberries	Almond Oil		Marjoram	Coriander	Vinegar (balsamic)	<del>Sugar (brown, unrefined)</del>	
<i>Guava</i>	<i>Gooseberries</i>	Tangerines	Black Currant Oil		Oregano	Curry Power	Vinegar (rice)	<del>Sugar (white)</del>	
<i>Kiwifruit</i>	<i>Grapefruit</i>	Watermelon	Borage Oil		Rosemary	Fenugreek	<i>Honey</i>	<del>Vinegar (wine)</del>	
<i>Kumquat</i>	<i>Grapes</i>		Evening Primrose Oil		Sage	Garlic Powder	<i>Soy Sauce</i>		
<i>Loganberries</i>	<i>Honeydew Melon</i>		Hemp Oil		<del>Salt (sea salt, unrefined)</del>	Ginger	<i>Tarragon</i>		
<i>Mango</i>	<i>Lemons</i>		Peanut Oil		Savory	Mace	<i>Wasabi</i>		
<i>Papaya</i>	<i>Limes</i>		Safflower Oil		Spearmint	Mustard Seed	<del>Artificial-Sweeteners</del>		
<i>Peaches</i>	<i>Nectarines</i>		Sesame Oil		Thyme	Nutmeg	<del>Chocolate</del>		
<i>Pomegranate</i>	<i>Oranges</i>		Sunflower Oil		Anise	Paprika	<del>Horseradish</del>		

Your Eating Plan may require modification as your Metabolic Type changes.

Retesting using the Metabolic Typing Online questionnaire is recommended every 6 to 8 weeks until your Metabolic Type has stabilized.

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