

VEGETABLES

Artichokes
 Asparagus
 Avocados
 Beet (cooked)
 Bell Peppers
 Bitter Melon
 Broccoli
 Brussel Sprouts
 Cabbage
 Carrots (cooked)
 Cauliflower
 Celery
 Chicory
 Cilantro
 Collard Greens
 Cucumbers
 Dandelion greens
 Endive
 Fennel
 Green Beans
 Jicama
 Kale
 Lettuce
 Mushrooms
 Okra
 Parsley
 Parsnips
 Peas
 Peppers (sweet)
 Potatoes
 Pumpkin
 Radishes (cooked)
 Rutabaga
 Seaweed
 Sprouts (not spicy)
 Snow Peas
 Spinach (moderation)
 Squash, Summer (winter ones when in season)
 Sweet Potatoes
 Swiss Chard
 Watercress
 Zucchini

FRUITS

***Eat fruit separately from other foods.**

Apples (sweet)
 Apricots (sweet)
 Berries (sweet)
 Cantaloupe
 Cherries (sweet)
 Dates
 Figs
 Grapes (red, purple and black)
 Guavas
 Limes
 Mango (ripe)
 Melon (all)
 Oranges (sweet)
 Papayas (small amounts)
 Peaches (ripe and peeled)
 Pears
 Persimmons
 Pineapple (sweet)
 Plums (sweet)
 Pomegranates
 Prunes
 Raisins
 Tangerines (sweet)
 Watermelon

NUTS & SEEDS

Almonds (soaked and peeled)
 Coconut
 Popcorn (battered, without salt)
 Pumpkin seeds
 Sunflower seeds

OILS

Avocado
 Coconut
 Olive
 Ghee

DAIRY

***Favor raw and vat-pasteurized.**

Butter (unsalted)
 Soft and unsalted Cheese (moderation)
 Cottage Cheese
 Ghee
 Cow's and Goat's Milk
 Yogurt (homemade, diluted, without fruit)

SWEETENERS

Coconut sugar
 Date Sugar
 Maple Syrup
 Rice Syrup
 Sucanat
 Turbinado

LEGUMES

Adzuki Beans
 Bean Sprouts
 Black Beans
 Black-Eyed Peas
 Garbanzo Beans
 Kidney Beans
 Lentils
 Lima Beans
 Mung Beans
 Pinto Beans
 Navy Beans
 Split Peas
 Soybeans
 Soy Cheese
 Soy Flour
 Soy Milk
 Tempeh
 Tofu
 White Beans

WHOLE GRAINS

Amaranth
 Barley
 Couscous
 Oat bran
 Oats
 Pancakes
 Pasta
 Quinoa
 Rice (basmati, white, wild)
 Rice cakes
 Rye
 Seitan
 Spelt
 Sprouted Wheat Bread
 Tapioca
 Wheat

SPICES

Fresh Basil
 Black Pepper (small amounts)
 Cardamon
 Cinnamon (small amounts)
 Coriander
 Cumin
 Dill
 Fennel
 Fresh Ginger
 Orange peel
 Parsley
 Peppermint
 Saffron
 Tarragon
 Spearmint
 Turmeric
 Vanilla
TEA
 Chamomile
 Dandelion
 Hibiscus
 Spearmint
 Rose

PITTA **PACIFYING** **DIET –** **FOODS TO FAVOR**

SUMMER SEASON

