

Day 1 – green day

Protein:

- Beef, brown beans, buttermilk (cow's milk: naturally low-lactose), catfish (fish), cheese (from cows, low-lactose), cottage cheese, duck, duck eggs, emu (fowl), flounder (fish), goose, goose eggs, halloumi (cow), kefir (cow's milk: naturally low-lactose), kidney beans, lentils (brown, red), lima beans, milk (cow's: lactose-free, low-lactose), mung beans, mussels, ostrich, plaice (fish), snails, soy beans, soy cheese, soy milk, soy yogurt, tofu, trout (fish), turbot (fish), veal, yak meat, yak milk, yoghurt (cow: nat low-lactose).

Flour, grains:

- Arrowroot powder, buckwheat cereal, buckwheat flour, buckwheat groats, soy flour.

Oil, nuts, seeds, butters:

- Hazelnuts (filberts), hazelnut butter, sesame oil, sesame seeds, soybean oil, tahini paste (sesame), walnuts, walnut butter, walnut oil.

Vegetables, salad, sprouts:

- Alfalfa sprouts, broccoli, broccoli sprouts, cabbage, chilli, eggplant (aubergine), feferoni, green beans, horseradish, kale, kohlrabi, lentil sprouts (unshelled brown/red), maché (lamb's ears), mung bean sprouts, onions (red, yellow, white), sesame seeds (unshelled), soy sprouts, squash, tomato, garlic, zucchini.

Fruit:

- Apples, black currants, blackberries, cape gooseberry (physalis peruviana), carob, cloudberries, grapes (red), inca berries, melon, paradise apples, raisins (dark), red currants, rhubarb, rosehips, strawberries, tamarillo, watermelon.

Drink made of:

- Apple juice, apple cider vinegar, blackberries, blackberry leaves, black currants, black currant leaves, carob, milk (cow), red currants, red currant leaves, red wine, rosehip, sesame milk, soya (cream, milk, yoghurt), strawberries, tamarillo, tea (black) wine (red).

Sweetener, spread made of:

- Agave syrup (eco), apples, blackberries, cloudberries, hazelnut butter, honey, raisins, rosemary, strawberries, tahini (sesame), watermelon.

Herbs, spices:

- Chilli, cloves, garlic, onions, turmeric.

Day 2 – yellow day

Protein:

- Antelope meat, arame algae, bear meat, chicken, chicken eggs, hemp, hoki (fish), kelp (seaweed), chicken, lama meat, lobster, mackerel (fish), sea bass (fish), shrimp, spirulina (seaweed), tuna, venison, whitefish (sej).

Flour, grains:

- Almond flour, bulgur (wheat), corn flakes, millet flakes, millet semolina (Zwicky's), yam flour, pearl barley, barley flour, corn flour, semolina (millet/spelt/wheat), nachos (corn), polenta (corn), popcorn (corn), rye, rye kernels, rye flakes, rye flour (course, fine), sorghum flour, sorghum seeds, spelt flakes, spelt flour, spelt whole kernels, teff kernels, teff flour, wheat flour (wheat/rye), tacos (corn), wheat kernels, wheat germ, wheat flour (coarse, fine), wild rice (black).

Oil, nuts, seeds, butters:

- Almonds, almond butter, canola oil (organic), coconut, coconut oil, corn oil, pine nuts, sunflower oil, sunflower seeds.

Vegetables, salad, sprouts:

- Jerusalem artichoke, barley grass, beetroot, beetroot leaves, carrot, celery, chard, corn, endive, fennel, kelp (seaweed), lettuce, mushrooms, parsley, romaine lettuce, rye grass, salsify, spelt grass, sprouts, spinach, spirulina (algae), sugar beet, sunflower, wheat grass, yams.

Fruit:

- Carambola, cranberries, dates, kiwi, lemon, orange, papaya, pineapple, pomegranate, star fruit (carambola).

Drink made of:

- Almond milk, beetroot juice, carrot juice, celery, coconut milk, coconut water, comfrey, cranberries, elderberry, elderflower, ginger, guava, juniper berries, kiwi, lemon, orange, orange juice, papaya, Pau d'arco tea, pineapple, pomegranate, sage, thyme, wheat grass, white tea, yarrow.

Sweetener, spread made of:

- Dates, barley malt, coconut sugar, corn malt (not high fructose corn syrup), cranberries, maple syrup, syrup (sugar beet), sugar (sugar beet).

Herbs, spices:

- Anise, caraway, coriander, fennel, ginger, juniper, lovage, marjoram, pepper (black/green/white), rosemary, sage, tarragon, thyme.

Day 3 – blue day

Protein:

- Abalone (fish), adzuki beans, black beans, black-eye beans, buffalo cheese, buffalo meat, buffalo milk, cassawari (fowl), chickpeas, eggs (gull, guinea fowl, grouse, capercaillie), goat meat, goat milk, goat cheese (brown, white), goat yoghurt, grouse, guinea fowl, halloumi (goat, sheep), hemp, herring (fish), horse meat, hummus, lamb, lamb sausage, lentils (green/brown), oysters, pheasant, pike (fish), pork, rhea (fowl), salmon (fish), sheep's milk, sheep's cheese (feta, white), sheep's yoghurt, snails, trout (fish), wild boar.

Flour, grains:

- Amaranth, amaranth flour, banana flour, chestnut flour, chickpea flour, gram flour (chickpea), hemp meal, lentil flour, potato flour, quinoa, quinoa flour sorghum flour.

Oil, nuts, seeds, butters:

- Peanut, chestnut, chestnut oil, hemp, macadamia nut, olive, pecan, pumpkin seeds, pumpkin oil, sorghum seeds.

Vegetables, salad, sprouts:

- Adzuki sprouts, arugula (rocket salad), asparagus, bell peppers, Brussels sprouts, butternut squash, cauliflower, chestnut, chickpea sprouts, chives, Chinese cabbage, cucumber, fenugreek sprouts, horse radish, leeks, lentil sprouts (brown/green), maca, oca (ladies fingers), olives, peas, pea sprouts, plantain (banana), potatoes, pumpkin, radishes, rocket salad (arugula), shallots, turnip, watercress, winter squash (yellow).

Fruit:

- Apricots, aronia (chokeberries), banana, bread fruit, camu camu, cantaloupe, cherries, figs, goji, gooseberries, grapes (green), guavas, lucuma, mulberries, nectarines, peaches, pears, persimmon, plums, prunes, raspberries, sloes.

Drink made of:

- Apricots, aronia, cherries, coffee, cucumber, goji, raspberry leaves, raspberries, hibiscus, hops (beer), molkosan, persimmon, prunes, red tea, white wine.

Sweetener, spread made of:

- Apricots, figs, goji berries, licorice, lucuma, maple syrup, mesquite, sharon fruit, stevia.

Herbs, spices:

- Allspice, chives, cayenne, cardemon, horse radish, mustard, vanilla, wasabi.

Day 4 – red day

Protein:

- Bass, dulce seaweed, eggs (turkey, quail), camel, camel milk, chlorella, crab, crayfish, eel, had-dock, hare, herring, klorella, nori (seaweed), octopus, pollock, quail, reindeer, saithe (fish), sardines, turkey, venison, whale.

Flour, grains:

- Agar agar (seaweed), cassava flour, cocoa, oat (flakes, kernels, flour), rice, rice flakes, rice flour, sago pearls, tapioca flour.

Oil, nuts, seeds, butters:

- Brazil nuts, cashew, cashew butter, chia seeds, flaxseeds, flaxseed oil, pistaschios, poppy seeds, safflower oil, safflower seeds.

Vegetables, salad, sprouts:

- Artichoke, avocado, bamboo shoots, cassava root, celeriac, chantarelles, dandelion leaves, dill (herb), dulce (seaweed), endive, iceberg lettuce, jicama root, nori (seaweed), oat sprouts, parsnips, spinach, sweet potato, tapioca root.

Fruit:

- Acai, blueberries, clementine, grapefruit, lime, mandarin, mango, passion fruit, sea hawthorn.

Drink made of:

- Acai, blueberries, grapefruit, grapefruit juice, green tea, hawthorn berry, oat cream, oat milk, cocoa, chamomile, clementine, lime, mandarin, mango, mint, passion fruit, peppermint, tansy, rice cream, rice milk, cranberry.

Sweetener, spread made of:

- Blueberries, cashews, cashewbutter, guacamole (avocado), mangoes, rice syrup, cane sugar, cane syrup, sucanat (from sugar cane).

Herbs, spices:

- Basil, bay leaf, camomile, celery, chervil, cinnamon, dill, french herbs, mint, nutmeg, oregano, peppermint, red peppercorns, saffron.