Tier 1: The Pious Tier

Apples, with skin **C**

Artichokes (no sauce) **P C**

Amaranth **P C**

Arugula **C**

Asparagus **C**

Barley **C**

Beans **P C F**

Beets **C**

Blueberries **C**

Bok choy **C**

Boysenberries **C**

Bran **C**

Broccoli **P C**

Broccoli sprouts **P C**

Brussels sprouts **P C**

Cabbage **C**

Carrots **C**

Cauliflower **C**

Celery **C**

Chard **P C**

Chickpeas **P C**

Cherries **C**

Citrus fruits **C**

Collard greens **P C**

Cottage cheese (nonfat) **P**

Cucumbers **C**

Egg whites **P**

Endive **C**

Fish (broiled, steamed, grilled) **P F**

Flaxseed **F**

Garlic (fresh) **C**

Grapefruit **C**

Grapes **C**

Hempseed **F**

Herbs

Kale **P F C**

Ketchup (homemade, no sugar) **C**

Kiwifruit **C**

Lentils **P F C**

Lettuce (romaine, green or red leaf) **C**

Melon honeydew **C**

Milk (nonfat) **P C**

Mushrooms **C**

Mustard **C**

Natto **P F C**

Nectarines **C**

Onions **C**

Papayas **C**

Peaches **C**

Pears **C**

Peas **P C**

Peppers **C**

Pineapple **C**

Plums **C**

Prunes **C**

Quinoa **P C**

Radishes **C**

Raspberries **C**

Refried beans (nonfat) **P C**

Rice (whole-grain) **C**

Salsa (natural, no sugar or oil) **C**

Spelt **P C**

Shakeology **C P**

Spinach **P C**

Squash **C**

Strawberries **C**

String beans **P C**

Sweet potatoes **C**

Tea (green or black, no sugar)

Tomato sauce (no sugar) **C**

Tomatoes **C**

Vinegar

Water

Yams **C**

Yogurt (nonfat, no sugar) **P C**

Zucchini **C**

Tier 2: The Happy Tier

Apples, skinless C

Applesauce (raw) C

Avocados F

Bagels (whole-grain) C

Bananas C

Bread (whole-grain) F C

Broths (veggie, chicken, etc., low sodium) F C

Buffalo, super lean (under 10% fat) P F

Cereal (whole-grain) P F C

Cheese (nonfat) P

Coffee (black or cappuccino w/ nonfat milk) C

Coconut F

Corn F C

Couscous P F C

Cottage cheese (low-fat) P F

Cream cheese (nonfat) P

Dates C

Eggs, whole P F

Eggplant C

Feta cheese (low-fat) P F

Fowl (skinless, white meat only) P F

Figs C

Granola (raw, no sugar) P F C

Hummus P F C

Juice (fresh-squeezed w/ pulp, no sugar) C

Mangoes C

Meat, wild game P F

Milk (1%) P F C

Muesli (raw, no sugar) P F C

Nuts (raw) P F

Nut butters (raw, no additives) P F

Oatmeal P C

Olive oil F

Olives F

Pork tenderloin P F

Plantains C

Raisins C

Ricotta cheese (nonfat) P

Rye Crisp C

Seitan P F C

Squid P F

Stevia

Sunflower seeds P F

Tahini P F

Tempeh P F C

Tofu P F C

Vegetable juice C

Veggie burger P F C

Yacon syrup C

Yogurt (low-fat, no sugar) P F C

Tier 3: The Swiss Tier

Applesauce (big brand) **C**

Agave nectar **C**

Almond milk **P F C**

Beef, ground, super lean (under 10% fat) **P F**

Beef (lean cuts) **P F**

Broths (veggie, chicken, etc.) **C**

Butter (unsalted) **F**

Canola oil **F**

Cheese (hard)

Cheese (low-fat) **P F**

Chicken taco (baked) **P F C**

Chili (no lard or sugar added) **P F**

Crackers (whole-grain) **F C**

Cream cheese (low-fat) **P F**

Fowl (skinless, dark meat only) **P F**

Fowl, ground, super lean (under 10% fat) **P F**

French fries (baked) **F C**

Fruit (dried) **C**

Granola (no sugar added) **C**

Honey **C**

Jam or marmalade (no sugar added) **C**

Ketchup (store bought, no sugar added) **C**

Lamb (lean) **P F**

Lettuce (iceberg) **C**

Maple syrup (natural, no sugar added) **C**

Milk (2%) **P F C**

Muesli (big brand) **P C**

Molasses **C**

Oatmeal (flavored) **P C**

Pancakes (buckwheat) **C**

Pasta (whole-grain) **C**

Pickles **C**

Popcorn (plain) **F C**

Potatoes (baked or boiled) **C**

Refried beans (low-fat) **P F C**

Rice cakes **C**

Rice milk **C**

Rice (white) **C**

Sauerkraut **C**

Shellfish **P**

Shrimp **P**

Soy milk **P F C**

Soy nuts **P F C**

Sugar alcohols (Truvia, & anything ending in –tol) **C**

Sushi **P F C**

Tortillas (whole wheat) **F C**

Veal **P F**

Wine (red) **C**

Wine (white) **C**

Tier 4: The Dodgy Tier

Artificial sweeteners (sucralose, aspartame, saccharine, etc.)

Bagels (refined flour) **C**

Beef, ground, lean (under 20% fat) **P** **F**

Beer **C**

Bread (refined flour) **C**

Butter (salted) **F**

Caesar salad (w/ chicken) **P** **F** **C**

Canadian bacon **P** **F**

Cheese, soft (including blue and goat) **F**

Chips (low-fat, baked) **C**

Cobb salad **P** **F** **C**

Coffee (iced mocha latte w/ nonfat milk) **P** **C**

Coffee (latte w/ whole milk) **P** **F** **C**

Coffee cake **F** **C**

Crackers **F** **C**

Cream cheese **F**

Fish (fried) **P** **F**

Fowl (with skin) **P** **F**

Fowl, ground, lean (under 20% fat) **P** **F**

Graham crackers **C**

Ham **P** **F**

Hot dogs (turkey) **P** **F**

Ice cream (sugar-free or fat-free) **F** **C**

Jell-O **C**

Jerky (turkey) **P**

Juice (from concentrate) **C**

Lamb chops **P** **F**

Lasagna **P** **F** **C**

Macaroni and cheese **F** **C**

Mayonnaise **F**

Meat loaf **P** **F**

Milk (whole) **P** **F** **C**

Muffins **F** **C**

Nuts (salted or roasted) **F**

Nut butters (processed) **F** **C**

Pancakes **F** **C**

Peanut butter (not raw) **F** **C**

Pizza (thin crust veggie) **P** **F** **C**

Popcorn (w/ salt and butter) **F** **C**

Pork chop **P** **F**

Potato salad or macaroni salad **F** **C**

Pretzels **C**

Pudding (w/ low-fat milk) **F** **C**

Reuben sandwich **P** **F** **C**

Sauce (steak, etc.) **C**

Sherbet **C**

Sloppy Joe (lean beef or turkey) **P** **F** **C**

Soup (canned creamy) **P** **F** **C**

Soy sauce

Spaghetti (w/ meatballs) **P** **F** **C**

Sub sandwich **P** **F** **C**

Sweet-and-sour sauce **F** **C**

Tortilla (refined flour or corn) **F** **C**

Tuna salad or chicken salad **P** **F**

Yogurt (frozen) **C**

Tier 5: The Newburg Tier

Alcohol (hard liquor)

Bacon **P** **F**

Baked beans **P** **F** **C**

Beef, ground, regular, (over 20% fat) **P** **F**

Beef taco (fried) **P** **F** **C**

"Breaded" foods **F** **C**

Breakfast sandwich (fast-food) **P** **F** **C**

Cake **F** **C**

Candy **P** **F** **C**

Cereal (sugared) **P** **F** **C**

Chicken à la King **P** **F** **C**

Chicken (buffalo wings, nuggets, tenders) **P** **F** **C**

Chicken or fish sandwich, fried **P** **F** **C**

Chips (potato or corn) **F** **C**

Chocolate **P** **F** **C**

Chicken fried steak **P** **F** **C**

Cinnamon bun **F** **C**

Coffee (mocha, macchiato, ice blended, frappé, triple caramel vanilla buzz bomb, etc.) **F** **C**

Cookies (Oreo®, etc.) **F** **C**

Creamed veggies **F** **C**

Creamer (nondairy) **F** **C**

Doughnuts **F** **C**

Energy drinks **C**

Fowl, ground, regular (over 20% fat) **P** **F**

French fries **F** **C**

Gravy **P** **F**

Grilled cheese sandwich **P** **F** **C**

Hamburger (fast-food) **P** **F** **C**

High fructose corn syrup **C**

Hot dogs **P** **F** **C**

"Hydrogenated" foods **F**

Ice cream **F** **C**

Jerky (beef, pork, venison) **P** **F** **C**

Juice (sugar added) **C**

Lobster Newburg **P** **F** **C**

Margarine **F**

Milk (cream or half-and-half) **P** **F** **C**

Nachos **F** **C**

Onion rings **F** **C**

Pastries **F** **C**

Pies **F** **C**

Pizza (delivered) **P** **F** **C**

Potato skins (fried) **F** **C**

Refried beans (w/ lard) **P** **F** **C**

Salad dressing (creamy) **F** **C**

Sausage **P** **F**

Soft drinks, diet (read the studies)

Soft drinks, sugared **C**

Sports drinks & foods (unless you're playing sports)

Syrup **C**

Sugar (refined) **C**

Tater tots **F** **C**

Toaster pastries **F** **C**

Vegetable oil (cheap big brand) **F**