



# Lisa Wood, L.Ac

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Name: \_\_\_\_\_

## DIET

Constitutions: Royal

Square

Snack

### Meat: Cooked Processed

- Beef \_\_\_\_\_
- Fish \_\_\_\_\_
- Fowl \_\_\_\_\_
- Game \_\_\_\_\_
- Pork \_\_\_\_\_
- Seafood \_\_\_\_\_

### Vegetables: Raw Cooked Fermented

- Amaranth \_\_\_\_\_
- Artichokes \_\_\_\_\_
- Asparagus \_\_\_\_\_
- Bell Peppers \_\_\_\_\_
- Beans \_\_\_\_\_
- Bok Choy \_\_\_\_\_
- Broccoli \_\_\_\_\_
- Brussels Sprouts \_\_\_\_\_
- Burdock Root \_\_\_\_\_
- Cabbage \_\_\_\_\_
- Cactus \_\_\_\_\_
- Carrots \_\_\_\_\_
- Cauliflower \_\_\_\_\_
- Celery \_\_\_\_\_
- Chard \_\_\_\_\_
- Cherry Tomatoes \_\_\_\_\_
- Chives \_\_\_\_\_
- Coloard Greens \_\_\_\_\_
- Fennel \_\_\_\_\_
- Eggplant \_\_\_\_\_
- Galangal Root \_\_\_\_\_
- Garlic \_\_\_\_\_
- Ginger \_\_\_\_\_
- Kohlrabi \_\_\_\_\_
- Leek \_\_\_\_\_
- Legumes \_\_\_\_\_
- Lettuce \_\_\_\_\_
- Mushrooms \_\_\_\_\_
- Olives \_\_\_\_\_
- Onions \_\_\_\_\_
- Parsnips \_\_\_\_\_

### Grains: Whole Processed

- Amaranth \_\_\_\_\_
- Barley \_\_\_\_\_
- Bulgar \_\_\_\_\_
- Corn \_\_\_\_\_
- Farro \_\_\_\_\_
- Millet \_\_\_\_\_
- Quinoa \_\_\_\_\_
- Rice \_\_\_\_\_
- Rye \_\_\_\_\_
- Spelt \_\_\_\_\_
- Wheat \_\_\_\_\_

### Fruit: Raw Cooked Fermented

- Apple \_\_\_\_\_
- Apricot \_\_\_\_\_
- Avocado \_\_\_\_\_
- Banana \_\_\_\_\_
- Breadfruit \_\_\_\_\_
- Berries \_\_\_\_\_
- Currants \_\_\_\_\_
- Cherry \_\_\_\_\_
- Chermoya \_\_\_\_\_
- Coconut \_\_\_\_\_
- Damson \_\_\_\_\_
- Date \_\_\_\_\_
- Dragonfruit \_\_\_\_\_
- Durian \_\_\_\_\_
- Feijoa \_\_\_\_\_
- Fig \_\_\_\_\_
- Grape \_\_\_\_\_
- Grapefruit \_\_\_\_\_
- Guava \_\_\_\_\_
- Jackfruit \_\_\_\_\_
- Kiwi \_\_\_\_\_
- Kumquat \_\_\_\_\_
- Lemon \_\_\_\_\_
- Lime \_\_\_\_\_
- Lychee \_\_\_\_\_