

Additional file 1. Diet habit questionnaire

TYPE OF FOOD AND QUANTITY	AVERAGE FREQUENCY DURING THE PAST YEAR								
MEAT AND FISH	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times per day	4-5 times a day	+6 times a day
Beef: steak, entrecote, ribs, etc.									
Beef: hamburger									
Pork: loin, ribs, carnitas									
Bacon									
Lunch meat									
Chicken or turkey									
Sausages									
Liver, pate, etc.									
Fried fish									
Grilled White fish: Mahi Mahi, cod, hake, etc.									
Grilled blue fish: tuna, sardines, salmon, anchovies									
Seafood: clams, prawns, crab, mussels, etc.									
	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times per day	4-5 times a day	+6 times a day

TYPE OF FOOD AND QUANTITY	AVERAGE FREQUENCY DURING THE PAST YEAR								
BREAD AND CEREALS	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day
White bread and wheat tortillas									
Whole wheat bread and whole wheat tortillas									
Bagels									
Crackers, pretzels									
Pizza									
Corn tortilla									
Other types of bread (rye, spelt)									
Breakfast cereals: cornflakes, granola, etc.									
Oatmeal									
White rice									
Brown rice									
Pasta									
Whole wheat pasta									
Quinoa, millet									
Couscous									
	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day

TYPE OF FOOD AND QUANTITY	AVERAGE FREQUENCY DURING THE PAST YEAR								
VEGETABLES AND MUSHROOMS	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day
Potatoes									
Lettuce, arugula									
Spinach									
Celery, fennel									
Carrot									
Sweet potato, turnip									
Tomato									
Onion, garlic									
Leeks, asparagus									
Mushroom									
Seaweed									
Zucchini, pumpkin,									
Green, red, yellow, orange pepper									
Green beans									
Cabbage, red cabbage, brussels sprouts, broccoli									
Radish, artichokes									
Eggplant									
	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day

TYPE OF FOOD AND QUANTITY	AVERAGE FREQUENCY DURING THE PAST YEAR								
	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day
LEGUMES									
Green peas									
Lentils									
Garbanzo beans									
White beans									
Red beans									
NUTS									
Almonds, hazelnuts									
Walnuts									
Sunflower seeds									
Sesame seeds									
hazelnuts									
Pistachios, peanuts									
Chia seeds									
SPREADS									
Hummus									
Tahini									
Almond butter, peanut butter									
	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day

TYPE OF FOOD AND QUANTITY	AVERAGE FREQUENCY DURING THE PAST YEAR								
FRUITS (In the case of season fruits, estimate the frequency based on the season consumption)	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day
Strawberries, blackberries, raspberries, cranberries.									
Melon, watermelon, honeydew cantaloupe									
Mango, pineapple, papaya									
Grapes									
Orange, tangerines									
Apple, pear									
Peach, nectarine, apricot									
Avocado									
Banana									
Lime, lemon									
Prunes, raisins									
Fruit juice (home-made)									
Fruit juice (store)									
	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day

TYPE OF FOOD AND QUANTITY	AVERAGE FREQUENCY DURING THE PAST YEAR								
SAUCES	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day
Ketchup									
Tomato sauce									
Mayonnaise									
Barbeque sauce									
Cheese dip									
Other sauces									
Olive oil									
Palm oil									
Flaxseed oil									
Vegetable oil									
Sesame oil									
Coconut oil									
Canola oil									
Wine, balsamic and other vinegar									
Apple vinegar with the mother									
	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day

TYPE OF FOOD AND QUANTITY	AVERAGE FREQUENCY DURING THE PAST YEAR								
	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day
SWEETS AND SNACKS									
Cookies (one)									
Cakes and pies (home-made)									
Cakes and pies (store bought)									
Bakery: croissants, donuts, muffins (home-made)									
Bakery: croissants, donuts, muffins (store-bought)									
Pudding, pancakes									
Chocolate, Candy bars									
Candy									
Jam, jelly (raspberry, blackberry, apricot, etc.)									
Peanut butter									
Brown, white or cane sugar									
Potato chips									
Corn chips									
Tortilla chips									
	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day

TYPE OF FOOD AND QUANTITY	AVERAGE FREQUENCY DURING THE PAST YEAR								
	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day
SOUPS									
Miso soup									
Chicken soup (home-made)									
Chicken soup (store bought)									
Vegetable soup (home-made)									
Vegetable soup (store)									
DRINKS									
Coffee									
Green tea									
Black tea and others									
Herbal infusion									
Sodas									
Wine (a glass)									
Beer (half pint)									
Other alcoholic drinks (whisky, liquor, brandy, gin) (by the glass)									
	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day

TYPE OF FOOD AND QUANTITY	AVERAGE FREQUENCY DURING THE PAST YEAR								
DAIRY PRODUCTS AND EGGS	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day
Cow milk (by the glass)									
Cheese (a portion)									
Creamy cheese									
Sour cream									
Yogurt, kefir									
EGG (1-2)									
SPICES									
Salt (a teaspoon)									
Black pepper									
Paprika									
Chili, jalapenos									
Turmeric, curry powder									
Cinnamon									
Curcumin									
Nutmeg									
Cilantro, parsley									
Clove									
	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day

HABITS	AVERAGE FREQUENCY DURING THE PAST YEAR								
WAYS OF COOKING	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day
Steam or boiling									
Fried (less than 5 minutes)									
Fried (more than 5 minutes)									
Baked									
Fast food									
Frozen and canned food									
Home-made food									
OTHER HABITS									
Light exercise									
Moderate-intense exercise									
Tobacco									
Marijuana									
Other drugs									
	Never or less than once a month	1-3 times a month	1 time a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	+6 times a day

1. Is there any other food that you eat more than once a week?

YES NO

If you answered YES, please specify:

Food	Quantity	Times/week
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

2. What type of milk do you usually drink?

Select one:

Whole milk (cow)	<input type="checkbox"/>
2% milk (cow)	<input type="checkbox"/>
Reduced fat milk (cow)	<input type="checkbox"/>
Milk (from other animals except cow)	<input type="checkbox"/>
Soymilk	<input type="checkbox"/>
Rice milk	<input type="checkbox"/>
Almond milk	<input type="checkbox"/>
Coconut milk	<input type="checkbox"/>
I do not drink any type of milk	<input type="checkbox"/>

3. How many meals do you have a day? At what times and which are the important ones?

Additional file 2. This table represents the average weekly consumption of ingredients per all patients

PRODUCT	Average	Standard deviation	Median	PRODUCT	Average	Standard deviation	Median
MEAT AND FISH				OILS			
Beef meat	0.7	0.9	0.5	Olive oil	2.5	2.5	2.0
Beef hamburger	0.4	0.4	0.0	Palm oil	0.0	0.0	0.0
Pork meat	0.3	0.3	0.0	Vegetable oil	0.6	1.0	0.8
Bacon	0.3	0.4	0.0	Sesame oil	0.0	0.0	0.0
Lunch meat	1.5	1.4	0.5	Sunflower oil	0.0	0.0	0.0
Chicken or turkey	2.5	1.6	3.0	Coconut oil	0.1	0.3	0.5
Sausages	0.9	1.2	0.5	Canola oil	0.9	1.4	0.0
Liver	0.2	0.3	0.0	Wine vinager and other vinegar	0.6	1.0	0.0
Fried fish	0.2	0.2	0.0	Apple vinegar with the mother	0.5	1.0	0.0
Grilled White fish	0.5	0.9	0.0	SWEETS AND SNACKS			
Grilled oily fish	0.6	1.0	0.5	Cookies (one)	2.9	2.7	3.0
Seafood	0.2	0.3	0.0	Cakes and pies (home-made)	0.2	0.3	0.0
BREAD AND CEREALS				Cakes and pies (store bought)	0.70	0.00	0.58
White bread	1.7	1.6	0.8	Bakery (home made)	0.1	0.3	0.0
Whole wheat bread	3.9	3.9	3.0	Bakery: croassants, donuts, muffins(store bought)	0.8	1.2	0.0
Pizza	0.7	0.9	0.5	Puddings, pancakes	0.8	1.8	0.0
Corn tortilla	0.8	1.3	0.0	Pies	0.8	1.9	0.0
Bread based on other cereals	3.4	4.6	3.3	Chocolate, Candy bars	0.4	0.4	0.0
Breakfast cereals	0.3	0.4	0.3	Candy	0.1	0.2	0.0
White rice	1.9	1.2	3.0	Jam, jelly	1.1	1.1	0.8
Brown rice	1.8	2.3	1.0	Peanut butter	1.0	1.1	0.5
Pasta	1.2	1.1	1.0	Added sugar	2.7	3.0	4.3
Whole wheat pasta	0.8	1.3	0.3	Potato chips	0.7	0.9	0.3
Quinoa, millet	1.1	1.2	0.5	Corn chips	0.3	0.4	0.0
Couscous	0.6	1.0	0.3	Tortilla chips	0.5	0.4	0.5
VEGETABLES AND MUSHROOMS				SOUPS			
Potatoes	1.3	1.3	1.8	Miso soup	0.1	0.2	0.0
Lettuce, arugula	4.1	4.1	3.0	Chicken soup (home made)	0.7	0.9	0.5
Celery, fennel	1.9	2.2	2.0	Chicken soup (store bought)	0.1	0.2	0.0
Carrot	2.3	2.5	2.0	Vegetable soup (home made)	0.9	1.2	0.5
Sweet potato, turnip	3.1	2.4	3.0	Vegetable soup (store bought)	0.1	0.2	0.0
Tomato	0.4	1.0	0.0	DRINKS			
Onion, garlic	3.4	2.6	5.5	Coffee	7.3	5.7	7.0
Leeks	4.0	2.4	5.5	Green tea	0.2	0.4	0.0
Mushroom	0.4	1.0	0.0	Black tea and others	1.1	1.5	0.0
Seaweed	0.9	1.2	0.3	Herbal infusion	0.0	0.0	0.0
Zucchini, pumpkin,	0.1	0.2	0.0	Coca-cola, pepsi	1.6	2.9	0.5

Green, red, yellow, orange pepper	3.1	2.1	3.0	Fanta, sprite , etc.	0.1	0.3	0.0
Green beans	0.9	1.3	0.0	Wine (a glass)	0.1	0.2	0.0
Cabbage, red cabbage, brussels sprouts	1.3	1.8	0.5	Beer (half pint)	0.1	0.2	0.0
LEGUMES				Other alcoholic drinks	0.0	0.0	0.0
Green peas	1.6	1.3	2.0				
Lentils	0.8	0.9	0.5	DAIRY PRODUCTS			
White beans	0.6	1.0	0.3	Cow milk (a glass)	3.3	4.8	1.5
Red beans	0.3	0.4	0.0	Cheese (a portion)	3.7	2.8	3.0
NUTS				Creamy cheese	0.20	0.00	
Almonds	2.5	3.0	3.0	Sour cream	0.6	1.0	0.0
Walnuts	2.1	2.6	1.8	Yogurt, kefir	3.0	2.7	3.0
Sunflower seeds	0.2	0.4	0.0	EGG (1-2)	2.50	3.00	2.58
Sesame seeds	0.1	0.2	0.0	SPICES			
Hazelnuts	0.9	2.3	0.3	Salt	6.2	7.9	2.0
Pistachios, peanuts	0.9	1.8	0.3	Black pepper	4.8	5.4	3.0
Chia seeds	1.2	2.4	0.0	Paprika	2.4	4.5	0.3
FRUITS				Turmeric, curry powder	0.9	2.3	0.0
Berries	2.9	4.3	3.0	Cinnamon	0.9	2.3	0.0
Melon, watermelon	1.5	1.4	3.0	Curcumin	0.7	0.9	0.5
Mango, pineapple, papaya	2.0	1.3	3.0	Nutmeg	0.2	0.4	0.0
grapes	2.2	2.2	3.0	Cilantro, parsley	0.1	0.2	0.0
orange, tangerines	2.4	2.4	2.0	Clove	2.2	1.8	2.0
Apple, pear	2.3	2.2	3.0	COOKING			
Peach, nectarine, apricot	2.4	1.7	3.0	Steam or boiling	2.8	2.2	3.0
Avocado	4.9	4.0	3.0	Fried (less than 5 minuts)	0.8	1.3	0.0
Banana	0.9	1.2	0.5	Fried (more than 5 minuts)	1.9	2.4	3.0
Lime, lemon	1.4	2.3	0.8	Baked	1.7	1.3	1.0
Prunes, raisins	0.5	1.0	0.3	Fast food	1.5	2.1	0.5
Fruit juice (home-made)	0.3	1.0	0.0	Frozen and canned food	1.4	1.4	0.0
Fruit juice (store bought)	0.3	1.0	0.0	Pre-cooked food	12.2	9.5	21.0
SAUCES				Home-made food	20.00	3.00	17.58
Ketchup	0.4	0.3	0.5	OTHER HABITS			
Tomato sauce	1.1	1.1	0.5	Light exercise	5.0	2.8	5.5
Barbeque sauce	0.9	0.9	0.5	Moderate-intense exercise	1.2	1.9	0.3
Cheese dip	0.3	0.4	0.0	Tobacco	0.0	0.0	0.0
Mayonnaise	0.2	0.3	0.0	Marijuana	0.0	0.0	0.0
Other sauces	0.3	0.4	0.3	Other drugs	0.0	0.0	0.0

Additional file 3. Knowledge and accessibility to specific ingredients.

1- Do you know it?
2- Do you consume it?
3- Do you know how to cook it?
4- Do you have time to cook it?
5- Do you like the flavour?
6- Are you open to increase its consumption?
7- Do you know where to buy it?
8- Can you buy it near your home?
9- Do you know the price?
10- Can you afford it?

Product	1	2	3	4	5	6	7	8	9	10	Accessibility *	Knowledge**
Apple	100.0	100.0	90.9	100.0	100.0	100.0	100.0	100.0	81.8	100.0	95.5	97.7
Celery	100.0	54.5	72.7	90.9	90.9	90.9	100.0	100.0	72.7	54.5	81.8	79.5
Ginger	100.0	63.6	72.7	100.0	63.6	90.9	100.0	100.0	54.5	63.6	79.5	84.1
Carrot	100.0	90.9	100	100.0	100.0	100.0	100.0	100.0	81.8	90.9	93.2	97.7
Rye	36.4	27.3	18.2	54.5	27.3	63.6	54.5	45.5	9.1	27.3	34.1	34.1
Wheat bread	90.9	72.7	90.9	90.9	81.8	90.9	90.9	90.9	81.8	72.7	84.1	86.4
Avocado	100.0	81.8	90.9	90.9	90.9	100.0	100.0	100.0	100.0	81.8	95.5	90.9
Green tea	90.9	45.5	90.9	90.9	54.5	81.8	72.7	72.7	72.7	45.5	65.9	79.5
Sesame seeds	72.7	27.3	36.4	90.9	54.5	100.0	81.8	81.8	63.6	27.3	63.6	56.8
Tahini	45.5	18.2	27.3	54.5	27.3	63.6	45.5	45.5	27.3	18.2	34.1	36.4
Yogurt	100.0	72.7	90.9	90.9	81.8	81.8	90.9	90.9	90.9	72.7	86.4	88.6
Kefir	27.3	9.1	18.2	45.5	0.0	54.5	36.4	36.4	18.2	9.1	25.0	25.0
Mango	100.0	81.8	72.7	90.9	81.8	90.9	90.9	90.9	90.9	81.8	88.6	86.4
Pinneapple	100.0	90.9	72.7	100.0	100.0	100.0	100.0	100.0	100.0	90.9	97.7	90.9
Aurugula	54.5	27.3	27.3	72.7	27.3	63.6	54.5	54.5	27.3	27.3	40.9	45.5
Chicken	90.9	90.9	90.9	90.9	90.9	90.9	100.0	100.0	90.9	90.9	95.5	90.9
Brown rice	100.0	54.5	81.8	90.9	100.0	100.0	100.0	100.0	90.9	54.5	86.4	81.8
Mushrooms	100.0	63.6	81.8	100.0	90.9	90.9	100.0	100.0	100.0	63.6	90.9	86.4
Walnuts	100.0	81.8	90.9	100.0	100.0	90.9	100.0	90.9	81.8	81.8	88.6	93.2
Curry powder	72.7	36.4	54.5	81.8	54.5	81.8	90.9	81.8	54.5	36.4	65.9	61.4
Turmeric	63.6	18.2	36.4	63.6	36.4	63.6	54.5	54.5	27.3	18.2	38.6	45.5
Black pepper	100.0	90.9	90.9	100.0	90.9	81.8	100.0	100.0	90.9	90.9	95.5	95.5
Quinoa	72.7	18.2	27.3	63.6	45.5	72.7	63.6	63.6	27.3	18.2	43.2	45.5
Miso	36.4	9.1	27.3	54.5	36.4	72.7	36.4	36.4	18.2	9.1	25.0	31.8
Tofu	54.5	9.1	18.2	45.5	18.2	54.5	54.5	54.5	27.3	9.1	36.4	31.8
Flaxseed oil	36.4	18.2	18.2	45.5	18.2	63.6	45.5	45.5	27.3	18.2	34.1	29.5
Pasta	90.9	72.7	90.9	90.9	90.9	81.8	90.9	90.9	90.9	72.7	86.4	86.4
Honey	81.8	63.6	63.6	72.7	81.8	72.7	72.7	72.7	81.8	63.6	72.7	70.5
Cucumber	90.9	72.7	63.6	81.8	90.9	72.7	90.9	90.9	90.9	72.7	86.4	77.3
Chia seeds	81.8	36.4	72.7	81.8	63.6	81.8	81.8	81.8	72.7	36.4	68.2	68.2
Orange	90.9	72.7	72.7	81.8	81.8	81.8	90.9	90.9	90.9	72.7	86.4	79.5
Parsley	81.8	54.5	72.7	81.8	63.6	54.5	81.8	81.8	72.7	54.5	72.7	72.7
Strawberries	90.9	72.7	81.8	90.9	90.9	81.8	90.9	90.9	90.9	72.7	86.4	84.1
Mint	81.8	36.4	54.5	72.7	54.5	63.6	81.8	81.8	63.6	36.4	65.9	61.4
Lemon/lime	90.9	81.8	81.8	90.9	90.9	81.8	90.9	90.9	81.8	81.8	86.4	86.4
Lettuce	90.9	72.7	72.7	90.9	81.8	72.7	90.9	90.9	90.9	72.7	86.4	81.8
Kiwi	90.9	36.4	63.6	81.8	63.6	72.7	90.9	90.9	63.6	36.4	70.5	68.2
Coconut water	90.9	27.3	54.5	81.8	81.8	81.8	81.8	81.8	72.7	27.3	65.9	63.6
Radish	90.9	54.5	72.7	90.9	72.7	81.8	90.9	90.9	81.8	54.5	79.5	77.3
Omelette	36.4	27.3	18.2	45.5	27.3	36.4	27.3	27.3	27.3	27.3	27.3	31.8
Apple vinager	63.6	36.4	36.4	63.6	36.4	63.6	54.5	54.5	36.4	36.4	45.5	50.0
Sweet potato	63.6	27.3	45.5	54.5	36.4	63.6	54.5	54.5	45.5	27.3	45.5	47.7

This table shows the average per all patients: if the response was negative, we assigned 0. If the response was positive, we assigned 100, and if it was doubtful, we assigned 50.

*Accessibility has been calculated as the average of the following questions: Do you know where to buy it? Can you buy it near your home? Do you know the price? And can you afford it?

**Knowledge was calculated as the average of the following questions: Do you know it? Do you consume it? and do you know how to cook it?

Additional file 4. Patients feedback on the preliminary version of the anti-inflammatory diet

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1. Do you think you can adapt to the proposed feeding schedules? What would you change?
 2. Do you think the amount of food and the schedule described will satisfy you?
 3. Do you have enough time to prepare juices and breakfast in the morning?
 4. Do you think you can correctly prepare the suggested meals for breakfast, lunch and snack?
 5. How do you cook?
-

	1	2	3	4	5	Comments
Hispanic1	Yes	Yes	Yes	Yes	No answer	She would like cow's milk
Hispanic2	No answer	Yes	Yes	Yes	Steam	His wife cooks his meals
Hispanic3	Yes	Yes	Yes	No	Steam	She does not like most of the suggested ingredients
Hispanic4	Yes	Yes	Yes	Yes	Steam, grilled, baked	No comment
Hispanic5	Yes	Yes	Yes	Yes	No answer	No comment
Hispanic6	No answer	No	Yes	No answer	No answer	She usually does not have dinner
Hispanic7	Yes	Yes	Yes	Yes	Mostly frying	No comment
Hispanic8	Yes	Yes	Yes	Yes	No answer	She asks for recipes
Hispanic9	Yes	Yes	Yes	Yes	No answer	She asks for recipes
Caucasian1	Yes	More or less	No	No	No answer	She is open to try this diet
Caucasian2	Yes	No	Yes	Yes	Boiled, baked	She would like coffee in the diet. Maybe not enough food
Caucasian3	Yes	Yes	Yes	Yes	Steam, grilled	She is open to try this diet
Caucasian4	No answer	Yes	Yes	No	No answer	She does not like peas and mushrooms
Caucasian5	Yes	Yes	Yes	Yes	No answer	She is skeptical about the diet
Caucasian6	Yes	Yes	Yes	Yes	No answer	No comment

Additional file 5. This text shows our ITIS-diet instructions

INSTRUCTIONS FOR LUNCH/DINNER:

As long as you follow the general guidelines described below, you can adapt lunch and dinner dishes to your own tastes.

GENERAL STRUCTURE

LUNCH OPTIONS:

1. Salad (generous plate). Add flaxseed oil, apple vinegar and salt. Apple vinegar is recommended although a suitable alternative such as balsamic or wine vinegar may be used if necessary. Do not use commercial sauces.

-Possible ingredients for the salad:

Green leaf shoots, spinach, arugula, onion/ spring (green) onion, cucumber, radish, celery, carrot, pepper, corn, etc.

You can also add delicious flaxseed or sesame seeds.

2. Grains (whole rice, quinoa, whole-wheat pasta, with vegetables and/or mushrooms (generous plate). Season with turmeric and black pepper. Do not mix grains with protein (meat, fish, eggs, tofu).

-Grains or pseudo-cereals:

Brown rice, whole wheat pasta, quinoa, millet, couscous. Quinoa is a beneficial pseudo-cereal that contains both proteins and carbohydrates; we encourage you to try it.

-Vegetables:

Green beans, broccoli, chard, carrots, celery, leeks, garlic, artichokes, onions, corn, pumpkin, zucchini, radish, etc.

Remember you cannot eat tomato, potato, and eggplant.

3. Legumes with vegetables. The legumes need to be boiled for 30 minutes to 1 hour before eating them. Also, you can buy them already cooked in the supermarket. Season with turmeric and black pepper. Do not mix legumes with other sources of protein (meat, fish, eggs, tofu).

-Legumes:

White beans, black beans, garbanzo beans, lentils, peas, frijoles, etc.

DINNER OPTIONS:

1. Vegetable cream/soup (do not add dairy products) and a plate with protein.

2. Soup and a plate of protein.

3. Salad and a plate of protein.

- Season the plates with turmeric and black pepper or flaxseed oil.

-Proteins:

Eggs in omelet or cooked other ways (except fried eggs), chicken, turkey, White or fatty fish, tofu.

-Vegetables:

Green beans, broccoli, chard, carrots, celery, leeks, garlic, artichokes, onions, corn, pumpkin, zucchini, radish, etc.

Remember you cannot eat tomato, potato, and eggplant.

Need help choosing options?

You may distribute the lunch and dinner options as you wish throughout the week, as long as you have each option at least twice a week.

Eat fish two to three times a week; incorporate fatty fish at least 1-2 times a week (tuna/salmon/anchovies/sardines).

Eat 2-4 eggs and eat red meat only once a week.

TYPES OF COOKING: steam cooking, short boiling (vegetables), baking, grilling

If you need to use oil or butter to cook, it is better to use olive oil and fry less than 5 minutes.

FORBIDDEN FOODS/DRINKS

1. Tomato, eggplant, and potato. You can use sweet potatoes or turnips instead of potatoes for creamy texture.
2. Milk, cheese, and other dairy products (except yogurt). You can use oat/almond/rice milk instead and use an avocado spread instead of cheese spreads.
3. Reduce consumption of red meat to a minimum (try to eat white meat instead).
4. Reduce consumption of coffee (try to drink green tea instead).
5. Do not consume sauces (you can use homemade preparations instead).
6. Do not consume sugar or sugary products. You can sweeten foods with a small spoonful of honey or stevia.
7. Do not consume sodas. You can make a rich lemonade at home and sweeten it with honey or stevia.
8. Do not consume butter, margarine, or industrial pastries.

OTHER GUIDELINES

1. Avoid eating pre-cooked or out-of-home meals. If you eat outside your home, follow the guidelines in this section.
2. Eat vegetables every day: such as a vegetable cream, boiled vegetables (short time boiling), or raw in a salad. Examples of vegetables you can eat: green beans, broccoli, chard, carrots, celery, leeks, artichokes, onions, spring onion, corn, pumpkin, radishes, garlic, etc.
3. For salads: try sprouts, arugula, lamb's lettuce, mixtures of shoots.
4. Include black pepper and turmeric. Use both seasonings at the same time, at least once a day.
5. Season with apple vinegar or flaxseed oil. Use at least once a day.
6. Reduce salt intake.
7. You may eat rye bread (German bread that we provide) or corn tortillas. Avoid sandwich bread (processed white bread) and wheat bread.
8. Eat grilled white meat protein (chicken, turkey) (2/3 times a week) or white fish (cod, mahi-mahi). You can also eat up to 4 eggs a week. Or tofu. Try to avoid red meat.
9. Consume fatty fish twice a week (tuna, sardines, salmon, and anchovies).
10. Eat whole grains or pseudo-cereals twice or three times a week.
11. Eat legumes two or three times a week.
12. Start your dinner with a miso soup twice a week.
13. Consume avocado, sesame seeds or tahini every day.

SUMMARY

FOODS TO AVOID	FOODS TO EAT
- Refined grains (white rice, refined flour derived products, industrial bread)	- Whole grains (whole rice, spelled pasta, quinoa, millet, rye bread)
- Eggplant, tomato, potatoes.	- Green leafy vegetables and fruits (green beans, lettuce, artichokes, broccoli, celery, zucchini, apple, mango, papaya, and pineapple)
- Saturated lipids (butter, mayonnaise, ketchup and other commercial sauces, red meat, dry meat, salami, cheese)	- Omega 3 lipids (sesame seeds and tahini, avocado, olive and flaxseed oil, white meat, walnuts)
- All types of sugars and other additives to sweeten	- Honey or stevia
- Dairy products (cow milk, cheese)	- Avocado and soy/rice/almond milk
- Coffee	- Green or red tea
-(Keep to a minimum) Gluten products (wheat, all type of wheat cereals, wheat tortillas, flour derived products)	- Food without gluten or with better quality of gluten (spelt, rye). Corn tortillas, spelt pasta, rye bread
- Sodas and commercial juices	- Water and fruit juices made at home

To assist you in following this diet, we will give you some of the key ingredients. You should receive the following:



TURMERIC
BLACK PEPPER
POWDER GINGER
FLAXSEED OIL (KEEP REFRIGERATED)
APPLE VINAGER
TAHINI
SESAME SEEDS
MISO (KEEP REFRIGERATED)
CHIA SEEDS
FLAXSEED SEEDS
GERMAN BREAD (rye bread)
OATMEAL
ALMOND MILK
OLIVE OIL