

2 Watermelons (28g per melon, incl seeds & shell) P+K+

1.2 cups of Soy Nuts (44g per cup) V+

1.3 cups of Fenugreek seeds (43.2g per cup) V+

1.3 cups of Dried Buttermilk (41g per cup) P+

1.4 cups of Chickpeas (39g per cup, unboiled) V+

1.4 cups of Hemp Seeds (40g per cup, shelled, whole) K+

1.8 cups of Flaxseed (31g per cup, whole) K+

2.1 cups of Sesame seeds (26 g per cup) P+

2.2 cups of Blue Cheese (29g per cup crumbled) P+K+

2.3 cups of Mustard Seed (24g per cup) P+

2.3 cups of Greek Yogurt (24g per cup) P+K+

2.4 cups of Barley (23 g per cup) K+/K=

2.8 cups of Tofu (20g per cup) V+K+

2.8 cups of Couscous K+

3.1 cups of Cumin (18g per cup) P+

3.2 cups of Adzuki bean (17g per cup, boiled) V+

3.5 Cabbages (16g per large head) V+

3.7 cups of Kidney beans (15g per cup, boiled) V+

3.7 cups of Pinto beans (15g per cup, cooked) V+

3.73 cups of Lima Beans (15g per cup, large, boiled) V+

3.29 cups of Cacao powder (17g per cup) V+

4 cups of Mung Beans (14g per cup, boiled) V+

4 cups of Turmeric (14g per cup) NP+

4.3 cups of Fava beans (13g per cup, boiled) V+

4.6 cups of Pumpkin seeds (12g per cup) N

4.6 cups of Oats (12g per cup, dry) K+

5 cups of Macadamia (11g per cup, wholes or halves) V+K+

5 cups of Kefir (11g per cup) V=K+P+

5 Cauliflower heads (11g per medium head) V+

5.6 cups of Black pepper (10g per cup) P+

5.8 cups of Cayenne pepper (9.6g per cup) P+

6 Jicamas (9g per large Jicama) K+

6.2 cups of Amaranth (9g per cup, cooked) V+

6.5 cups of Garlic (8.6g per cup, raw) P+K+

7 Camembert cheese wedges (8g per wedge) P+K+

7 cups of Milk (8g per cup) K+

7 cups of Quinoa (8g per cup, cooked) N

7 cups of Split peas (8g per cup, cooked) V+

7 cups of Green peas (8g per cup) V+

7 cups of Buttermilk (8g per cup, whole) V=P=

7 cups of Soy milk (8g per cup) K+

8 Honey Dew Melons (7g per large melon) K+P-

9 cups of Cracked wheat (6g per cup) K=

9 cups of Cloves (6.1g per cup) P+

9.3 cups of Millets (6g per cup) V+

10 cups of Buckwheat (5.68g per cup, roasted, cooked) V+P+

11 Lettuce heads (4.9g per head) V+

11.2 Artichokes (5g per large artichoke) V+
11.2 cups of Coconut Milk (5g per cup) K+
11.2 cups of Brown Rice (5g per cup, cooked) P+
11.6 cups of Saffron (4.8g per cup) N
12 Pineapples (4.9g per fruit) P+K+
12 Oh Henry Bars (4.4g per bar) K+
14 Avocados (4g per Avacado) K+
15 Zucchinis (3.9g per fruit, large) K+
16 Corn ears (3.3g per medium ear) V+P+
18 Pomegranates (3g per medium Pomegranate) V+
18 Cucumbers (3g per fruit) K+P=V=
20 Kit Kat bars (7g per 1.5 oz Bar) K+
24 Mangos 0.2 P+K+
28 Sweet Potatoes (2g per sweet potato) N
28 Coconuts (2g per drupe) K+
28 Grapefruits (2g per large fruit) P+K+
35 Bell peppers (1.6g per large pepper, sweet, red) V+P+
35 Turnips (1.6g per turnip)
43 Papayas (1.3g per medium fruit) P+K+
56 Tangerines (1g per large fruit) P+K+
70 Chili peppers (0.8g per pepper, red) V+P+
81 Brazil nuts (4.1g per oz)
32 Nectarines P+K+
33 Large oranges P+K+
40 Guavas (1.4g per fruit, without refuse) N
40 Peaches (1.4g per fruit) P+K+
50 Tomatoes (1.1g per fruit) V+P+K+
62 Lemons (0.9g per medium lemon) P+
70 Kiwi (0.8g per fruit) P+K+
80 Beet Greens (0.7g per leaf)
93 Pears (0.6g per medium pear)
94 Brussels Sprouts (0.6g per sprout) V+
112 Rhubarb stalks (0.5g per stalk) N
112 Limes (0.5 per lime) N
112 Apricots (0.5g per apricot) P+
112 Apples (0.5g per fruit) V+
140 Asparagus (0.4g per large spear) V+
182 Walnut halves (1 oz = 4.3g of protein) V+P+
186 Figs (0.3g per fig, small) K+
187 Celeries (0.3g per stalk) P+
10.8 cups of Collard Greens (5.15g per cup, boiled) V+
14.3 cups of Summer Squash (3.9g per cup) K+
16 cups of Sage (3.5g per cup) V+P+
19 cups of Kale (2.9g per cup) V+
22 cups of Broccoli (2.5g per cup) V+
23.3 cups of Seaweed (2.4g per cup, raw) P+K+
25 cups of Beets (2.2g per cup slices, raw) K+

28 Sweet Potatoes (2g per sweet potato) N
28 cups of Anise (2g per cup, raw) P+
29 cups of Butter (1.9g per cup) K+
31 cups of Parsley (1.8g per cup) P+
35 cups of Mustard Greens (1.6g per cup, chopped) V+P+
35 cups of Cherries (1.6g per cup, without pits) P+
35 cups of Ginger root (1.6g per cup, slices) N
214 Almonds (1 oz = 6g of protein) P+
248 Orkas (0.23g per pod) N
280 Persimmons (0.2g per fruit, without refuse) K+
280 Hazlenuts (4.2g of protein per oz) P+K+
280 Dates (0.2g per date, pitted) K+
284 Sunflower seeds K+
334 Pine Nuts (18g per cup) P+K+
409 Pecans (1 oz = 2.6g) V+P+
434 Blackberries K+
457 Pistachio (6g) V+P+K+
43 cups of Alfalfa sprouts (1.3g per cup) V+
46.6 cups of Pumpkin (1.2g per cup) V+K+
56 cups of Plums (1g in 1 cup sliced) P+K+
56 cups of Taro root (1g per cup) K+
56 cups of Mint (1g per cup) V+
56 cups of Honey (1g per cup) V+P+
62 cups of Spinach (0.9g per cup, raw) V+P+K+
70 cups of Jaggery (0.8g per cup) P+K+
80 cups of Rice milk (0.7g per cup) N
86 cups of Swiss Chard (0.65g per cup) V+
93 cups of Grapes (0.6g per cup) K+
560 Strawberries (0.1g per 1 large berry) N
560 Green beans (0.1g per bean) V+
560 Radishes (0.1g per vegetables) V+P+
560 Rosemary sprigs (0.1g per sprig) P+
934 Watercresses (0.6g per 10 springs) V+P+
112 cups of Cranberries (0.5g per cup, chopped) V+
186 cups of Cilantro (0.3g per cup, raw) N
560 cups of Maple Syrup (0.1g per cup) K+
2800 Raspberries (0.2g per 10 raspberries) P+
2800 Basil leaves (0.1 per 5 leaves) P+
5600 Blueberries (0.5g per 50 berries) K+
Cardamom N
Fennel N
Kelp N
Salt P+K+
Sea vegetables P+K+
Chives P+
Dill P+
Cinnamon V=P+

Ghee V=K+
Brown sugar K+
Sucanat K+
Cacao butter K+
Molasses P+K+
Water K+
Corn Oil V+P+K+
Cumin seeds K=
Vanilla bean K+
Thyme P+

Not recommended

2.3 cups of Cashews (24g per cup) K+
13 Potatoes (4.3 per medium) K+
37 cups of Dandelion (1.5g per cup, sliced) V+
124 Carrots 0.45g K+
340 Peanuts (6.9g per oz) V+P+K+
Hing P+

K+ (slippery warm - pleasure/delight - bhog)

P+ (gritty chilly - energy preservation/building - prana)

V+ (subtly warm - creativity or meditation - flow/divine)

N (Neutral - Pacifies all 3)