

DIETARY THEORY SPECTRUM

 GRAINS

 FRUIT

 JUICE

 RAW VEGETABLES

 COOKED VEGETABLES

 DAIRY

 EGGS

 FISH

 POULTRY

 RED MEAT

GREY ICONS INDICATE FOODS SOMETIMES INCLUDED.

 LESS ANIMAL PROTEIN



 MORE ANIMAL PROTEIN

Breatharian Diet										
Fasting										
Fast Track Detox Diet										
Master Cleanse										
Juice Cleanses										
Fruitarian Diet										
Raw Food Diet										
Living Foods Diet										
Rainbow Green Live-Food Cuisine										
Hallelujah Diet										
Vegan										
Sattva Diet										
The Kind Diet										
Fit For Life										
Starch Solution										
Great American Detox Diet										
Hawaii Diet										
Korean Temple Cuisine										
Lacto-Vegetarian Diet										
Hindu Diet										
Vegetarian										
Eco-Atkins Diet										
Lacto-Ovo Vegetarian Diet										
Ornish Reversal Program										
Five Element Theory										
Macrobiotics										
Buddhist Diet										
Slimfast Diet										
Candida Diet										
Pescetarian										
Flexitarian Diet										
Plant-Based Diet										
Swiss Diet										
Chickentarian										
Gout Diet										
The 2-Day Diet										
Perricone Prescription Diet										
LA Shape Diet										
It's All Good										
Seventh-Day Adventist Diet										
Cabbage Soup Diet										
Engine 2 Diet										
Ayurveda										
Low Protein Diet										
TLC Diet										
Mayo Clinic Diet										
Fat-Free Diet										
Japanese Women Don't Get Old Or Fat										
Firstline Therapy Diet										
Nutritarian										

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MORE ANIMAL PROTEIN

Bernstein Diet										
Dash Diet										
Zone Diet										
Elimination Diet										
Rice Diet										
AARP New American Diet										
Traditional Chinese Medicine										
Alternate-Day Diet										
High-Carbohydrate Diet										
Low-Fat Diet										
Low-Cholesterol Diet										
Volumetrics										
Flavor Point Diet										
Fiber35 Diet										
3-Season Diet										
pH Diet (Acid Alkaline Diet)										
4-Hour Body Diet										
17-Day Diet										
Baby Food Diet										
Anti-Aging Diets										
Superfoods Diet										
100-Mile Diet										
Blood Type Diet										
Body Ecology Diet										
Okinawa Diet										
Calorie Restriction Diet										
Peanut Butter Diet										
Genotype Diet										
Glycemic Index Diet										
Whole30										
Gaps Diet										
French Women Don't Get Fat										
Flex Diet										
Beck Diet Solution										
Biggest Loser Diet										
Diet-To-Go										
Best Life Diet										
1800-Calorie ADA Diet									<	

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Gluten-Free Diet											
Fat Flush Diet											
Dorm Room Diet											
LA Weight Loss Diet											
Weston A Price Foundation Diet											
Lean Belly Prescription											
Metabolic Typing Diet											
Fast Metabolism Diet											
Perfect 10 Diet											
O2 Diet											
Omega Diet											
Over-40 Diet											
Pritikin Diet											
Road Warriors Diet											
Rotation Diet											
Slow Down Diet											
Sugar Busters! Diet											
Traffic Light Diet											
Ultrametabolism Diet											
Standard American Diet (SAD)											
Water Diet											
Wheat Belly Diet											
Low FODMAP											
Schwarzbein Diet											
HCG Diet											
Grapefruit Diet											
Christian Diet											
Curves Diet											
IFYM Diet											