

## SOLAR NUTRITION FOOD LIST

(Time-control)

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MIDNIGHT TO NOON	NOON TO 6:00 PM	6:00 P.M. to MIDNIGHT
<p>Fruits:</p> <p>Apples</p> <p>Apricots</p> <p>Avocado (eat alone, not with any other fruit)</p> <p>Banana</p> <p>Breadfruit</p> <p>Bell apple</p> <p>Cherries</p> <p>Custard Apple</p> <p>Dates</p> <p>Figs</p> <p>Guava</p> <p>Mangoes</p> <p>Nectarines</p> <p>Olives</p> <p>Papaya</p> <p>Peaches</p> <p>Pears</p> <p>Persimmons</p> <p>Plantain</p> <p>Plums</p> <p>Pomegranates</p> <p>Prunes</p> <p>Sapodillo</p> <p>Tamarind</p> <p>Citrus Fruits: <b>Eat Alone</b></p> <ul style="list-style-type: none"> <li>o Grapefruit</li> <li>o Kumquats</li> <li>o Lemons</li> <li>o Limes</li> <li>o Oranges</li> <li>o Tangerines</li> </ul> <p>Oils:</p> <p>Almond</p> <p>Apricot</p> <p>Avocado</p> <p>Coconut</p> <p>Cream</p> <p>Olive</p>	<p>Breads-all kinds if baked properly</p> <p>Cheeses-all kinds if natural</p> <p>Meat-fowl, lamb, beef, venison, pork</p> <p>Seeds:</p> <p>Caraway</p> <p>Chia</p> <p>Flax</p> <p>Poppy</p> <p>Pumpkin</p> <p>Sesame</p> <p>Sunflower</p> <p>Vegetables:</p> <p>Artichokes-Globe</p> <p>Bitter Cucumber</p> <p>Bitter Melon Squash</p> <p>Bok Choy</p> <p>*Broccoli</p> <p>*Brussels Sprouts</p> <p>*Cabbage - all kinds</p> <p>*Cauliflower</p> <p>*Celery</p> <p>Cereals - all kinds</p> <p>Corn - fresh</p> <p>*Cucumber</p> <p>Dried Beans - all kinds</p> <p>Dried Peas - all kinds</p> <p>Eggplant</p> <p>*Endive</p> <p>Escarole</p> <p>Fresh Beans - all kinds</p> <p>Fresh Peas - all kinds</p> <p>Grains - all kinds</p> <p>Greens - all kinds/garden &amp; wild</p> <p>Herbs - culinary (Cooking)</p> <p>*Lettuce - All kinds</p> <p>Okra</p> <p>*Parsley</p> <p>Peppers:</p> <p>Hot: Cayenne only</p>	<p>Fruits:</p> <p>Pineapple</p> <p>Prickly Pear Cactus</p> <p>Fish, Seafood</p> <p>Eggs</p> <p>Nut-like:</p> <p>Peanuts- must be roasted</p> <p>Water Chestnut</p> <p>Oils:</p> <p>Butter (Clarified)</p> <p>Garlic</p> <p>Peanut</p> <p>Vegetables:</p> <p>Artichoke - Jerusalem</p> <p>Artichoke Hearts (Globe)</p> <p>*Asparagus Shoots</p> <p>Bamboo Shoots</p> <p>*Beet</p> <p>Bok Choy (Bottom 4 inches)</p> <p>*Carrot</p> <p>Celery - bottom 4 inches</p> <p>Celery Root</p> <p>Dulce</p> <p>Edoes</p> <p>*Garlic</p> <p>Ginger Root</p> <p>Hearts of Palm</p> <p>Horseradish</p> <p>Jicama</p> <p>Kelp - all kinds seaweed</p> <p>Leeks - bottom 4 inches</p> <p>Lotus Root</p> <p>Malanga</p> <p>Manglewurzel</p> <p>Mushrooms</p> <p>Nopalitos Cactus</p> <p>*Onions</p> <p>Parsnips</p> <p>Plantain</p> <p>Potatoes (Red, white &amp; sweet)</p> <p>*Radishes (red, black, kohosh,daikon)</p>

Walnut  
 Nuts:  
 Almonds  
 Apricot Kernels  
 Brazil  
 Cashews-must be roasted  
 Carob  
 Coconut  
 Filbert  
 Hazel  
 Macadamia  
 Pecans  
 Pinon(Pine)  
 Sweeteners:  
 Maple Syrup & Sugar  
 Honey  
 Coffee-Aribica  
 \* **Denotes weight-loss foods**

(capsicum)  
 Sweet: Bell, yellow banana  
 Pumpkin  
 Rhubarb  
 Sauerkraut  
 Spinach - must be raw  
 Sprouts - all kinds  
 Squash - all kinds  
 Sugar Cane (good brown sugar)  
 \*Tomatoes  
 Oils:  
 Butter (Clarified)  
 Safflower  
 Sesame  
 Soy  
 Sunflower  
 Wheat Germ  
 Sweeteners:  
 Brown Sugar  
 Honey  
 Molasses  
 Sorghum Syrup  
 Fruits: (Best at 3-5 P.M)  
 Blackberries, Blueberries  
 Boysenberries, Cranberries  
 Dewberries, Gooseberries  
 Grapes  
 Raisins  
 Raspberries, Strawberries  
 Melons- **eat alone**

- o Cantaloupe
- o Casaba
- o Honeydew
- o Watermelon

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Rutabagas  
 Scallions - bottom 4 inches  
 Sea Cucumber  
 Taro Root  
 \*Turnip - all kinds  
 Water Cress  
 Yams  
 Yucca Root (Cassava)  
 Sweeteners:  
 Honey  
 Miel de Maguey (syrup from Maguey Cactus)  
 Sea Salt

Anytime - 1 food as therapy  
 Apple Cider Vinegar  
 Brown Rice  
 Clarified Butter  
 Herb Teas  
 Honey  
 Noon or Night  
 Brewer's Yeast  
 Miso  
 Tamari - Soy Sauce  
 Tofu  
 Vegemeats

\* **Denotes weight-loss foods**

**PROHIBITED FOODS**

Black Pepper  
 Popcorn with Hulls  
 Melted Cheese  
 Carbonated Beverages  
 Deep Fried Foods