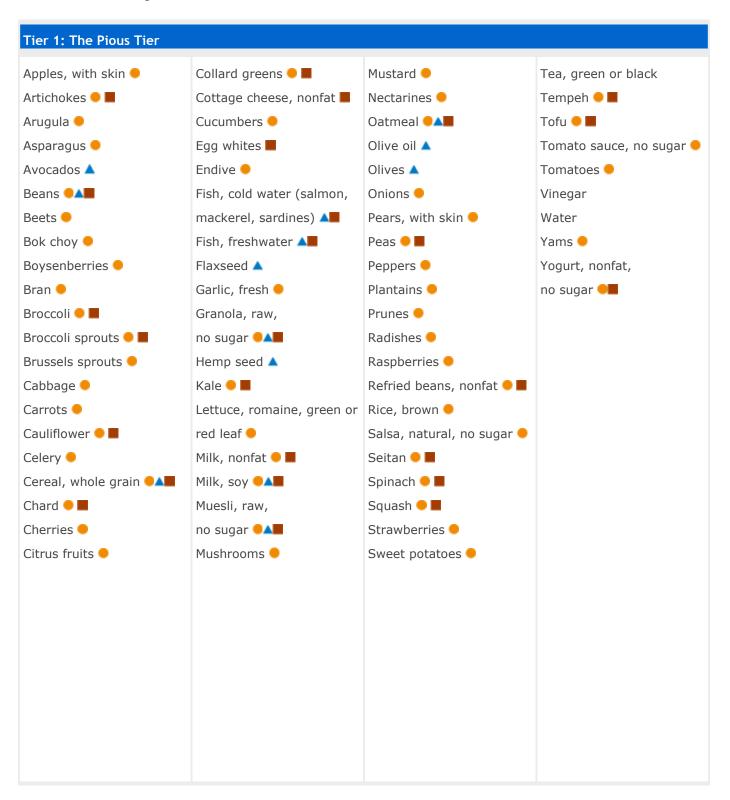# Eat to carve your physique!

Michi's Ladder is a guideline, but we leave it to you to decide. If you only ate from Tiers 1 & 2, you would have a near-perfect diet!

## Tier 1: The Pious Tier

Apples, with skin ●

Artichokes ● ■

Arugula ●

Asparagus ●

Avocados ▲

Beans ● ▲ ■

Beets ●

Bok choy ●

Boysenberries ●

Bran ●

Broccoli ● ■

Broccoli sprouts ● ■

Brussels sprouts ●

Cabbage ●

Carrots ●

Cauliflower ● ■

Celery ●

Cereal, whole grain ● ▲ ■

Chard ● ■

Cherries ●

Citrus fruits ●

Collard greens ● ■

Cottage cheese, nonfat ■

Cucumbers ●

Egg whites ■

Endive ●

Fish, cold water (salmon, mackerel, sardines) ▲ ■

Fish, freshwater ▲ ■

Flaxseed ▲

Garlic, fresh ●

Granola, raw, no sugar ● ▲ ■

Hemp seed ▲

Kale ● ■

Lettuce, romaine, green or red leaf ●

Milk, nonfat ● ■

Milk, soy ● ▲ ■

Muesli, raw, no sugar ● ▲ ■

Mushrooms ●

Mustard ●

Nectarines ●

Oatmeal ● ▲ ■

Olive oil ▲

Olives ▲

Onions ●

Pears, with skin ●

Peas ● ■

Peppers ●

Plantains ●

Prunes ●

Radishes ●

Raspberries ●

Refried beans, nonfat ● ■

Rice, brown ●

Salsa, natural, no sugar ●

Seitan ● ■

Spinach ● ■

Squash ● ■

Strawberries ●

Sweet potatoes ●

Tea, green or black

Tempeh ● ■

Tofu ● ■

Tomato sauce, no sugar ●

Tomatoes ●

Vinegar

Water

Yams ●

Yogurt, nonfat, no sugar ● ■

## Tier 2: The Happy Tier

Apples, skinless 🟠

Bananas 🟠

Blueberries 🟠

Bread, whole grain 🟠

Cantaloupe 🟠

Cheese, nonfat ■

Chicken, skinless white meat ■

Coffee, black or cappuccino with nonfat milk 🟠 ■

Corn 🟠

Cottage cheese, low-fat ▲ ■

Cream cheese, nonfat ■

Duck, free-range ▲ ■

Eggplant 🟠

Fish, farmed ■

Granola or energy bar 🟠

Grapes 🟠

Hummus 🟠 ▲ ■

Juice, fresh-squeezed with pulp, no sugar 🟠

Kiwifruit 🟠

Mangoes 🟠

Meal replacement bar 🟠 ▲ ■

Melon, honeydew 🟠

Milk, 1% 🟠 ▲ ■

Nuts, raw 🟠 ▲ ■

Ostrich ▲ ■

Pancakes, buckwheat 🟠 ■

Papayas 🟠

Peaches 🟠

Pineapple 🟠

Plums 🟠

Raisins 🟠

Ricotta cheese, nonfat ■

Soy nuts 🟠 ▲ ■

Soy sauce 🟠

Squid ■

String beans 🟠 ■

Sunflower seeds 🟠 ▲ ■

Tortillas, whole wheat 🟠 ▲ ■

Turkey breast ■

Vegetable juice 🟠 ■

Veggie burger 🟠 ▲ ■

Venison, free-range ▲ ■

Watermelon 🟠

Yogurt, no sugar 🟠 ▲ ■

Zucchini 🟠

## Tier 3: The Swiss Tier

A1 Steak Sauce 🟠

Angel food cake 🟠

Applesauce 🟠

Bagels 🟠

Beef, eye of round ▲ ■

Beef, London ▲ ■

Beef, top round ▲ ■

Canola oil ▲

Cheese, low-fat ▲ ■

Chicken, dark meat ▲ ■

Chicken sandwich, broiled 🟠 ▲ ■

Chicken taco, baked 🟠 ▲ ■

Clams ■

Coffee, cappuccino with whole milk 🟠 ▲ ■

Crab ■

Cream cheese, low-fat ▲ ■

Eggs, whole ▲ ■

French fries, baked 🟠

Fruit, dried 🟠

Graham crackers 🟠

Granola 🟠 ▲

Honey 🟠

Jam or marmalade 🟠

Jerky, turkey ■

Juice, from concentrate 🟠

Ketchup 🟠

Lamb, lean ▲ ■

Lettuce, iceberg 🟠

Lobster ■

Mayonnaise ▲

Milk, 2% 🟠 ▲ ■

Muesli 🟠 ▲

Oatmeal, flavored 🟠

Oysters ■

Pancakes 🟠

Pasta, plain 🟠

Peanut butter, raw ▲ ■

Popcorn, plain 🟠

Pork tenderloin ▲ ■

Potatoes, baked or boiled 🟠

Pretzels 🟠

Refried beans, low-fat 🟠 ▲ ■

Rice cakes 🟠

Rice, white 🟠

Sauerkraut 🟠

Soup, canned broth 🟠 ▲

Steak, lean ▲ ■

Sweet-and-sour sauce 🟠 ▲

Veal cutlet ▲ ■

Wine, red 🟠

Yogurt, frozen, nonfat 🟠 ■

## Tier 4: The Dodgy Tier

Animal crackers ●

Beef, filet mignon ▲■

Beef, lean ground ▲■

Beef, sirloin ▲■

Beef Stroganoff ▲■

Beer ●

Bread, refined flour ●

Buffalo ▲■

Butter ▲

Caesar salad, with chicken ●▲■

Canadian bacon ▲■

Cheese (including bleu and goat) ▲

Chili ●▲■

Chinese food ●▲■

Chips, low-fat, baked ●

Coconut ▲

Coffee, iced mocha latte with nonfat milk ●■

Coffee, latte with whole milk ●▲■

Coffee cake ●▲

Crackers ●

Grilled cheese sandwich ●▲

Ham ▲■

Hot dogs, turkey ▲■

Ice cream, sugar-free or fat-free ●

Jell-O ●

Juice, sweetened ●

Lamb chops ▲■

Lasagna, with meat ▲■

Macaroni and cheese ●▲

Margarine ▲

Meat loaf ▲■

Mexican food ●▲■

Milk, whole ●▲■

Muffins ●▲

Nuts, salted or roasted ▲

Peanut butter, not raw ●▲

Pepper, stuffed ▲

Pizza, meatless or Hawaiian style ●▲■

Popcorn, with salt and butter ●▲

Pork chop ▲■

Potato salad or macaroni salad ●▲

Pudding, with low-fat milk ●▲

Reuben sandwich ▲■

Sherbet ●

Shrimp ■

Sloppy Joe, lean beef or turkey ▲■

Soft drinks, diet

Soup, canned creamy ●▲

Spaghetti, with meatballs ●▲■

Sub sandwich ●▲■

Taco salad, with chicken ●▲■

Tortilla, refined flour or corn ●▲

Tuna salad or chicken salad ▲■

Vegetable oil ▲

Wine, white ●

Yogurt, frozen ●▲■

## Tier 5: The Newburg Tier

Alcohol, hard liquor

Bacon ▲■

Baked beans ●▲■

Beef, ground, regular ▲■

Beef taco, fried ▲■

Breakfast sandwich, fast food ▲■

Cakes ●▲

Candy ●

Cereal, sugared ●

Chicken a la King ▲■

Chicken, buffalo wings or nuggets ▲■

Chicken or fish sandwich, fried ▲■

Chips, potato or corn ●▲

Chocolate ●▲

Cinnamon bun ●▲

Coffee, mocha, macchiato, ice blended, frappé, triple caramel vanilla buzz bomb, etc. ●▲

Cookies ●▲

Cream cheese ▲

Creamed veggies ●▲

Creamer, nondairy ▲

Doughnuts ●▲

French fries ●▲

Gravy ▲

Hamburger, fast food ▲■

Hot dogs ▲■

Ice cream ●▲

Jerky, beef, pork, or venison ■

Juice, sugar added ●

Lobster Newburg ▲■

Nachos ●▲

Onion rings ●▲

Pastries ●▲

Pies ●▲

Potato skins, fried ●▲

Potatoes, fried ●▲

Potpie ▲■

Refried beans, with lard ●▲■

Salad dressing, creamy ▲

Sausage ▲■

Soft drinks, sugared ●

Tater tots ●▲

Toaster pastries ●▲