



CLIMB MICHI'S LADDER 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 ●	Collard greens ●■	Mustard ●	Tea, green or black
Artichokes ●■	Cottage cheese, nonfat ■	Nectarines ●	Tempeh ●■
Arugula ●	Cucumbers ●	Oatmeal ●▲■	Tofu ●■
Asparagus ●	Egg whites ■	Olive oil ▲	Tomato sauce, no sugar ●
Avocados ▲	Endive ●	Olives ▲	Tomatoes ●
Beans ●▲■	Fish, cold water (salmon, mackerel, sardines) ▲■	Onions ●	Vinegar
Beets ●	Fish, freshwater ▲■	Pears, with skin ●	Water
Bok choy ●	Flaxseed ▲	Peas ●■	Yams ●
Boysenberries ●	Garlic, fresh ●	Peppers ●	Yogurt, nonfat, no sugar ●■
Bran ●	Granola, raw, no sugar ●▲■	Plantains ●	
Broccoli ●■	Hemp seed ▲	Prunes ●	
Broccoli sprouts ●■	Kale ●■	Radishes ●	
Brussels sprouts ●	Lettuce, romaine, green or red leaf ●	Raspberries ●	
Cabbage ●	Milk, nonfat ●■	Refried beans, nonfat ●■	
Carrots ●	Milk, soy ●▲■	Rice, brown ●	
Cauliflower ●■	Muesli, raw, no sugar ●▲■	Salsa, natural, no sugar ●	
Celery ●	Mushrooms ●	Seitan ●■	
Cereal, whole grain ●▲■		Spinach ●■	
Chard ●■		Squash ●■	
Cherries ●		Strawberries ●	
Citrus fruits ●		Sweet potatoes ●	

Tier 2: The Happy Tier

Apples, skinless ●	Cream cheese, nonfat ■	Milk, 1% ●▲■	String beans ●■
Bananas ●	Duck, free-range ▲■	Nuts, raw ●▲■	Sunflower seeds ●▲■
Blueberries ●	Eggplant ●	Ostrich ▲■	Tortillas, whole wheat ●▲■
Bread, whole grain ●	Fish, farmed ■	Pancakes, buckwheat ●■	Turkey breast ■
Cantaloupe ●	Granola or energy bar ●	Papayas ●	Vegetable juice ●■
Cheese, nonfat ■	Grapes ●	Peaches ●	Veggie burger ●▲■
Chicken, skinless white meat ■	Hummus ●▲■	Pineapple ●	Venison, free-range ▲■
Coffee, black or cappuccino with nonfat milk ●■	Juice, fresh-squeezed with pulp, no sugar ●	Plums ●	Watermelon ●
Corn ●	Kiwifruit ●	Raisins ●	Yogurt, no sugar ●▲■
Cottage cheese, low-fat ▲■	Mangoes ●	Ricotta cheese, nonfat ■	Zucchini ●
	Meal replacement bar ●▲■	Soy nuts ●▲■	
	Melon, honeydew ●	Soy sauce ●	
		Squid ■	

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 ●▲■

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 ●■
Clams ■

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