



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, |
| Bread, whole grain ● | Fish, farmed ■ | Pancakes, buckwheat ●■ | whole wheat ●▲■ |
| Cantaloupe ● | Granola or energy bar ● | Papayas ● | Turkey breast ■ |
| Cheese, nonfat ■ | Grapes ● | Peaches ● | Vegetable juice ●■ |
| Chicken, skinless white meat ■ | Hummus ●▲■ | Pineapple ● | Veggie burger ●▲■ |
| Coffee, black or cappuccino with nonfat milk ●■ | Juice, fresh-squeezed with pulp, no sugar ● | Plums ● | Venison, free-range ▲■ |
| Corn ● | Kiwifruit ● | Raisins ● | Watermelon ● |
| Cottage cheese, low-fat ▲■ | Mangoes ● | Ricotta cheese, nonfat ■ | Yogurt, no sugar ●▲■ |
| | Meal replacement bar ●▲■ | Soy nuts ●▲■ | Zucchini ● |
| | Melon, honeydew ● | Soy sauce ● | |
| | | Squid ■ | |

Tier 3: The Swiss Tier

| | | | |
|-------------------------------|--|-----------------------------|----------------------------|
| A1 Steak Sauce ● | Coffee, cappuccino with whole milk ●▲■ | Lamb, lean ▲■ | Pretzels ● |
| Angel food cake ● | Crab ■ | Lettuce, iceberg ● | Refried beans, low-fat ●▲■ |
| Applesauce ● | Cream cheese, low-fat ▲■ | Lobster ■ | Rice cakes ● |
| Bagels ● | Eggs, whole ▲■ | Mayonnaise ▲ | Rice, white ● |
| Beef, eye of round ▲■ | French fries, baked ● | Milk, 2% ●▲■ | Sauerkraut ● |
| Beef, London ▲■ | Fruit, dried ● | Muesli ●▲ | Soup, canned broth ●▲ |
| Beef, top round ▲■ | Graham crackers ● | Oatmeal, flavored ● | Steak, lean ▲■ |
| Canola oil ▲ | Granola ●▲ | Oysters ■ | Sweet-and-sour sauce ●▲ |
| Cheese, low-fat ▲■ | Honey ● | Pancakes ● | Veal cutlet ▲■ |
| Chicken, dark meat ▲■ | Jam or marmalade ● | Pasta, plain ● | Wine, red ● |
| Chicken sandwich, broiled ●▲■ | Jerky, turkey ■ | Peanut butter, raw ▲■ | Yogurt, frozen, nonfat ●■ |
| Chicken taco, baked ●▲■ | Juice, from concentrate ● | Popcorn, plain ● | Clams ■ |
| | Ketchup ● | Pork tenderloin ▲■ | |
| | | Potatoes, baked or boiled ● | |

Tier 4: The Dodgy Tier

| | | | |
|------------------------------------|--|---------------------------------------|------------------------------------|
| Animal crackers ● | Coffee, iced mocha latte with nonfat milk ●■ | Meat loaf ▲■ | Sherbet ● |
| Beef, filet mignon ▲■ | Coffee, latte with whole milk ●▲■ | Mexican food ●▲■ | Shrimp ■ |
| Beef, lean ground ▲■ | Coffee cake ●▲ | Milk, whole ●▲■ | Sloppy Joe, lean beef or turkey ▲■ |
| Beef, sirloin ▲■ | Crackers ● | Muffins ●▲ | Soft drinks, diet |
| Beef Stroganoff ▲■ | Grilled cheese sandwich ●▲ | Nuts, salted or roasted ▲ | Soup, canned creamy ●▲ |
| Beer ● | Ham ▲■ | Peanut butter, not raw ●▲ | Spaghetti, with meatballs ●▲■ |
| Bread, refined flour ● | Hot dogs, turkey ▲■ | Pepper, stuffed ▲ | Sub sandwich ●▲■ |
| Buffalo ▲■ | Ice cream, sugar-free or fat-free ● | Pizza, meatless or Hawaiian style ●▲■ | Taco salad, with chicken ●▲■ |
| Butter ▲ | Jell-O ● | Popcorn, with salt and butter ●▲ | Tortilla, refined flour or corn ●▲ |
| Caesar salad, with chicken ●▲■ | Juice, sweetened ● | Pork chop ▲■ | Tuna salad or chicken salad ▲■ |
| Canadian bacon ▲■ | Lamb chops ▲■ | Potato salad or macaroni salad ●▲ | Vegetable oil ▲ |
| Cheese (including bleu and goat) ▲ | Lasagna, with meat ▲■ | Pudding, with low-fat milk ●▲ | Wine, white ● |
| Chili ●▲■ | Macaroni and cheese ●▲ | Reuben sandwich ▲■ | Yogurt, frozen ●▲■ |
| Chinese food ●▲■ | Margarine ▲ | | |
| Chips, low-fat, baked ● | | | |
| Coconut ▲ | | | |

Tier 5: The Newburg Tier

| | | | |
|--------------------------------------|--|---------------------------------|--------------------------|
| Alcohol, hard liquor | Chips, potato or corn ●▲ | Hot dogs ▲■ | Salad dressing, creamy ▲ |
| Bacon ▲■ | Chocolate ●▲ | Ice cream ●▲ | Sausage ▲■ |
| Baked beans ●▲■ | Cinnamon bun ●▲ | Jerky, beef, pork, or venison ■ | Soft drinks, sugared ● |
| Beef, ground, regular ▲■ | Coffee, mocha, macchiato, ice blended, frappé, triple caramel vanilla buzz bomb, etc. ●▲ | Juice, sugar added ● | Tater tots ●▲ |
| Beef taco, fried ▲■ | Cookies ●▲ | Lobster Newburg ▲■ | Toaster |
| Breakfast sandwich, fast food ▲■ | Cream cheese ▲ | Nachos ●▲ | |
| Cakes ●▲ | Creamed veggies ●▲ | Onion rings ●▲ | |
| Candy ● | Creamer, nondairy ▲ | Pastries ●▲ | |
| Cereal, sugared ● | Doughnuts ●▲ | Pies ●▲ | |
| Chicken a la King ▲■ | French fries ●▲ | Potato skins, fried ●▲ | |
| Chicken, buffalo wings or nuggets ▲■ | Gravy ▲ | Potatoes, fried ●▲ | |
| Chicken or fish sandwich, fried ▲■ | Hamburger, fast food ▲■ | Potpie ▲■ | |
| | | Refried beans, with lard ●▲■ | |