

	Stool 2 ( <a href="#">thryve</a> )	Stool 3a ( <a href="#">thryve</a> )	Stool 3b ( <a href="#">thryve</a> )	Stool 4 ( <a href="#">thryve</a> )	Stool 5 ( <a href="#">Ombre</a> )
Top 5 Vegetables	<ul style="list-style-type: none"> <li>Acorn squash</li> <li>Pattypan squash</li> <li>Hubbard squash</li> <li><b>Spaghetti squash</b></li> <li>Squash</li> </ul>	<ul style="list-style-type: none"> <li>Acorn squash</li> <li>Pattypan squash</li> <li>Hubbard squash</li> <li><b>Spaghetti squash</b></li> <li>Squash</li> </ul>	<ul style="list-style-type: none"> <li>Acorn squash</li> <li>Pattypan squash</li> <li>Hubbard squash</li> <li><b>Spaghetti squash</b></li> <li>Squash</li> </ul>	<ul style="list-style-type: none"> <li>Acorn squash</li> <li>Pattypan squash</li> <li>Hubbard squash</li> <li><b>Spaghetti squash</b></li> <li>Squash</li> </ul>	<ul style="list-style-type: none"> <li>Acorn squash</li> <li>Pattypan squash</li> <li>Hubbard squash</li> <li><b>Spaghetti squash</b></li> <li>Squash</li> </ul>
Top X Fruits & Berries	<ul style="list-style-type: none"> <li>Olive</li> </ul>	<ul style="list-style-type: none"> <li>Olive</li> </ul>	<ul style="list-style-type: none"> <li>Olive</li> </ul>	<ul style="list-style-type: none"> <li>Pineapple</li> <li>Kiwi Fruit</li> <li>Olive</li> </ul>	<ul style="list-style-type: none"> <li>Olive</li> </ul>
Top 5 Meats	<ul style="list-style-type: none"> <li>Pepperoni</li> <li>Beef</li> <li>Steak</li> <li>Kidney</li> <li>Lamb</li> </ul>	<ul style="list-style-type: none"> <li>Beef</li> <li>Kidney</li> <li>Lamb</li> <li>Pork</li> <li>Rabbit</li> </ul>	<ul style="list-style-type: none"> <li>Beef</li> <li>Kidney</li> <li>Lamb</li> <li>Pork</li> <li>Rabbit</li> </ul>	<ul style="list-style-type: none"> <li>Beef</li> <li>Kidney</li> <li>Lamb</li> <li>Pork</li> <li>Rabbit</li> </ul>	<ul style="list-style-type: none"> <li>Beef</li> <li>Kidney</li> <li>Lamb</li> <li>Pork</li> <li>Rabbit</li> </ul>
Top 5 Poultry	<ul style="list-style-type: none"> <li><b>Egg</b></li> <li>Egg White</li> <li>Egg yolk</li> <li>Quails' egg</li> <li><b>Chicken</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Egg</b></li> <li>Egg White</li> <li>Egg yolk</li> <li>Quails' egg</li> <li><b>Chicken</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Egg</b></li> <li>Egg White</li> <li>Egg yolk</li> <li>Quails' egg</li> <li><b>Chicken</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Egg</b></li> <li>Egg White</li> <li>Egg yolk</li> <li>Quails' egg</li> <li><b>Chicken</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Egg</b></li> <li>Egg White</li> <li>Egg yolk</li> <li>Quails' egg</li> <li><b>Chicken</b></li> </ul>
Top 5 Fish & Shellfish	<ul style="list-style-type: none"> <li>Shellfish</li> <li>Haddock</li> <li>Hake</li> <li>Halibut</li> <li>Crayfish</li> </ul>	<ul style="list-style-type: none"> <li>Shellfish</li> <li>Haddock</li> <li>Hake</li> <li>Halibut</li> <li>Crayfish</li> </ul>	<ul style="list-style-type: none"> <li>Shellfish</li> <li>Haddock</li> <li>Hake</li> <li>Halibut</li> <li>Crayfish</li> </ul>	<ul style="list-style-type: none"> <li>Shellfish</li> <li>Haddock</li> <li>Hake</li> <li>Halibut</li> <li>Crayfish</li> </ul>	<ul style="list-style-type: none"> <li>Shellfish</li> <li>Haddock</li> <li>Hake</li> <li>Halibut</li> <li>Crayfish</li> </ul>
Top 2 Dairy	<ul style="list-style-type: none"> <li>Milk</li> <li>Goats' milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Goats' milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Goats' milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Goats' milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Goats' milk</li> </ul>
Top 5 Grains	<ul style="list-style-type: none"> <li>Pasta</li> <li>Amaranth</li> <li>Pearl barley</li> <li>Barley</li> <li>Tagliatelle</li> </ul>	<ul style="list-style-type: none"> <li>Amaranth</li> <li>Pearl barley</li> <li>Barley</li> <li>Tagliatelle</li> <li>Bulgur wheat</li> </ul>	<ul style="list-style-type: none"> <li>Amaranth</li> <li>Pearl barley</li> <li>Barley</li> <li>Tagliatelle</li> <li>Bulgur wheat</li> </ul>	<ul style="list-style-type: none"> <li>Amaranth</li> <li>Pearl barley</li> <li>Barley</li> <li>Tagliatelle</li> <li>Bulgur wheat</li> </ul>	<ul style="list-style-type: none"> <li>Amaranth</li> <li>Pearl barley</li> <li>Barley</li> <li>Tagliatelle</li> <li>Bulgur wheat</li> </ul>
Top X Herbs & Spices	<ul style="list-style-type: none"> <li>Rosemary</li> <li>Salt</li> </ul>	<ul style="list-style-type: none"> <li>Rosemary</li> </ul>	<ul style="list-style-type: none"> <li>Rosemary</li> </ul>	<ul style="list-style-type: none"> <li>Rosemary</li> </ul>	<ul style="list-style-type: none"> <li>Rosemary</li> </ul>
Top 4 Oil & Fats	<ul style="list-style-type: none"> <li>Lard</li> <li>Rapeseed oil</li> <li><b>Olive Oil</b></li> <li>Grapeseed oil</li> </ul>	<ul style="list-style-type: none"> <li>Lard</li> <li>Rapeseed oil</li> <li><b>Olive Oil</b></li> <li>Grapeseed oil</li> </ul>	<ul style="list-style-type: none"> <li>Lard</li> <li>Rapeseed oil</li> <li><b>Olive Oil</b></li> <li>Grapeseed oil</li> </ul>	<ul style="list-style-type: none"> <li>Lard</li> <li>Rapeseed oil</li> <li><b>Olive Oil</b></li> <li>Grapeseed oil</li> </ul>	<ul style="list-style-type: none"> <li>Lard</li> <li>Rapeseed oil</li> <li><b>Olive Oil</b></li> <li>Grapeseed oil</li> </ul>

I use **Olive Oil** on a regular basis (usually, instead of butter). I also eat **Eggs** on a regular basis. So, I am not going to stop using those.

I eat **Spaghetti Squash** on a somewhat regular basis. I know that I don't have a strong negative reaction.

I **don't** think I will follow any of the recommendations, but they were relatively consistent between measurements.