



VEGETABLES

3% or less carbs

- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beet Greens
- Bok Choy Greens
- Broccoli
- Cabbages
- Cauliflower Celery
- Chards
- Chicory
- Collard Greens
- Cucumber
- Endive
- Escarole
- Garlic
- Kale
- Kohlrabi
- Lettuces
- Mushrooms
- Mustard Greens
- Parsley
- Radishes
- Raw Cob Corn
- Salad Greens
- Sauerkraut
- Spinach
- String Beans
- Summer Squashes
- Turnip Greens
- Watercress
- Yellow Squash
- Zucchini Squash

MISCELLANEOUS

In Limited Amounts

- Butter
- Cottage Cheese
- Dressing - Oil / Cider Vinegar only
- Nuts, RAW (except Peanuts)
- Oils – Butter, Coconut oil, Olive, Sesame Seed Oil, Macadamia Nut Oil, (no Canola oil) preferably cold-pressed

VEGETABLES

6% or less carbs

- Bell Peppers
- Bok Choy Stems
- Chives
- Eggplant
- Green Beans
- Green Onions
- Okra Olives
- Pickles
- Pimento
- Rhubarb
- Sweet Potatoes
- Tomatoes
- Water Chestnuts
- Yams

VEGETABLES

7-9% or less carbs

- Acorn Squash
- Artichokes
- Avocado
- Beets
- Brussels Sprouts
- Butternut
- Squash
- Carrots
- Jicama
- Leeks
- Onion
- Pumpkin
- Rutabagas
- Turnips
- Winter Squashes

BEVERAGES

- Beef Tea
- Bouillon - Beef, Chicken (no MSG)
- Herbal (Non-caffeine) Teas, Green Tea is an excellent choice. (Don't worry about the small amount of caffeine in green tea unless you find you cannot tolerate it.)
- Filtered or Spring Water

Remember:

Eat twice as many vegetables as fruits!

DESSERT

Plain Gelatin only

MEAT & PROTEIN

You can enjoy meat within these guidelines:

- Portion size is the size and thickness of your palm.
- Eat twice this portion of vegetables or more.

There is no limit on meat serving size generally speaking, but be balanced.

- Fowl, (chicken, turkey etc.)
- Red meat, grass fed if at all possible. If you are not able to get free range organic choose leaner meats.
- Cold Water Fish
- Eggs, organic and free range if at all possible.

SUPPORT

Note to the patient:

This food plan is designed to help balance your body chemistry and aid the body in returning to its normal function. Your practitioner may modify this plan to best suit your needs and objectives while on the 10-Day program.

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VEGETABLES*7-9% or less carbs*

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 Winter Squashes

VEGETABLES*12 - 21% carbs**(On Limited Basis Only 2-3 X/ wk)*

Celeriac
 Chickpeas
 Grains, Sprouted
 Horseradish
 Jerusalem Artichokes
 Kidney Beans
 Lima Beans
 Lentils
 Parsnips
 Peas
 Popcorn, (if tolerated. Best to avoid if not sure.)
 Potatoes
 Seeds, Sprouted
 Soybeans
 Sunflower Seeds

BEVERAGES

Beef Tea
 Bouillon - Beef, Chicken

(No MSG)

Herbal (Non-caffeine) Teas,
 Green Tea is an excellent choice.

Filtered or Spring Water
 Red Wine only

*(Max 1 glass per day)***DESSERT**

Plain Gelatin only

MEAT & PROTEIN

You can enjoy meat within these guidelines:

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- Eat twice this portion of vegetables or more.

There is no limit on meat serving size generally speaking, but be balanced.

Fowl, (chicken, turkey etc.)
 Red meat, grass fed if at all possible. If you are not able to get free range organic choose leaner meats.
 Cold Water Fish
 Eggs, Organic and free range if at all possible.

Remember:

Eat twice as many vegetables as fruits!

MISCELLANEOUS*(In Limited Amounts)*

Butter
 Cottage Cheese
 Dressing: Oil/Cider Vinegar
 Kefir (liquid yogurt)
 Milk, raw if at all possible
(Watch for food allergy to dairy!)
 Nuts, raw (no peanuts)
 Oils, preferably cold-pressed:
 Butter, Coconut oil, Olive (no Canola), Macadamia Nut Oil

SUPPORT

Note to the patient:

During the 10-Day program (and beyond if your objective is to lose weight) follow the Phase 1 plan. Once you have completed the 10 days, if you are just trying to improve your overall eating, transition to the Phase 2 plan.