



## 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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 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  
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Acorn Squash  
 Artichokes  
 Avocado  
 Beets  
 Brussels Sprouts  
 Butternut  
 Squash  
 Carrots  
 Jicama  
 Leeks  
 Onion  
 Pumpkin  
 Rutabagas  
 Turnips  
 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:*

- 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.

*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.