

## 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  
Salad Greens  
Sauerkraut  
Spinach  
String Beans  
Summer Squashes  
Turnip Greens  
Watercress  
Yellow Squash  
Zucchini Squash

## MISCELLANEOUS

*In Limited Amounts*

Butter  
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

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

## FRUIT

*Only to be used in shakes*

Apples  
Berries  
Cherries  
Grapes  
Papaya  
Peaches  
Pears  
Plums

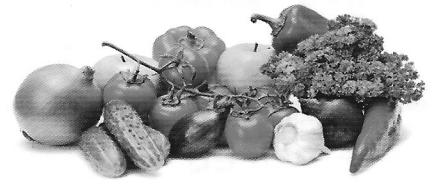
## MEAT & PROTEIN

*You can enjoy meat within  
these guidelines:*

- Portion size is the size and thickness of your palm.
- 2-3 servings per day
- Eat twice this portion of vegetables or more.
- Fowl (chicken, turkey etc.)
- Red meat (grass fed if at all possible-If you are not able to get free range organic meats, choose leaner options)
- Cold water fish
- Eggs (organic and free range if possible)

## 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.



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Winter Squashes

## VEGETABLES

12 - 21% carbs

(On Limited Basis Only 2-3 X/ wk)

Chickpeas  
Grains, Sprouted  
Horseradish  
Jerusalem Artichokes  
Kidney Beans  
Lima Beans  
Lentils  
Parsnips  
Peas  
Potatoes  
Seeds, Sprouted  
Soybeans  
Sunflower Seeds

## BEVERAGES

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)

## GRAINS

Low glycemic grains (2-3 times  
per week max)

Quinoa  
Sprouted Grains  
Wild Rice

Avoid higher glycemic grains:

Amaranth, Barley, Brown or White  
Rice, Millet, Wheat

## FRUIT

Limited quantity on limited basis  
(shakes or snacks)

Apples  
Berries  
Cherries  
Grapes  
Papaya  
Peaches  
Pears  
Plums

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Cold water fish  
Eggs (organic and free range if possible)

## 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

### 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.