



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

MEAT & PROTEIN

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- 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)

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.