

Magnolia Natural Health Center

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PHASE 1 FOOD PLAN FOR BALANCING BODY CHEMISTRY

MEAT FISH FOWL EGGS VEGETABLE

(No Limits on Serving Size)

PROTEIN: You may have as much protein as you desire, but not less than the amount listed below. It is very important that you eat small amount of protein every 2 hours.

Red Meat- minimum 3 oz. 3 times per week.
Eggs-unlimited

Fish-unbreaded unlimited
Nuts-see under snacks

Fowl-unbreaded unlimited

FRUITS: Limit fresh fruit to melons, citrus, and berries in unlimited quantity. However, They should always be eaten on an empty stomach away from other foods.

SNACKS: Unlimited amounts of nuts must be raw, and chewed thoroughly. Organic is Preferred. The nuts of choices are Almonds, Walnuts and Brazil nuts.

Food eaten closest to their raw state has the best digestive enzyme ability.

Take fluids more than one hour before or more than two hours after a meal.

Limit fluid intake with meal to no more than 4 ounces.

No processed grains, white flour, sugar or artificial sweeteners.

If you are trying to lose weight do not eat 3 hours before going to sleep.

Take all Homeopathic and Herbal supplements on an empty stomach for best results. See instruction on vitamins and minerals on when to take.

VEGETABLE 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	Parley Radishes Raw Cob Corn Salad Greens Sauerkraut Spinach String Beans Summer Squashes Turnip Green Watercress Yellow Squash Zucchini Squash	Pickles Pimento Rhubarb Sweet Potatoes Tomatoes Water Chestnuts Yam	Beverages Bouillon – Beef, Chicken Herbal Teas (decaf) Filtered or Spring Water (Approx. ½ of body Weight in oz)
	VEGETABLE 6% or Less Carbs Bell Peppers Boy Choy Stems Chives Egg Plant Green Beans Green Onion Okra Olives	Vegetable 7-9 OR LESS CARBS Acorn Squash Artichokes Avocados Beets Brussel Sprouts Butternut Squash Carrots Jicama Leeks Onion Pumpkins Rutabagas Turnips Winter Squashes	Miscellaneous (In limited Amounts) Butter, Raw Caviar Dressing – Oil / Cider Vinegar Only Jerky Nuts, RAW (Almonds, Walnuts and Brazil nuts) Oils – Vegetable, Olive Cold pressed, No Canola
			No Dairy at the moment, we must rule out any possible allergy associated with dairy.