

PHASE 2 FOOD PLAN FOR BALANCING BODY CHEMISTRY

MEAT FISH FOWL EGGS VEGETABLES

(No limits On Serving Size)

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

Red Meat - minimally 3oz. 3 times a week Fish - unbreaded unlimited Fowl - unbreaded unlimited
Eggs – unlimited Nuts - see under snacks

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

SNACKS: (*Unlimited amounts of nuts must be raw and chew thoroughly*) Almonds, Walnuts, Brazil Nuts and Fresh Fruit

Foods eaten closest to their raw state have the best digestive enzyme ability.

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

Limit fluid intake with meals to no more than 4 oz.

No processed grains, white flour, sugar, or sugar substitutes.

VEGETABLES 3% or less Carbohydrates

Asparagus
Bamboo Shoots
Bean Sprouts
Bok Choy Greens
Broccoli
Cabbage
Cauliflower
Celery
Chards
Chicory
Collard Greens
Cucumbers
Endive
Escarole
Garlic
Kale
Kolrabi
Lettuces
Mushroom
Mustard Greens
Parsley
Radishes
Raw Cob Corn
Salad Greens
Sauerkraut
Spinach
String Beans
Summer Squashes
Turnip Greens
Watercress
Yellow Squash
Zucchini Squash

VEGETABLES 6% or less Carbohydrates

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

VEGETABLES 7-9% or less Carbohydrates

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

VEGETABLES 12-21% or less Carbohydrates

Celeriac
Chickpeas
Cooked Corn
Grains, Sprouted
Horseradish
Jerus, Artichoke
Kidney Beans
Lentils
Parsnips
Peas
Popcorn
Potatoes
Seeds, Sprouted
Soybeans
Sunflower Seeds

FRUITS (Limited Quantity, Snack only)

Berries
Melons
Citrus
Grapes
Papaya
Pears
Prunes, Fresh

MISCELLANEOUS IN LIMITED AMOUNTS

Butter, Raw
Caviar
Dressing – Oil / Cider Vinegar only
Jerky
Nuts, Raw
Almonds
Walnuts
Brazils
Oils – Vegetable, Olive
Preferably cold pressed
(No Canola Oil)

Beverages

Filtered or Spring Water
½ of your weight in oz.
Beef Tea
Bouillon – Beef, Chicken
Herbal (Decaffeinated) Tea

