

PHASE I FOOD PLAN FOR
BALANCING BODY CHEMISTRY

MEAT FISH FOWL EGGS VEGETABLES
 (No Limit On Serving Size)

<i>VEGETABLES</i> <i>3% or less carbs</i>	<i>VEGETABLES</i> <i>6% or less carbs</i>	<i>VEGETABLES</i> <i>7 - 9% carbs</i>	<i>MISCELLANEOUS</i> <i>In Limited Amounts</i>
Asparagus	Bell Peppers	Acorn Squash	Butter
Bamboo Shoots	Bok Choy Stems	Artichokes	Caviar
Bean Sprouts	Chives	Avocado	Cottage Cheese
Beet Greens	Eggplant	Beets	Dressing - Oil / Cider Vinegar only
Bok Choy Greens	Green Beans	Brussel Sprouts	Jerky
Broccoli	Green Onions	Butternut Squash	Kefir (liquid yogurt)
Cabbages	Okra	Carrots	Milk
Cauliflower	Olives	Jicama	Nuts, Raw (except Peanuts)
Celery	Pickles	Leeks	Oils - Vegetable, Olive (no Canola) preferably cold-pressed
Chards	Pimento	Onion	
Chicory	Rhubarb	Pumpkin	
Collard Greens	Sweet Potatoes	Rutabagas	
Cucumber	Tomatoes	Turnips	
Endive	Water Chestnuts	Winter Squashes	
Escarole	Yams		
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			

BEVERAGES

Beef Tea
 Bouillon - Beef, Chicken
 Herbal (Decaffeinated) Teas
 Filtered or Spring Water

- ☺ ***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, SUGAR SUBSTITUTES.***