

**PHASE II FOOD PLAN FOR
BALANCING BODY CHEMISTRY**

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

<i>VEGETABLES 3% or less carbs</i>	<i>VEGETABLES 6% or less carbs</i>	<i>VEGETABLES 12 - 21% carbs</i>	<i>MISCELLANEOUS In Limited Amounts</i>
Asparagus	Bell Peppers	<i>On Limited Basis (Only 2-3 X/wk)</i>	Butter
Bamboo Shoots	Bok Choy Stems		Caviar
Bean Sprouts	Chives	Celeriac	Cottage Cheese
Beet Greens	Eggplant	Chickpeas	Dressing - Oil / Cider Vinegar only
Bok Choy Greens	Green Beans	Cooked Corn	Jerky
Broccoli	Green Onions	Grains, Sprouted	Kefir (liquid yogurt)
Cabbages	Okra	Horseradish	Milk
Cauliflower	Olives	Jerus. Artichokes	Nuts, Raw (except Peanuts)
Celery	Pickles	Kidney Beans	Oils - Vegetable, Olive (no Canola) preferably cold-pressed
Chards	Pimento	Lima Beans	<i>BEVERAGES</i>
Chicory	Rhubarb	Lentils	Beef Tea
Collard Greens	Sweet Potatoes	Parsnips	Bouillon - Beef, Chicken
Cucumber	Tomatoes	Peas	Herbal (Decaffeinated) Teas
Endive	Water Chestnuts	Popcorn	Filtered or Spring Water
Escarole	Yams	Potatoes	Red Wine only (3 glasses max)
Garlic		Seeds, Sprouted	<i>DESSERT</i>
Kale	<i>VEGETABLES 7 - 9% carbs</i>	Soybeans	Plain Gelatin only
Kohlrabi	Acorn Squash	Sunflower Seeds	
Lettuces	Artichokes	<i>FRUITS</i>	
Mushrooms	Avocado	<i>Limited Quantity On Limited Basis (Snacks only)</i>	
Mustard Greens	Beets	Apples	
Parsley	Brussel Sprouts	Berries	
Radishes	Butternut Squash	Grapes	
Raw Cob Corn	Carrots	Papaya	
Salad Greens	Jicama	Pears	
Sauerkraut	Leeks	Prunes, Fresh	
Spinach	Onion		
String Beans	Pumpkin		
Summer Squashes	Rutabagas		
Turnip Greens	Turnips		
Watercress	Winter Squashes		
Yellow Squash			
Zucchini Squash			

☺ ***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***