

10 Day Inflammation Program – Phase 1

NO WHEAT, NO DAIRY, AND NO SUGAR

Vegetables

3% or less carbs

Asparagus
Bamboo 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

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% less carbs

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

Fruits

Only in Shakes

Apples Berries
Cherries Grapes
Papaya Peaches
Pears Plums

Animal Proteins

Every meal:

- Portion 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 (if possible, grass fed; if unable to access free range organic meat, choose leaner options.)
Cold water fish
Eggs (organic or free range)

Beverages

Bouillon –Beef, Chicken (NO MSG)
Herbal Green Tea is an excellent choice
Filtered or Spring Water
Organic Coffee
Almond Milk
Cashew Milk
Coconut Milk

Miscellaneous

In Limited Amounts

Dressing: Oil/Cider Vinegar Only
Nuts, RAW (except Peanuts)
Oil: Coconut Oil, Ghee, Macadamia Nut Oil, Preferably Cold-pressed (No Canola Oil)

Note to Patients: The 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.

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