

PHASE - 2 DIET

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
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% or less carbs

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

Vegetables 12-21% carbs

limited only 2-3x/a week
Celery
Chickpeas
Grains, sprouted
Horseradish
Jerusalem Artichokes
Kidney Beans
Lima Beans
Lentils
Parsnips
Peas
Potatoes
Seeds, sprouted
Soybeans
Sunflower seeds

Beverages

Bouillon-Beef, Chicken (NO MSG)
Herbal (Non-caffeine teas)

Green Tea is an excellent choice. (Don't worry about the small amount of caffeine in green tea unless you find you cannot tolerate it.)
Filtered or Spring Water
Organic Coffee
Red Wine only

Grains

Low glycemic grains
2-3x/a week max
Quinoa
Sprouted Grains
Wild Rice
Avoid higher glycemic grains:
Amaranth, Barley, Brown or White rice, Millet, & Wheat

Fruits

Limited quantity on limited basis
(Shakes or snacks)
Apples
Berries
Cherries
Grapes
Papaya
Peaches
Pears
Plums

Meat & Protein

You can enjoy meat within these guidelines:

- Portion size 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.)

Note to patient: 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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Red meat (grass fed if possible;
if unable to access free range
organic meat, choose leaner
options)
Cold water fish
Eggs (organic and free range if
possible)

Miscellaneous

In limited amounts

Cottage Cheese

Dressing: Oil/Cider Vinegar

Nuts, raw (no peanuts)

Oils, preferably cold pressed:

Coconut oil, Olive (no canola),

Macadamia Nut Oil

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