

VEGETABLES*3% or less carbs*

Asparagus
 Bamboo Shoots
 Bean 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% or less carbs*

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

VEGETABLES*12 - 21% carbs**(On Limited Basis Only 2-3 X/ wk)*

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.

Filtered or Spring Water

Red Wine only

*(Max 1 glass per day)***MEAT & PROTEIN**

You can enjoy meat within
 these guidelines:

- Portion size is the size and thickness of your palm.
- Eat twice this portion of vegetables or more.

There is no limit on meat serving size generally speaking, but be balanced.

Fowl (chicken, turkey etc.)
 Red meat (grass fed if at all possible-If you are not able to get free range organic meats, choose leaner options)
 Cold water fish
 Eggs (organic and free range if possible)

Remember:

**Eat twice as many
 vegetables as fruits!**

MISCELLANEOUS*(In Limited Amounts)*

Butter
 Cottage Cheese
 Dressing: Oil/Cider Vinegar
 Kefir (liquid yogurt)
 Milk, raw if at all possible
(Watch for food allergy to dairy!)
 Nuts, raw (no peanuts)
 Oils, preferably cold-pressed:
 Butter, Coconut oil, Olive (no Canola), Macadamia Nut Oil

SUPPORT**Note to the patient:**

During the 10-Day program (and beyond if your objective is to lose weight) follow the Phase 1 plan. Once you have completed the 10 days, if you are just trying to improve your overall eating, transition to the Phase 2 plan.