



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

MISCELLANEOUS

In Limited Amounts

Butter
Cottage Cheese
Dressing - Oil / Cider
Vinegar only
Nuts, RAW (except Peanuts)
Oils - Butter, Coconut oil,
Olive, Sesame Seed Oil,
Macadamia Nut Oil, (no
Canola oil) preferably
cold-pressed

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

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

Remember:

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

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)

SUPPORT

Note to the patient:

This 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 while on the 10-Day program.