

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

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

**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  
Raw Cob Corn  
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% carbs**

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

**Each meal must include some protein – the best sources are meat, fish, poultry, eggs**

**MISCELLANEOUS  
In Limited Amounts**

Butter  
Caviar  
Jerky  
Dressing - Oil / Cider Vinegar only  
Nuts (raw only)  
Oils – Vegetable, Olive (no Canola), preferably cold-pressed

**BEVERAGES**

Beef Tea  
Bouillon - Beef, Chicken  
Herbal (Decaffeinated) Teas  
Filtered or Spring Water

**DESSERT**

Plain Gelatin only

- ☺ **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.**