

PHASE II FOOD PLAN
For Balancing your Body Chemistry

MEAT	FISH	FOWL	EGGS	FRUITS	VEGETABLES
(no limit on serving size)					

VEGETABLES

3% or less carbs

Asparagus
 Bamboo Shoots
 Bean Sprouts
 Beet Greens
 Bok Choy Greens
 Broccoli
 Cabbage
 Cauliflower
 Celery
 Chard
 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
 Carrots
 Jicama
 Leeks
 Onion
 Pumpkin
 Rutabagas
 Turnips
 Winter Squashes

*Eliminate this column
to lose weight faster*

VEGETABLES

12-21 % carbs

Only 2-3 x/week

Celeriac
 Chick Peas
 Cooked Corn
 Grains, Sprouted
 Horseradish
 Jerusalem Artichokes
 Kidney Beans
 Lima Beans
 Lentils
 Parsnips
 Peas
 Popcorn
 Potatoes, Red-Skin only
 Seeds, Sprouted
 Soybeans
 Sunflower Seeds

FRUITS

In Limited Quantity

On Limited Basis **for**

weight loss

(Snacks Only)

Apples
 Berries
 Grapes
 Papaya
 Pears
 Prunes, Fresh

MISCELLANEOUS

In Limited Amounts

Butter
 Caviar
 Cottage Cheese
 Dressing – Olive Oil
 /Cider Vinegar only
 Jerky
 Kefir (liquid yogurt)
 Milk
 Nuts (except peanuts)
 Oils – only Coconut Oil
 and Olive Oil (Extra
 Virgin, Cold-Pressed)

BEVERAGES

Beef Tea
 Bouillon – Beef, Chicken
 Herbal (Decaf) 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 1 hour before or more than 2 hours after meals
- Limit fluid intake with meals to no more than 4 oz