

Phase I diet for balancing blood chemistry (edited from Melvin Page's work)

Removing Starches will control your blood sugar, which will remove THE major stress on your body-Hypoglycemia

The 1st and most important step is to remove, pasta, bread, white potatoes and rice

The 2nd step is to consume protein 3x/day

The 3rd step is to dilute all juice 50% with water, & be cautious not to drink too much fluid with meals, reducing digestive capacity

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| Animal Protein 3x/day |
| MEAT |
| FISH |
| FOWL |
| EGGS |
| Animal protein requirements are calculated by taking your weight in pounds and divide by 15 to get min. ounces per day ie. 150lbs/15=10oz per day 10oz/3 meals = 3.3 oz per meal |
| Vegetables (see guidelines to right) |

| UNLIMITED AMOUNTS | |
|-------------------|--------------------|
| VEGETABLES | VEGETABLES |
| 3% or less carbs | 6% or less carbs |
| Asparagus | Bell Peppers |
| Bamboo Shoots | Bok Choy Stems |
| Bean Sprouts | Chives |
| Beet Greens | Eggplant |
| Bok Choy Greens | Green Beans |
| Broccoli | Green Onions |
| Cabbages | Okra |
| Cauliflower | Olives |
| Celery | Pickles |
| Chards | Pimento |
| Chicory | Rhubarb |
| Collard Greens | Sweet Potatoes |
| Cucumber | Tomatoes |
| Endive | Water Chestnuts |
| Escarole | Yams |
| Garlic | VEGETABLES |
| Kale | 7- 9% carbs |
| Kohlrabi | Acorn Squash |
| Lettuces | Artichokes |
| Mushrooms | Avocado |
| Mustard Greens | Beets |
| Parsley | Brussels Sprouts |
| Radishes | Butternut Squash |
| Raw Cob Corn | Carrots |
| Salad Greens | Jicama |
| Sauerkraut | Leeks |
| Spinach | Onion |
| Yellow Squash | Pumpkin |
| Zucchini Squash | Rutabagas |
| | Turnips |
| | Winter Squashes |

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| Notice the Phase I diet removes all sources of sugar and starch |
| Please Avoid all: |
| Grains |
| Fruit |
| Alcohol |
| Dairy |
| Canola Oil |
| Remember you will be moving to Phase II diet once your health is restored. |

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| MISCELLANEOUS |
| In Limited Amounts |
| Butter |
| Caviar |
| Coconut Oil |
| Dressing - Oil / Apple Cider Vinegar |
| Jerky |
| Raw Nuts Only (No peanuts) |
| Olive Oil, Sesame Seed Oil, Walnut Oil |
| BEVERAGES |
| Spring or Filtered Water |
| Herbal (NON-caffeinated) teas |
| Broth-Chicken or Beef |

