

**MEAT      FISH      FOWL      EGGS      FRUITS      VEGETABLES**

(No Limit on Servings)

Ideally eat protein smaller amounts every 2-3 hours to control blood sugar)

<p><b>VEGETABLES</b> <b><u>3% or less carbs</u></b> Asparagus Bamboo Shoots Bean Sprouts Beet Greens Bok Choy Greens Broccoli Cabbages Cauliflower Celery Chard 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</p>	<p><b>VEGETABLES</b> <b><u>6% or less carbs</u></b> Bell Peppers Bok Choy Stems Chives Eggplant Green Beans Green Onions Okra Olives Pickles Pimento Rhubarb Sweet Potatoes Tomatoes Water Chestnuts Yams</p> <p><b>VEGETABLES</b> <b><u>7- 9% carbs</u></b> Acorn Squash Artichokes Avocado Beets Brussel Sprouts Butternut Squash Carrots Jicama Leeks Onion Pumpkin Rutabagas Turnips Winter Squashes</p>	<p><b>VEGETABLES</b> <b><u>12 - 21% carbs</u></b> <b><u>On Limited Basis</u></b> <b><u>(Only 2 -3 X/ wk)</u></b>  Chickpeas Cooked Corn Grains, Sprouted Horseradish Jerus. Artichokes Kidney Beans Lima Beans Lentils Parsnips Peas  Potatoes Seeds, Sprouted Soybeans (Only Edemame) Sunflower Seeds</p> <p><b>Fruits</b> <b><u>In Limited Quantity</u></b> <b><u>On Limited Basis</u></b> <b><u>(Snacks only)</u></b> Apples Berries Grapes Papaya Pears Prunes, Fresh</p>	<p><b>MISCELLANEOUS</b> Butter Caviar Cottage Cheese Dressing - Oil / Cider Vinegar only Jerky Kefir (liquid yogurt) Milk Nuts (ideally no peanuts) Oils - Vegetable, Olive (no Canola) preferably cold-pressed</p> <p><b><u>BEVERAGES</u></b> Beef Tea Bouillon - Beef, Chicken Herbal (Decaffeinated) Teas Filtered or Spring Water Red Wine only (3 glasses/wk)</p> <p><b><u>DESSERT</u></b> Plain Gelatin only</p>
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- ☺ **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. STEVIA AND AGAVE OK**