

## Phase II 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 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*

<b>Animal Protein 3x/day</b>
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
<b>Vegetables</b> (see guidelines to right)
<b>FRUIT as a MEAL</b> Unlimited amount of ANY fruit as a meal
<b>FRUIT between meals as a snack</b> Max 2 times per day
Best snack fruits (low glycemic) are: Apple Berries / Cherries Grapes Peach Pear Plum

UNLIMITED AMOUNTS	
VEGETABLES 3% or less carbs	VEGETABLES 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	<b>VEGETABLES</b>
Kale	<b>7- 9% carbs</b>
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

<b>2-3 times per wk max</b>
<b>VEGETABLES</b> 12 - 21%carbs
Celeriac (celery root)
Chickpeas
Cooked Corn
Horseradish
Kidney Beans
Lima Beans
Lentils
Parsnips
Peas
Popcorn
<del>Potatoes white</del>
Sprouted Seeds
Soy (fermented is best)
Sunflower Seeds

<b>2-3 times per wk max</b>
<b>Low Glycemic Grains</b>
Buckwheat
Quinoa
Sprouted Grains (from original diet)
Wild Rice (actually a grass)
<b>Avoid higher glycemic grains:</b>
<del>Amaranth</del>
<del>Barley</del>
<del>Rice brown or white</del>
<del>Millet</del>
<del>Wheat</del>

<b>MISCELLANEOUS</b>
<b>Slightly Restricted</b>
Butter
Caviar
Cottage Cheese
Coconut Oil
Jerky
Kefir (liquid yogurt)
Cheese or Milk, Raw
Nuts (except Peanuts)
Olive Oil, Sesame Seed Oil, Walnut Oil
Dressing-Above Oil & Apple Cider Vinegar
<b>BEVERAGES</b>
Spring or Filtered Water
Herbal (NON-caffeinated) teas
Broth-Chicken or Beef
Red Wine only (3 glasses max/day)

