

## Phase II diet for balancing blood chemistry (edited from Melvin Pa...

**Removing Starches will control your blood sugar, which will remove THE major stress on**

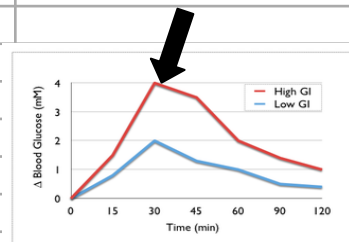
*The 1st and most important step is to remove, pasta, bread, white potatoes and r...*

*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, r...*

| Animal Protein 3x/day            | UNLIMITED AMOUNTS                     |                                       | 2-3 times per wk max                |
|----------------------------------|---------------------------------------|---------------------------------------|-------------------------------------|
| MEAT                             | <b>VEGETABLES</b><br>3% or less carbs | <b>VEGETABLES</b><br>6% or less carbs | <b>VEGETABLES</b><br>12 - 21% carbs |
| FISH                             | Asparagus                             | Bell Peppers                          | Celeriac (celery root)              |
|                                  | Bamboo Shoots                         | Bok Choy Stems                        | Chickpeas                           |
| FOWL                             | Bean Sprouts                          | Chives                                | Cooked Corn                         |
|                                  | Beet Greens                           | Eggplant                              | Horseradish                         |
| EGGS                             | Bok Choy Greens                       | Green Beans                           | Kidney Beans                        |
| Animal protein requirements are  | Broccoli                              | Green Onions                          | Lima Beans                          |
| calculated by taking your weight | Cabbages                              | Okra                                  | Lentils                             |
| in pounds and divide by 15       | Cauliflower                           | Olives                                | Parsnips                            |
| to get min. ounces per day       | Celery                                | Pickles                               | Peas                                |
| ie. 150lbs/15=10oz per day       | Chards                                | Pimento                               | Popcorn                             |
| 10oz/3 meals = 3.3 oz per meal   | Chicory                               | Rhubarb                               | Potatoes-white                      |
|                                  | Collard Greens                        | Sweet Potatoes                        | Sprouted Seeds                      |
| <b>Vegetables</b>                | Cucumber                              | Tomatoes                              | Soy (fermented is best)             |
| (see guidelines to right)        | Endive                                | Water Chestnuts                       | Sunflower Seeds                     |
|                                  | Escarole                              | Yams                                  |                                     |
| <b>FRUIT as a MEAL</b>           | Garlic                                | <b>VEGETABLES</b>                     |                                     |
| Unlimited amount of              | Kale                                  | <b>7- 9% carbs</b>                    |                                     |
| ANY fruit as a meal              | Kohlrabi                              | Acorn Squash                          |                                     |
|                                  | Lettuces                              | Artichokes                            |                                     |
| <b>FRUIT between meals</b>       | Mushrooms                             | Avocado                               |                                     |
| <b>as a snack</b>                | Mustard Greens                        | Beets                                 |                                     |
| <b>Max 2 times per day</b>       | Parsley                               | Brussels Sprouts                      |                                     |
|                                  | Radishes                              | Butternut Squash                      |                                     |
| Best snack fruits                | Raw Cob Corn                          | Carrots                               |                                     |
| (low glycemic) are:              | Salad Greens                          | Jicama                                |                                     |
| Apple                            | Sauerkraut                            | Leeks                                 |                                     |
| Berries / Cherries               | Spinach                               | Onion                                 |                                     |
| Grapes                           | Yellow Squash                         | Pumpkin                               |                                     |
| Peach                            | Zucchini Squash                       | Rutabagas                             |                                     |
| Pear                             |                                       | Turnips                               |                                     |
| Plum                             |                                       | Winter Squashes                       |                                     |

Insulin





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| <b>ge's work)</b>                        |
| <b>n your body-Hypoglycemia</b>          |
| <i>ice</i>                               |
| <i>reducing digestive capacity</i>       |
| <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>     |
| Amaranth                                 |
| Barley                                   |
| Rice-brown or white                      |
| Millet                                   |
| Wheat                                    |
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| <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><u>BEVERAGES</u></b>                  |
| Spring or Filtered Water                 |
| Herbal (NON-caffeinated) teas            |
| Broth-Chicken or Beef                    |
| Red Wine only (3 glasses max/day)        |
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