

# Phase I diet for balancing blood chemistry (edited from Paige's work)

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

<b>NO serving size limit!!</b>
<b>(Each meal must include some animal protein)</b>
MEAT
FISH
FOWL
EGGS
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	
Kale	<b>VEGETABLES</b>
Kohlrabi	<b>7- 9% carbs</b>
Lettuces	Acorn Squash
Mushrooms	Artichokes
Mustard Greens	Avocado
Parsley	Beets
Radishes	Brussels Sprouts
Raw Cob Corn	Butternut Squash
Salad Greens	Carrots
Sauerkraut	Jicama
Spinach	Leeks
Yellow Squash	Onion
Zucchini Squash	Pumpkin
	Rutabagas
	Turnips
	Winter Squashes

<b>Notice the Phase I diet removes all sources of sugar and starch</b>
Please Avoid all:
Grains
Fruit
Alcohol
Dairy
Canola Oil
Remember you will be moving to Phase II diet once your health is restored.
<i>The above box was added</i>

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

