

This page only for 30 consecutive days, then add pages 2-5 for continued plan.

Proteins

Chicken
Eggs
Fish (see ER4YT list) no shell fish
Turkey

Non-Starchy Vegetables

Artichoke
Asparagus
Broccoli
Carrots (raw)
Cauliflower
Celery
Cucumber
Collard greens
Dandelion
Endive
Fennel
Garlic
Green beans
Lettuce
Olives: green
Onions
Radishes
Rapini
Scallion
Snow peas
Spaghetti squash
Summer squash: cook neck, scallop, straight neck, zucchini
Spinach
Sprouts: all
Swiss chard

Eat Unlimited from this Page for 30 consecutive days.

For best results drink only Kangen Water.

<http://www.famfirstchiro.com>

You may add olive oil and sea salt. Raw, steamed, baked, fried, grilled, juiced: but no additives. Exercise for 10 minutes/ 7 days a week / before breakfast

If it is not listed on this page; DO NOT EAT IT.

No dairy, No grains/bread/pasta, No seeds, No nuts, No fruit, No rice, No beans.

Schwarzbein Type 'A' 15/15/Ph Balance

15 grams of Carbohydrates (Starches) - vegetables cooked

Acorn squash	1/2 cup
Beets	1 cup
Butternut squash	2/3 cup
Carrots	1 cup
Corn	1/2 cup
Green Peas	1/2 cup
Leeks	1 cup
Okra	1 cup
Parsnips	2/3 cup
Pumpkin	1 cup
Rutabega	1/4 large
Turnips	1/2 cup

Brown rice	1/3 cup
Wild rice	1/2 cup

Bread	1 slice
Essene	
Ezekiel	
Millet	
Rye (100%)	

Brown Rice cakes	2
Rye Crisps (Kavli thin)	3
Rye Wafers (Wasa)	1

Oats	2/3 cup
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Beans/Legumes (also count as protein) - cooked

Adzuki	1/4 cup
Black	1/3 cup
Pinto	1/3 cup
Lentils	1/3 cup
Broad(fava)	1/2 cup
White	1/3 cup

Tempeh(also protein)	1/2 cup
Tofu(also protein)	1 cup

After the initial 30 days, Only one item from this page per meal.

Schwarzbein Type 'A' 15/15/Ph Balance

Snacks – 15 grams of carbohydrates (Starches)

Nuts

Almonds	2 oz
Filberts	3 oz.
Macadamia	1.5 oz
Pignola (pine)	1 oz
Peanuts	1 oz
Pumpkin seeds	1 oz.
Sunflower seeds-dried	1/2 cup
Sesame seeds-dried	1 oz
Walnuts	4 oz.

After the initial 30 days, Only one item from this page per snack.

Fruit

Apple	1
Apricots	2
Blueberries	3/4 cup
Blackberries	3/4 cup
Boysenberries	1 cup
Cherries	1 cup (with pits)
Cranberries	1 cup (whole-unsweetened)
Figs	2
Grapefruit	1/2
Grapes	15
Kiwi	1
Melon: Canary	1 cup (cubed)
Casaba	1.5 cup
Crenshaw	1 cup (cubed)
Water	1 1/4 cup
Nectarine	1
Pear	1
Peach	1
Pineapple	3/4 cup
Plums	2
Prunes	3
Raisin	2 Tbsp
Raspberries	1 cup
Strawberries	1.5 cup

Yogurt	1 cup
Soy Beans	1.5 oz.
Brown rice cakes	2
Rye Crisps (Kavli thin)	3
Rye Wafers (Wasa)	1

Schwarzbein Type 'A' 15/15/Ph Balance

Fats – use only cold or pure pressed oils

Olive oil

Canola oil

Linseed(flaxseed) oil

Beverages

Water

1/2 body weight in ounces daily

Tea

green

Salad Dressing

Oil, lemon, salt

Schwarzbein Type 'A' 15/15/Ph Balance

Breakfast

Protein

15 grams of carbohydrates (fruit choices are on the "snack" list)

Fat

Snack

Choose one from list

Lunch

Protein

15 grams of carbohydrates

Salad, steamed, or sautéed vegetables from Non-Starchy list

Fats

Snack

Choose one from list

Dinner

Protein

15 grams of carbohydrates

Salad, steamed, or sautéed vegetables from Non-Starchy list

Fats