

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

Proteins

Eggs

Fish (see ER4YT list) No shell fish

Lamb

Liver

Mutton

Rabbit

Turkey

Non-Starchy Vegetables

Asparagus

Broccoli

Cabbage: chinese, red, white

Carrots (raw)

Cauliflower

Celery

Collard greens

Cucumber

Collard greens

Dandelion

Eggplant

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: alfalfa

Swiss chard

Zucchini

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.

15 grams of Carbohydrates (Starches)

(vegetables cooked)

Acorn squash	1/2 cup
Beets	1 cup
Butternut squash	2/3 cup
Carrots	1 cup
Green Peas	1/2 cup
Leeks	1 cup
Okra	1 cup
Parsnips	2/3 cup
Potato: red, white, sweet	1/2 medium
Pumpkin	1 cup
Rutabega	1/4 large
Turnips	1/2 cup
Yams	1/2 medium

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

Beans (cooked) – also count as protein

Broad	1/2 cup
Navy	1/3 cup
Northern	1/3 cup
Pinto	1/3 cup
Lentils: green, red	1/3 cup

Couscous	1/3 cup
Pasta: semolina, spinach (uncooked)	2 oz
Rice: basmati, brown, white	1/3 cup
wild	1/2 cup

Bread	1 slice
Essene	
Ezekiel	
Millet	
Multi-grain	
Rye (100%)	
Spelt	
Whole Wheat	

Brown Rice cakes	2
Oats	2/3 cup
Rye Crisps (Kavli thin)	3
Rye Wafers (Wasa)	1
Tempeh(count as protein)	1/2 cup
Tofu(count as protein)	1 cup

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

Schwarzbein 'AB' 15/15

Fats – use only cold or pure pressed oils

Olive oil

Canola oil

Cod liver oil

Linseed(flaxseed) oil

Beverages

Water	1/2 body weight in ounces daily
Tea	see list

Salad Dressing

Oil, lemon, salt

Schwarzbein 'AB' 15/15

Breakfast

Protein

15 grams of carbohydrates (fruit choices are on "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