

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

Proteins

Beef  
Eggs  
Fish (see ER4FYT list) No shell fish  
Lamb  
Liver  
Mutton  
Venison  
Turkey  
Veal

Eat Unlimited from this  
Page for 30 consecutive  
days.  
For best results drink only  
Kangen Water.

<http://www.famfirstchiro.com/>

Non-Starchy Vegetables

Asparagus  
Broccoli  
Brussel sprouts  
Cabbage  
Carrots (raw)  
Cauliflower  
Celery  
Cucumber  
Collard greens  
Eggplant  
Kale  
Lettuce  
Leek  
Mushroom: domestic, enoki, Portobello, shitake, oyster, tree  
Mustard greens  
Onions  
Scallion  
Shallots  
Snow peas  
Spinach  
Spaghetti squash  
Sprouts: alfalfa, brussel  
Summer squash (crookneck, scallop, straight neck, zucchini)  
Swiss Char

Olive oil

Sea salt

Exercise for 10 minute, every morning, before eating any food, 7 days a week

For 30 days, if it is not on this list, do not eat it!

No bread, grains, pasta, nuts, fruit, nuts, beans, rice.

## Schwarzbein 'B' 15/15 / Ph Balance

### 15 grams of Starch (vegetables cooked)

Acorn squash	1/2 cup
Beets	1 cup
Carrots	1 cup
Green Peas	1/2 cup
Lima Beans	1/2 cup
Okra	1 cup
Parsnips	2/3 cup
Potatoes: sweet, white, red	1/2 medium
Rutebega	1/4 large
Turnips	1/2 cup
Yam	1/2 medium

Rice: brown	1/3 cup
wild	1/2 cup

Bread	1 slice
Essene	
Ezekiel	
Millet	
Spelt	

Brown Rice cakes	2
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Oats	2/3 cup
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### Snacks

#### Nuts

Almonds	2 oz.
Brazil	3 oz
Macadamia	3 oz
Pecans	2 oz
Walnuts	4 oz.

#### Fruit

Apple	1
Apricots	2
Blackberries	3/4 cup
Blueberries	3/4 cup
Cherries	1 cup (with pits)
Dates	2
Figs	2
Grapefruit	1/2
Grapes	15

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

## Schwarzbein 'B' 15/15 / Ph Balance

Kiwi	1
Melon: Canary	1 cup (cubed)
Canteloupe	1 cup (cubed)
Casaba	1 ½ cup (cubes)
Crenshaw	1 cup (cubed)
Honeydew	1 cup (diced)
Water	1 ¼ cup (diced)
Nectarine	1
Papaya	½ cup (mashed)
Pear	1
Peach	1
Pineapple	¾ cup
Plum	2
Raisin	2 Tbsp
Raspberries	1 cup
Strawberries	1 ½ cup
Yogurt - plain	1 cup
Brown rice cakes	2
Rye Crisps	
Kavli (thin)	2
Wasa	1

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

### Fats – use only cold or pure pressed oils

Cod liver oil  
Olive oil  
Linseed(flaxseed) oil  
Butter

### Beverages

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

### Salad Dressing

Oil, lemon, salt

Schwarzbein 'B' 15/15 / Ph Balance

Breakfast

Protein

15 grams of starch

Fat

Snack

Choose one from list

Lunch

Protein

15 grams of starch

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

Fats

Snack

Choose one from list

Dinner

Protein

15 grams of starch

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

Fats