

Schwarzbein 'O' 15/15 /Ph Balance

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

Proteins

Beef
Buffalo
Chicken
Duck
Fish (see ER4YT list) No shell fish
Lamb
Liver
Mutton
Veal
Venison
Turkey
Eggs

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
Carrots (raw)
Celery
Cucumber
Collard greens
Garlic
Lettuce
Onions
Peppers: red, orange, yellow
Radishes
Scallion
Snow peas
Spinach
Tomato
Zucchini

Sea salt and olive oil

No: bread, grain, pasta, rice, fruit, nuts, dairy, for 30 days.

Exercise for 10 minutes / 7 days a week / before breakfast!

Schwarzbein 'O' 15/15 /Ph Balance

Only one item this page per meal.

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
Sweet Potato	1/2 medium
Turnips	1/2 cup
Yam	1/2 medium

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

Beans/Legumes(also count as protein)

Adzuki	1/4 cup
Pinto	1/3 cup
Black	1/3 cup
Broad(fava)	1/2 cup
Garbanzo	1/3 cup
Tempeh (also protein)	1/2 cup
Tofu (also protein)	1 cup

Schwarzbein 'O' 15/15 /Ph Balance

Only one item from
this page per snack.

15 grams of Starch - Snacks

Nuts

Almonds	2 oz.
Filberts	3 oz.
Pumpkin seeds	2 oz.
Sunflower seeds-dried	1/2 cup
Walnuts	4 oz.

Fruit

Apple	1
Apricots	2
Blueberries	3/4 cup
Cherries	1 cup (with pits)
Figs	2
Grapefruit	1/2
Grapes	15
Melon: Canary	1 cup (cubed)
Crenshaw	1 cup (cubed)
Nectarine	1
Pear	1
Peach	1
Pineapple	3/4 cup
Plums	2
Raisin	2 Tbsp
Raspberries	1 cup

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

Schwarzbein 'O' 15/15 /Ph Balance

Fats – use only cold or pure pressed oils

Olive oil
Canola oil
Linseed(flaxseed) oil
Butter

Beverages

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

Salad Dressing

Oil, lemon, salt

Schwarzbein 'O' 15/15 /Ph Balance

Breakfast

Protein

15 grams of starch (fruit choices are listed under “snacks”)

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