

Phase II diet for balancing blood chemistry (edited from Melvin Page's work)

Reducing starches will help balance your blood sugar, which will remove a major stress on your body - Hypoglycemia

The 1st and most important step is to remove pasta, bread, white potatoes, rice and sugar

The 2nd step is consume protein 3x/day

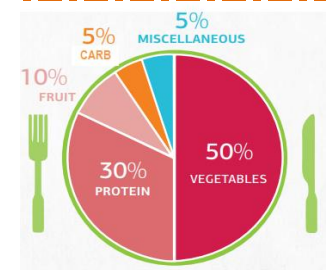
The 3rd step is to dilute all juice 50% with water, & be cautious not to drink too much fluid with meals, reducing digestive capacity

Animal Protein 3x/day
MEAT
FISH
FOWL
EGGS
Animal protein requirements are calculated by taking your weight in pounds and divide by 15 to get minimum ounces per day ie. 150lbs/15=10oz per day 10oz/3 meals = 3.3 oz per meal
VEGETABLES
4-6 servings/day (minimum)
See options to right
1 serving of vegetables = 2 cups greens
1 cup raw
1/2 cup cooked
FRUIT
2-3 servings/day
Btw meals or as a snack
Choose low glycemic fruits
Apple
Berries / Cherries
Grapes
Peach
Pear
Plum

UNLIMITED AMOUNTS	
VEGETABLES 3% or less carbs	VEGETABLES 6% or less carbs
Arugala	Bell Peppers
Asparagus	Bok Choy Stems
Bamboo Shoots	Chives
Bean Sprouts	Eggplant
Beet Greens	Green Beans
Bok Choy Greens	Green Onions
Broccoli	Okra
Cabbages	Olives
Cauliflower	Pickles
Celery	Pimento
Chards	Rhubarb
Chicory	Sweet Potatoes
Collard Greens	Tomatoes
Cucumber	Water Chestnuts
Endive	Yams
Escarole	VEGETABLES
Garlic	7- 9% carbs
Kale	Acorn Squash
Kohlrabi	Artichokes
Lettuces	Avocado
Mushrooms	Beets
Mustard Greens	Brussels Sprouts
Parsley	Butternut Squash
Radishes	Carrots
Salad Greens	Jicama
Sauerkraut	Leeks
Spinach	Onion
Yellow Squash	Pumpkin
Zucchini Squash	Rutabagas
	Turnips
	Winter Squashes

2-3 times per wk max
VEGETABLES
12 - 21% carbs
Celeriac (celery root)
Chickpeas
Cooked Corn (non GMO)
Horseradish
Kidney Beans
Lima Beans
Lentils
Parsnips
Peas
Popcorn (non GMO)
Sprouted Seeds
Soy (fermented only)

Only 1 "carb" per day



*Remember to treat yourself when needed. If planning to eat "dessert," do not consume additional carbs from orange box above for that day. Balancing blood sugar supports mood stability, sleep and healthy weight maintenance. The 80/20 rule applies with this lifestyle. Do your best!

2-3 times per wk max
Low Glycemic Grains
Buckwheat
Quinoa (rinsed well)
Steel cut or Old fashioned Oats (gluten free)
Sprouted Grains (from original diet)
Wild Rice (actually a grass)
Avoid higher glycemic grains:
Wheat
Barley or Millet
Rice, brown or white

FATS / MISCELLANEOUS
Slightly Restricted
Butter / Ghee
Avocado
Coconut Oil
Jerky (no nitrates)
Cheese, Kefir or Milk (Raw only)
Nuts (except Peanuts) & Seeds
Olive, Sesame Seed, Walnut, Coconut or Avocado Oil
Dressing-Above Oil & Apple Cider Vinegar
Herbs and Spices as desired
FERMENTED FOODS
Enjoy daily as tolerated
Sauerkraut, Kimchi, Miso, etc.
BEVERAGES
Spring or Filtered Water (can add lemon/lime)
Drink 1/2 body weight in ounces daily
Herbal Teas (Naturally NON-caffeinated)
Broth - Chicken or Beef
Red Wine only (2 glasses max/day)