

# Balancing Your Body Chemistry with a Phase II Food Plan

Eat from these food categories, with no limit on serving size (except as listed below):

Meat	Fish	Fowl	Eggs	Fruits	Vegetables
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Choose from these subcategories for specific foods. Foods eaten closest to raw have the richest quantity and quality of digestive enzymes. DO NOT consume processed grains (especially enriched bleached white flour), refined sugar or sugar substitutes.

<b>VEGETABLES</b> <b>3% OR FEWER CARBS</b> Asparagus Bamboo Shoots Bean Sprouts Beet Greens Bok Choy Greens Broccoli Cabbages Cauliflower Celery Chards Chicory Greens Collard Greens Endive Escarole Garlic Kale Kohlrabi Lettuces Mushrooms Mustard Greens Parsley Radishes Raw Cob Corn Sauerkraut Spinach String Beans Turnip Greens Watercress <b>NON-SWEET FRUITS</b> <b>3% OR FEWER CARBS</b> Cucumber Summer Squash Yellow Squash Zucchini Squash	<b>VEGETABLES</b> <b>6% OR FEWER CARBS</b> Bok Choy Stems Chives Green Beans Green Onions Rhubarb Sweet Potatoes Water Chestnuts Yams <b>NON-SWEET FRUITS</b> <b>6% OR FEWER CARBS</b> Bell Peppers Eggplant Okra Olives Pickles Pimentos Tomatoes <b>VEGETABLES</b> <b>7-9% CARBS</b> Artichokes Beets Brussel Sprouts Carrots Jicama Leeks Onions Rutabagas Turnips <b>NON-SWEET FRUITS</b> <b>7-9% CARBS</b> Avocado Pumpkin Winter Squashes Acorn, Butternut, &c	<b>VEGETABLES</b> <b>12-21% CARBS</b> <b>ON LIMITED BASIS</b> <b>(ONLY 2-3X/WEEK)</b> Celeriac Chickpeas Grains, Sprouted Horseradish Jerus. Artichoke Kidney Beans Lima Beans Lentils Parsnips Peas Popcorn Potatoes Seeds, Sprouted Soybeans Sunflower Seeds  <b>SWEET FRUITS</b> <b>ON LIMITED BASIS</b> <b>IN SMALL QUANTITIES</b> <b>(I.E., SNACKS ONLY)</b> Apples Berries Grapes Papaya Pears Prunes, Fresh  <b>DESSERTS</b> Plain Gelatin only (no Jell-O®) Sweet Fruits (as listed above)	<b>MISCELLANEOUS</b> <b>IN SMALL AMOUNTS</b> <b>ON LIMITED BASIS</b> Butter Caviar Cottage Cheese Dressing (only Oil & Cider Vinegar) Jerky Kefir Milk Oils (cold-pressed) Coconut Extra Virgin Olive Flax (Raw) Sesame (Raw) Tree Nuts, Raw (no Peanuts)  <b>BEVERAGES</b> Herbal Tea Red Tea (Rooibos) Red Wine (3 glasses maximum) Water Filtered Natural Spring Sparkling Mineral  <b>NOTES FOR BEVERAGES</b> Limit fluid intake with meals to no more than a 4oz. serving Drink fluids 2 hours after a meal.
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