## Phase II diet for balancing blood chemistry (edited from Melvin Page's work) Removing Starches will control your blood sugar, which will remove THE major stress on your body-Hypoglycemia

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

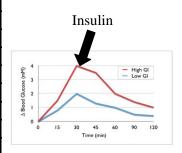
The 2nd step is consume protein 3x/day

The 3rd step is to dilute all juice 50% with water, & be cautious not of 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 min. ounces per day
ie. 150lbs/15=10oz per day
10oz/3 meals = 3.3 oz per meal
Vegetables
(see guidelines to right)
FRUIT as a MEAL
Unlimited amount of
ANY fruit as a meal
FRUIT between meals
as a snack
Max 2 times per day
Best snack fruits
(low glycemic) are:
Apple
Berries / Cherries
Grapes
Peach
Pear
Plum

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

2-3 times per wk max
VEGETABES
12 - 21%carbs
Celeriac (celery root)
Chickpeas
Cooked Corn
Horseradish
Kidney Beans
Lima Beans
Lentils
Parsnips
Peas
Popcorn
Potatoes-white
Sprouted Seeds
Soy (fermented is best)
Sunflower Seeds



2-3 times per wk max
Low Glycemic Grains
Buckwheat
Quinoa
Sprouted Grains (from original diet)
Wild Rice (actually a grass)
Avoid higher glycemic grains:
Avoid higher glycemic grains:  Amaranth
<u> </u>
Amaranth
<del>Amaranth</del> <del>Barley</del>
<del>Amaranth</del> <del>Barley</del>

MISCELLANEOUS	
Slightly Restricted	
Butter	
Caviar	
Cottage Cheese	
Coconut Oil	
Jerky	
Kefir (liquid yogurt)	
Cheese or Milk, Raw	
Nuts (except Peanuts)	
Olive Oil, Sesame Seed Oil, Walnut Oil	
Dressing-Above Oil & Apple Cider Vinegar	
<b>BEVERAGES</b>	
Spring or Filtered Water	
Herbal (NON-caffeinated) teas	
Broth-Chicken or Beef	
Red Wine only (3 glasses max/day)	