

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 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 min. ounces per day ie. 150lbs/15=10oz per day
10oz/3 meals = 3.3 oz per meal 1oz = 28 grams
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 3% or less carbs	VEGETABLES 6% or less carbs
Asparagus	Bell Peppers
Bamboo Shoots	Bok Choy Stems
Bean Sprouts	Chives
Beet Greens	Eggplant
Bok Choy Greens	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 7- 9% carbs
Kale	Acorn Squash
Kohlrabi	Artichokes
Lettuces	Avocado
Mushrooms	Beets
Mustard Greens	Brussels Sprouts
Parsley	Butternut Squash
Radishes	Carrots
Raw Cob Corn	Jicama
Salad Greens	Leeks
Sauerkraut	Onion
Spinach	Pumpkin
Yellow Squash	Rutabagas
Zucchini Squash	Turnips
	Winter Squashes

2-3 times per wk max VEGETABLES 12 - 21%carbs
Celery (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:
Amaranth
Barley
Rice-brown or white
Millet
Wheat

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
BEVERAGES
Spring or Filtered Water
Herbal (NON-caffeinated) teas
Broth-Chicken or Beef
Red Wine only (3 glasses max/day)

