

# Healthy Dietary Guidelines

This food plan is designed to help balance your body chemistry and aid the body in returning to its normal function. Your practitioner may modify this plan to best suit your needs and objectives.

## VEGETABLES

### Unlimited amounts (3% or less carbs in these vegetables)

Asparagus	Collard Greens	Radishes
Bamboo Shoots	Cucumber	Salad Greens
Bean Sprouts	Endive	Sauerkraut
Beet Greens	Escarole	Spinach
Bok Choy Greens	Garlic	String Beans
Broccoli	Kale	Summer Squashes
Cabbage	Kohlrabi	Turnip Greens
Cauliflower	Lettuce	Watercress
Celery	Mushrooms	
Chards	Mustard Greens	
Chicory	Parsley	

### Up to twice per day (6% or less carbs in these vegetables)

Bell Peppers	Green Onion	Rhubarb
Bok Choy Stems	Okra	Sweet Potato
Chives	Olives	Tomatoes
Eggplant	Pickles	Water Chestnuts
Green Beans	Pimento	Yams

### Up to once per day (7-9% or less carbs in these vegetables)

Acorn Squash	Butternut Squash	Pumpkin
Artichokes	Carrots	Rutabagas
Avocado	Jicama	Turnips
Beets	Leeks	Winter Squashes
Brussels Sprouts	Onion	

### Only 2-3 times per week (12-21% carbs in these vegetables)

Chickpeas	Lima Beans	Potatoes
Horseradish	Lentils	Seeds, sprouted
Jerusalem Artichokes	Parsnips	Sunflower Seeds
Kidney Beans	Peas	

## BEVERAGES

Bone broth (chicken or beef)  
Filtered or Spring Water  
Herbal Teas (green tea or other caffeine-free teas)  
Red Wine only (max 1 glass per day)

## GRAINS (low glycemic grains up to 2-3 times per week)

Quinoa  
Sprouted Grains  
Wild Rice  
Avoid higher glycemic grains:  
Amaranth, Barley, Brown or  
White Rice, Millet, Wheat

## FRUIT (limited quantity on limited basis – shakes or snacks)

Apples	Cherries	Papaya	Pears
Berries	Grapes	Peaches	Plums

## MEAT & PROTEIN (2-3 servings per day)

– Portion size is the size and thickness of your palm  
Eggs (organic and free range if possible)  
Fish (wild caught)  
Fowl (chicken, turkey etc.)  
Red meat (grass fed if at all possible – if you are not able to get free range organic meats, choose leaner options)

## MISCELLANEOUS (in limited amounts)

Butter, milk, cheeses, kefir (raw if possible)  
Nuts, raw (no peanuts)  
Oils, preferably cold-pressed: Coconut oil, Olive oil,  
Macadamia Nut Oil, (no Canola)  
Vinegars

