



Modified Page Food Plan

This food plan is designed to shift your body chemistry quickly by reducing your intake of inflammatory foods and keeping your blood sugar within a healthy range.

Following this food plan closely will allow us to see if any symptoms you are experiencing may be related to the foods you are eating. Foods you are sensitive to may take up to 4 weeks to clear out of your system. Therefore, it is critical that you follow the enclosed food plan completely. The closer you follow this food plan, the sooner your body will respond. After 4 weeks your symptoms may begin to lessen or disappear, then we will begin adding groups of food back in to your diet and see how your body responds. **It is critical that we facilitate this process.** Do not add foods back into your diet without consulting with us. The **object is to return you to a food plan that works best for you in maintaining health** as soon as your body will allow.

PROTEINS: You may have as much animal protein as you desire. Proteins are always best for you when prepared in a healthy manner. Generally, this means avoid frying (the occasional fried food is O.K. but try to use olive oil). The best methods are steaming, roasting, broiling, grilling, or prepared as soups. For eggs, soft-boiled or poached (with the yolks soft) are preferred, followed by scrambled and hard-boiled. Be cautious when eating scrambled eggs in a restaurant. A lot of restaurants use a pre-packaged egg mix and usually contain dairy and other ingredients. You can ask them to scramble your eggs country style which means cracking a real egg into the skillet and then scrambling it.

VEGETABLES: You can eat as much and as many of the 3% and 6% carbohydrate vegetables as you desire limit your intake of 7-9% vegetables which should only be eaten in small portions. Eat lots and lots of vegetables, more than you've ever eaten before. The more vegetables you eat, the healthier you will get. This is where you get the greatest source of nutrients. These are best eaten raw, steamed or quickly cooked so they retain a significant amount of crunch to them. You can have them for all three meals, and again, the more the better. Of course, it is always healthier to get the best quality available. Fresh organically grown is your best choice. Also, always eat twice as many vegetables as fruit. See the enclosed chart for vegetable percentages and choices.

FRUITS: All fresh fruits are allowed in unlimited quantity except Bananas. However, large portions should be eaten away from meals; although, **very** small portions can be eaten with meals. Fruit juices are allowed in limited quantities but must always be diluted with water at least 50% and must be unsweetened.

GRAINS: Restricted to organic wild rice for dinner only.

NUTS AND SEEDS: All nuts and seeds should be raw and organic when possible and chewed completely.

DAIRY & SOY: All dairy and soy products are not allowed. Also, milk substitutes such as rice milk and almond milk should be avoided.

FATS & OILS: We recommend for you to have some healthy fat at each meal. The fats should primarily be Olive Oil, Walnut Oil, Sesame Oil and Butter. The occasional use of Safflower and Sunflower Oils is O.K. **Do Not** eat any margarine, hydrogenated oil, partially hydrogenated oil or Canola Oil.

If you have any questions about any other foods or anything else about your program, your health or your progress, please ask. Communication is one of the most essential ingredients to the success of this program. Lastly, food is meant to be enjoyed. Do your best to prepare your meals in a way that they provide pleasure and lots of nutrients.