This page only for 30 consecutive days, then add pages 2-5 for continued plan.

Proteins
Eggs
Fish (see ER4YT list) No shell fish
Lamb
Liver
Mutton
Rabbit
Turkey

Non-Starchy Vegetables
Asparagus
Broccoli
Cabbage: chinese, red, white
Carrots (raw)
Cauliflower
Celery
Collard greens
Cucumber
Collard greens
Dandelion
Eggplant
Endive
Fennel
Garlic
Green beans
Lettuce
Olives: green
Onions
Radishes
Rapini
Scallion
Snow peas
Spaghetti squash
Summer squash: cook neck, scallop, straight neck, zucchini
Spinach
Sprouts: alfalfa
Swiss chard
Zucchini

Eat Unlimited from this Page for 30 consecutive days.
For best results drink only Kangen Water.

You may add olive oil and sea salt. Raw, steamed, baked, fried, grilled, juiced: but no additives.
Exercise for 10 minutes/7 days a week/before breakfast
If it is not listed on this page: DO NOT EAT IT.

No dairy, No grains/bread/pasta, No seeds, No nuts, No fruit, No rice, No beans.
15 grams of Carbohydrates (Starches)

(vegetables cooked)

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acorn squash</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Beets</td>
<td>1 cup</td>
</tr>
<tr>
<td>Butternut squash</td>
<td>2/3 cup</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 cup</td>
</tr>
<tr>
<td>Green Peas</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Leeks</td>
<td>1 cup</td>
</tr>
<tr>
<td>Okra</td>
<td>1 cup</td>
</tr>
<tr>
<td>Parsnips</td>
<td>2/3 cup</td>
</tr>
<tr>
<td>Potato: red, white, sweet</td>
<td>½ medium</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>1 cup</td>
</tr>
<tr>
<td>Rutabega</td>
<td>1/4 large</td>
</tr>
<tr>
<td>Turnips</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Yams</td>
<td>½ medium</td>
</tr>
</tbody>
</table>

Beans (cooked) – also count as protein

<table>
<thead>
<tr>
<th>Bean Type</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broad</td>
<td>½ cup</td>
</tr>
<tr>
<td>Navy</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Northern</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Pinto</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Lentils: green, red</td>
<td>1/3 cup</td>
</tr>
</tbody>
</table>

Couscous             | 1/3 cup      |

Pasta: semolina, spinach (uncooked) | 2 oz |

Rice: basmati, brown, white
wild | 1/3 cup
½ cup |

Bread

<table>
<thead>
<tr>
<th>Bread Type</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essene</td>
<td>1 slice</td>
</tr>
<tr>
<td>Ezekiel</td>
<td></td>
</tr>
<tr>
<td>Millet</td>
<td></td>
</tr>
<tr>
<td>Multi-grain</td>
<td></td>
</tr>
<tr>
<td>Rye (100%)</td>
<td></td>
</tr>
<tr>
<td>Spelt</td>
<td></td>
</tr>
<tr>
<td>Whole Wheat</td>
<td></td>
</tr>
</tbody>
</table>

Brown Rice cakes | 2 |
Oats             | 2/3 cup |
Rye Crisps (Kavli thin) | 3 |
Rye Wafers (Wasa) | 1 |
Tempeh(count as protein) | ½ cup |
Tofu(count as protein) | 1 cup |

After the initial 30 days, only one item from this page per meal.
## Snacks – 15 grams of carbohydrates (starches)

### Nuts
- Almonds: 2 oz
- Filberts: 3 oz.
- Macadamia: 1.5 oz
- Pignola (pine): 1 oz
- Peanuts: 1 oz
- Pumpkin seeds: 1 oz.
- Sunflower seeds-dried: 1/2 cup
- Sesame seeds-dried: 1 oz
- Walnuts: 4 oz.

### Fruit
- Apple: 1
- Apricots: 2
- Blueberries: 3/4 cup
- Blackberries: 1/4 cup
- Boysenberries: 1 cup
- Cherries: 1 cup (with pits)
- Cranberries: 1 cup (whole-unsweetened)
- Figs: 2
- Grapefruit: 1/2
- Grapes: 15
- Kiwi: 1
- Melon: Canary: 1 cup (cubed)
  - Casaba: 1.5 cup
  - Crenshaw: 1 cup (cubed)
  - Water: 1 1/4 cup
- Nectarine: 1
- Pear: 1
- Peach: 1
- Pineapple: 3/4 cup
- Plums: 2
- Prunes: 3
- Raisin: 2 Tbsp
- Raspberries: 1 cup
- Strawberries: 1.5 cup
- Yogurt - plain: 1 cup
- Soy Beans: 1.5 oz.
- Brown rice cakes: 2
- Rye Crisps (Kavli thin): 3
- Rye Wafers (Wasa): 1

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*After the initial 30 days, only one item from this page per snack.*
Fats – use only cold or pure pressed oils

Olive oil
Canola oil
Cod liver oil
Linseed (flaxseed) oil

Beverages

Water  1/2 body weight in ounces daily
Tea  see list

Salad Dressing
Oil, lemon, salt
Breakfast
Protein
15 grams of carbohydrates (fruit choices are on “snack” list)
Fat

Snack
Choose one from list

Lunch
Protein
15 grams of carbohydrates
Salad, steamed, or sautéed vegetables from Non-Starchy list
Fats

Snack
Choose one from list

Dinner
Protein
15 grams of carbohydrates
Salad, steamed, or sautéed vegetables from Non-Starchy list
Fats