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

Proteins

Beef
Eggs
Fish (see ER4FYT list) No shell fish
Lamb
Liver
Mutton
Venison
Turkey
Veal

Non-Starchy Vegetables

Asparagus
Broccoli
Brussel sprouts
Cabbage
Carrots (raw)
Cauliflower
Celery
Cucumber
Collard greens
Eggplant
Kale
Lettuce
Leek
Mushroom: domestic, enoki, Portobello, shitake, oyster, tree
Mustard greens
Onions
Scallion
Shallots
Snow peas
Spinach
Spaghetti squash
Sprouts: alfalfa, brussel
Summer squash (crookneck, scallop, straight neck, zucchini)
Swiss Char
Olive oil
Sea salt

Exercise for 10 minute, every morning, before eating any food, 7 days a week

For 30 days, if it is not on this list, do not eat it!

No bread, grains, pasta, nuts, fruit, nuts, beans, rice.

Eat Unlimited from this Page for 30 consecutive days.

For best results drink only Kangen Water.

http://davidlee.enagicweb.info/
15 grams of Starch (vegetables cooked)

- Acorn squash: 1/2 cup
- Beets: 1 cup
- Carrots: 1 cup
- Green Peas: 1/2 cup
- Lima Beans: 1/2 cup
- Okra: 1 cup
- Parsnips: 2/3 cup
- Potatoes: sweet, white, red: 1/2 medium
- Rutebega: 1/4 large
- Turnips: 1/2 cup
- Yam: 1/2 medium
- Rice: brown: 1/3 cup
- Rice: wild: ½ cup
- Bread: 1 slice
  - Essene
  - Ezekiel
  - Millet
  - Spelt
- Brown Rice cakes: 2
- Oats: 2/3 cup

Snacks

Nuts
- Almonds: 2 oz.
- Brazil: 3 oz
- Macadamia: 3 oz
- Pecans: 2 oz
- Walnuts: 4 oz.

Fruit
- Apple: 1
- Apricots: 2
- Blackberries: ¾ cup
- Blueberries: 3/4 cup
- Cherries: 1 cup (with pits)
- Dates: 2
- Figs: 2
- Grapefruit: 1/2
- Grapes: 15

After the initial 30 days, only one item from this page per meal.
<table>
<thead>
<tr>
<th>Fruit</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kiwi</td>
<td>1</td>
</tr>
<tr>
<td>Melon: Canary</td>
<td>1 cup (cubed)</td>
</tr>
<tr>
<td>Canteloupe</td>
<td>1 cup (cubed)</td>
</tr>
<tr>
<td>Casaba</td>
<td>1 ½ cup (cubes)</td>
</tr>
<tr>
<td>Crenshaw</td>
<td>1 cup (cubed)</td>
</tr>
<tr>
<td>Honeydew</td>
<td>1 cup (diced)</td>
</tr>
<tr>
<td>Water</td>
<td>1 ¼ cup (diced)</td>
</tr>
<tr>
<td>Nectarine</td>
<td>1</td>
</tr>
<tr>
<td>Papaya</td>
<td>½ cup (mashed)</td>
</tr>
<tr>
<td>Pear</td>
<td>1</td>
</tr>
<tr>
<td>Peach</td>
<td>1</td>
</tr>
<tr>
<td>Pineapple</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Plum</td>
<td>2</td>
</tr>
<tr>
<td>Raisin</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1 cup</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1 ½ cup</td>
</tr>
<tr>
<td>Yogurt - plain</td>
<td>1 cup</td>
</tr>
<tr>
<td>Brown rice cakes</td>
<td>2</td>
</tr>
<tr>
<td>Rye Crisps</td>
<td></td>
</tr>
<tr>
<td>Kavli (thin)</td>
<td>2</td>
</tr>
<tr>
<td>Wasa</td>
<td>1</td>
</tr>
</tbody>
</table>

**Fats** – use only cold or pure pressed oils

- Cod liver oil
- Olive oil
- Linseed (flaxseed) oil
- Butter

**Beverages**

- Water 1/2 body weight in ounces daily
- Teas see list

**Salad Dressing**

- Oil, lemon, salt
Breakfast
Protein
15 grams of starch
Fat

Snack
Choose one from list

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

Snack
Choose one from list

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