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

Proteins

Beef
Buffalo
Chicken
Duck
Fish (see ER4YT list) No shell fish
Lamb
Liver
Mutton
Veal
Venison
Turkey
Eggs

Non-Starchy Vegetables

Asparagus
Broccoli
Carrots (raw)
Celery
Cucumber
Collard greens
Garlic
Lettuce
Onions
Peppers: red, orange, yellow
Radishes
Scallion
Snow peas
Spinach
Tomato
Zucchini

Sea salt and olive oil

No: bread, grain, pasta, rice, fruit, nuts, dairy, for 30 days.

Exercise for 10 minutes / 7 days a week / before breakfast!

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
- Sweet Potato: 1/2 medium
- Turnips: 1/2 cup
- Yam: 1/2 medium

- Brown rice: 1/3 cup
- Wild rice: 1/2 cup

- Bread: 1 slice
  - Essene
  - Ezekiel
  - Millet
  - Rye (100%)

- Brown Rice cakes: 2
- Rye Crisps (Kavli thin): 3
- Rye Wafers (Wasa): 1

Beans/Legumes (also count as protein)

- Adzuki: 1/4 cup
- Pinto: 1/3 cup
- Black: 1/3 cup
- Broad (fava): 1/2 cup
- Garbanzo: 1/3 cup

- Tempeh (also protein): 1/2 cup
- Tofu (also protein): 1 cup

Only one item this page per meal.
15 grams of Starch - Snacks

**Nuts**
- Almonds: 2 oz.
- Filberts: 3 oz.
- Pumpkin seeds: 2 oz.
- Sunflower seeds-dried: 1/2 cup
- Walnuts: 4 oz.

**Fruit**
- Apple: 1
- Apricots: 2
- Blueberries: 3/4 cup
- Cherries: 1 cup (with pits)
- Figs: 2
- Grapefruit: 1/2
- Grapes: 15
- Melon: Canary: 1 cup (cubed)
  - Crenshaw: 1 cup (cubed)
- Nectarine: 1
- Pear: 1
- Peach: 1
- Pineapple: 3/4 cup
- Plums: 2
- Raisin: 2 Tbsp
- Raspberries: 1 cup

**Other**
- Yogurt – soy: 1 cup
- Soy Beans: 1.5 oz.
- Brown rice cakes: 2
- Rye Crisps (Kavli thin): 3
- Rye Wafers (Wasa): 1
Schwarzbein ‘O’ 15/15 /Ph Balance

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

- Olive oil
- Canola oil
- Linseed (flaxseed) oil
- Butter

**Beverages**

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

**Salad Dressing**

- Oil, lemon, salt
Breakfast
Protein
15 grams of starch (fruit choices are listed under “snacks”)
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