

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

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

<http://davidlee.enagicweb.info/>

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.

Schwarzbein 'B' 15/15 / Ph Balance

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
wild	1/2 cup

Bread	1 slice
Essene	
Ezekiel	
Millet	
Spelt	

Brown Rice cakes	2
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Oats	2/3 cup
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Snacks

Nuts

Almonds	2 oz.
Brazil	3 oz
Macadamia	3 oz
Pecans	2 oz
Walnuts	4 oz.

Fruit

Apple	1
Apricots	2
Blackberries	3/4 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.

Schwarzbein 'B' 15/15 / Ph Balance

Kiwi	1
Melon: Canary	1 cup (cubed)
Canteloupe	1 cup (cubed)
Casaba	1 ½ cup (cubes)
Crenshaw	1 cup (cubed)
Honeydew	1 cup (diced)
Water	1 ¼ cup (diced)
Nectarine	1
Papaya	½ cup (mashed)
Pear	1
Peach	1
Pineapple	¾ cup
Plum	2
Raisin	2 Tbsp
Raspberries	1 cup
Strawberries	1 ½ cup
Yogurt - plain	1 cup
Brown rice cakes	2
Rye Crisps	
Kavli (thin)	2
Wasa	1

After the initial 30 days,
only one item from this page
per snack.

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

Schwarzbein 'B' 15/15 / Ph Balance

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