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# Diet with Focus on Weight Loss Support

If you are focusing on Weight Loss Support during your 21-Day Purification Program, we suggest following the Phase I Food Plan.

## Vegetables

Choose vegetables with a lower amount of carbohydrates (9% and lower).

### *3% or Less Carbs*

Asparagus	Cabbages	Endives	Mustard Greens	Summer Squashes
Bamboo Shoots	Cauliflower	Escarole	Parsley	Turnip Greens
Bean/Broccoli	Celery	Garlic	Radishes	Water Cress
Sprouts	Chard	Kale	Salad Greens	Yellow Squash
Beet Greens	Chicory	Kohlrabi	Sauerkraut	Zucchini Squash
Bok Choy Greens	Collard Greens	Lettuces	Spinach	
Broccoli	Cucumber	Mushrooms	String Beans	

### *6% or Less Carbs*

Bell Peppers	Eggplant	Okra	Pimento	Tomatoes
Bok Choy	Green Beans	Olives	Rhubarb	Water Chestnuts
Chives	Green Onions		Sweet Potatoes	Yams

### *7-9% Carbs*

Acorn Squash	Beets	Carrots	Onions	Turnips
Artichokes	Brussels Sprouts	Jicama	Pumpkin	Winter Squashes
Avocado	Butternut Squash	Leeks	Rutabagas	

## Protein and Meat

Each of your meals must include some protein. During Days 1-10 we suggest adding Whey Pro Complete (Whey Protein) to your shakes. From Day 11 onward, the easiest high quality sources are meat, fish, poultry. We prefer you eat cold-water fish primarily as it is very nourishing and rich in Omega 3 Fatty Acids. Remember, portions should be about the size and thickness of your palm. You should be eating twice as many vegetables as meat.

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## Miscellaneous

These items should be consumed in limited amounts.

- Butter, Raw
- Caviar
- Lentils: 1 cup/day
- Dressing-Olive Oil/Apple Cider Vinegar , See recipes!
- Oils- Olive, sesame or flax oils (Cold Pressed)
  - o Note: No Canola or processed oils

## Tips

- Foods are best eaten closest to their raw state. Do not overcook your food!
- Take fluids more than one hour before or more than two hours after meals.
- Limit fluid intake with meals to < 4 oz. But drink at least your body weight in pounds of water spread throughout the day.
- Avoid ice and very cold beverages before, during and after meals because they reduce digestive function.
- No margarine, processed grains or cereals, white flour, sugar, fruit juices, or sugar substitutes.
- Consider avoiding foods based on your blood

## Eat Right for Your Blood Type

In general, avoiding the foods associated with your blood type is worth a try...

Type A = avoid dairy (which is already not on the purification program), mango, oranges, potatoes, tomatoes, and papaya. Type B = avoid chicken and peanuts.

Type O = avoid wheat and corn (neither are on the purification program)

## Beverages

- Bouillon-Vegetable (be cautious of MSG!<sup>1</sup>)
- Herbal (Decaffeinated) Teas
- Spring Water, or filtered, Mineral Water
- Green Tea-(All you want!)