

GENESIS TRANSITIONAL DIET PLAN

SPECIAL NOTE : ALWAYS CHOOSE FOODS FROM YOUR BLOOD TYPE LIST!

Instead of supermarket eggs, try:

- . Organic, cage free eggs - local if possible
- . Bananas and Applesauce can be substituted for eggs in baked goods.

Instead of Commercial cheese, try:

- . Organic cheeses- raw and local if possible
- . Nut Cheeses made from nutmilks

Instead of Commercial Ice cream and Yogurt, try:

- .Organic Ice Cream, Made from Raw cream if possible
- .IceCream made from Nut Milk
- .Ice Cream made from Rice Milk

Instead of Sugar, try:

- .Fruit juice or Fructose
- .Raw Local Honey
- .Maple Syrup
- .Stevia

Instead of White Flour products (including pastas), try:

- .Whole Grain products
- .Vegetable pastas, Gluten Free pastas
- .Gluten Free Whole grains and flours (ie. Almond flour, Quinoa, Spelt, Flax meal etc)
- .Products made from unprocessed grains

Instead of White Rice, try:

- .Brown Rice
- .Wild Rice

Instead of canned and processed foods containing artificial ingredients and preservatives, try:

- .Products which contain organic fruits and vegetables, whole foods, low or no sodium, little or no sugar, no artificial colorings, no preservatives, products which come in unlined or coated steel, rather than aluminum cans. ***Special note: Canned foods should be consumed as little as possible! They are dead and lifeless! Try Sprouting as an alternative! Especially in the winter months!***

Instead of traditional sodas, try:

- .Alkaline water - more thirst quenching! . Fresh made Fruit and Vegetable juices ! Always Best!
- .Herb Teas
- .Natural fruit sodas
- .Natural fruit juices

Instead of fried foods, try:

- .Vegetables braised ("stir fried") in water , still crisp, with olive oil added for flavor and omegas
- .Baked or broiled meat or fish
- .Lightly steam vegetables - still crisp!

Instead of Asprin, Tylenol, Roloids, etc., try:

- .Herbs! (ie. Boswellin, White Willow bark, etc.)

The following items may contain toxic chemicals, and therefore be hazardous to your health, if purchased from a standard grocery or drug store:

Shampoo, Body lotions, Toothpaste, Cosmetics, Underarm Deoderants, ***Synthetic Vitamin pills***
The Natural Health Clinic has natural/organic health and beauty products.