

**NO STARCH FOOD PLAN FOR  
BALANCING BODY CHEMISTRY**

**MEAT                  FISH                  FOWL                  EGGS                  FRUITS                  VEGETABLES**  
(No Limit on Serving Size)

**VEGETABLES  
3% or less carbs**

Asparagus  
Bamboo Shoots  
Bean Sprouts  
Beet Greens  
Bok Choy Greens  
Broccoli  
Cabbages  
Cauliflower  
Celery  
Chards  
Chicory  
Collard Greens  
Cucumber  
Endive  
Escarole  
Garlic  
Kale  
Kolrabi  
Lettuces  
Mushrooms  
Mustard Greens  
Parsley  
Radishes  
Raw Cob Com  
Salad Greens  
Sauerkraut  
Spinach  
String Beans  
Summer Squashes  
Turnip Greens  
Watercress  
Yellow Squash  
Zucchini Squash

**VEGETABLES  
6% or less carbs**

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

**VEGETABLES  
7- 9% carbs**

Acorn Squash  
Artichokes  
Avocado  
Beets  
Brussel Sprouts  
Butternut  
Squash  
Carrots  
Jicama  
Leeks  
Onion  
Pumpkin  
Rutabagas  
Turnips  
Winter  
Squashes

**VEGETABLES  
12 - 21%carbs  
On Limited Basis  
(Only 2 -3 X/ wk)**

Celeriac  
Chickpeas  
Cooked Com  
Grains, Sprouted  
Horseradish  
Jerus. Artichokes  
Kidney Beans  
Lima Beans  
Lentils  
Parsnips  
Peas  
Popcorn  
Potatoes  
Seeds, Sprouted  
Soybeans  
Sunflower Seeds

**FRUITS  
In Limited Quantity  
On Limited Basis\***

*\*When eaten as Snacks only*  
Apples  
Berries  
Grapes  
Papaya  
Pears  
Prunes, Fresh  
Cherries  
Grapefruit  
Oranges  
Peaches  
Plums

**MISCELLANEOUS  
In Limited Amounts**

Butter  
Caviar  
Cottage Cheese  
Dressing - Oil / Cider Vinegar only  
Jerky  
Kefir (liquid yogurt)  
Milk,  
Nuts, (except Peanuts)  
Oils - Vegetable, Olive (no Canola)  
preferably cold-pressed

**BEVERAGES**

Beef Tea  
Bouillon - Beef, Chicken  
Herbal (Decaffeinated) Teas  
Filtered or Spring Water  
Red Wine only (3 glasses max)

**DESSERT**

Sugar-Free Jello

☺ **FOODS EATEN CLOSEST TO THEIR RAW STATE HAVE THE BEST DIGESTIVE ENZYME ABILITY.**

☺ **TAKE FLUIDS MORE THAN ONE HOUR BEFORE, OR MORE THAN TWO HOURS AFTER MEALS.**

☺ **LIMIT FLUID INTAKE WITH MEALS TO NO MORE THAN 4 OZ**

☹ **NO PROCESSED GRAINS, WHITE FLOUR, SUGAR, SUGAR SUBSTITUTES.**

**This is a no starch diet – this means no breads, no pasta, no rice (except wild rice is OK), and limited potato intake. Of course, all sugary and pastry products are not allowed!**