# Phase II diet for balancing blood chemistry (edited from Melvin Page's work)

Removing Starches will control your blood sugar, which will remove THE major stress on your body—Hypoglycemia.

**The 1st and most important step is to remove, pasta, bread, white potatoes and rice**

The 2nd step is consume protein 3x/day

The 3rd step is to dilute all juice 50% with water, & be cautious not to drink too much fluid with meals, reducing digestive capacity.

<table>
<thead>
<tr>
<th>Animal Protein 3x/day</th>
<th>UNLIMITED AMOUNTS</th>
<th>2-3 times per wk max</th>
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</thead>
<tbody>
<tr>
<td>MEAT</td>
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<td>FISH</td>
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<td>EGGS</td>
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</table>

Animal protein requirements are calculated by taking your weight in pounds and divide by 15 to get min. ounces per day. ie. 150lbs/15=10oz per day. 10oz/3 meals = 3.3 oz per meal.

### Vegetables

- **3% or less carbs**
  - Asparagus
  - Bamboo Shoots
  - Bean Sprouts
  - Beet Greens
  - Bok Choy Greens
  - Broccoli
  - Cabbage
  - Cauliflower
  - Celery
  - Chard
  - Chicory
  - Collard Greens
  - Cucumber
  - Endive
  - Escarole
  - Garlic
  - Kale
  - Kohlrabi
  - Lettuce
  - Mushrooms
  - MUSTARD GREENS
  - Parsley
  - Radishes
  - Raw Cob Corn
  - Salad Greens
  - Sauerkraut
  - Spinach
  - Yellow Squash
  - Zucchini Squash

- **6% or less carbs**
  - Bell Peppers
  - Bok Choy Stems
  - Chives
  - Cabbage
  - Eggplant
  - Green Beans
  - Green Onions
  - Okra
  - Olives
  - Pickles
  - Pimento
  - Rhubarb
  - Sweet Potatoes
  - Tomatoes
  - Water Chestnuts
  - Yams
  - Avocado
  - Brussels Sprouts
  - Butternut Squash
  - Carrots
  - Jicama
  - Leeks
  - Onion
  - Pumpkin
  - Rutabagas
  - Turnips
  - Winter Squashes

### FRUIT at Mealtime

- ANY fruit with your meal

### FRUIT between meals as a snack

Max 2 times per day

Best snack fruits (low glycemic) are:

- Apple
- Berries / Cherries
- Grapes
- Peach
- Pear
- Plum

### Low Glycemic Grains

- Buckwheat
- Quinoa
- Sprouted Grains (from original diet)
- Wild Rice (actually a grass)

### Avoid higher glycemic grains:

- Amaranth
- Barley
- Rice-brown or white
- Millet
- Wheat

### Slightly Restricted

- Butter
- Caviar
- Cottage Cheese
- Coconut Oil
- Jerky
- Kefir (liquid yogurt)
- Cheese or Milk, Raw
- Nuts (except Peanuts)
- Olive Oil, Sesame Seed Oil, Walnut Oil
- Dressing-Above Oil & Apple Cider Vinegar

### BEVERAGES

- Spring or Filtered Water
- Herbal (NON-caffeinated) teas
- Broth-Chicken or Beef
- Red Wine only (3 glasses max/day)

![Insulin](https://example.com/insulin.png)