

## Dr. Melvin Page's Phase II diet for balancing blood chemistry (edited version)

The 1<sup>st</sup> and most important step is to remove pasta, bread, cereal, - remove **all** flour products (grains, including rice)  
 The second step is to consume protein 3x per day. The 3<sup>rd</sup> step is to increase your intake of green vegetables, as it comes in nature  
**Lean meat, fish, fowl, eggs, vegetables – no limit on serving size – Use Grass-fed, Free range or organic when possible**

<b>C</b>	<b>A</b>	<b>A</b>	
<b>Animal protein - 3x per day</b>	<b>Unlimited Amounts</b>	<b>Unlimited amounts</b>	<b>2-3 times per week max</b>
Meat, (no pork) fish ,fowl, eggs	<b>Vegetables – 3% carbs</b>	<b>Veggies/fruit – 6% carbs</b>	<b>Low Glycemic grains</b>
	Asparagus	Bell peppers	Quinoa & Oats (Old Fashioned Rolled or Steel Cut)
Animal protein requirements are calculated by taking your weight in pounds and dividing by 15 to get the minimum ounces per day.	Bamboo shoots	Bok Choy stems	Sprouted grains
	Bean Sprouts	Chives, Green onions	Wild rice (actually a grass)
IE. 150 lbs / 15 = 10 oz per day	Beet greens, Collard greens	Eggplant	Avoid all other grains – only bread allowed is Ezekiel bread
	Bok Choy greens, Mustard greens	Green beans	<b>Miscellaneous</b>
	Broccoli	Okra	<b>Slightly restricted</b>
<b>D</b>	Cabbages	Olives, pickles, pimento	Butter - unsalted
<b>Fruits</b>	Cauliflower	Rhubarb	White cheeses as garnish or flavoring
Maximum 2x per day	Celery	Boiled sweet potatoes, yams	Cottage cheese
Apple, pear, orange, peach, grapes	Chards	Tomatoes	Kefir (liquid yogurt) & Greek yogurt - Plain
All the berries	Chicory	Water chestnuts	Milk – Raw, (Organic or Cashew)
<b>B</b>	Cucumber	<b>Veggies/fruit – 7-9% carbs</b>	Raw Nuts (no peanuts) Almond Butter
<b>Limited to 2-3 times / week</b>	Garlic, Parsley	Acorn, butternut, winter squashes	Olive oil, Coconut oil, Sesame oil, Walnut oil
<b>Vegetables: 12 – 21% carbs</b>	Kale	Artichoke	Dressings – oil (see above) & vinegar
Boiled potatoes (red & white)	Kohlrabi	Avocado	Salt – Celtic sea salt or Redmond Real Salt only - ½ teaspoon / day
Celery root	Lettuces	Beets	<b>Beverages</b>
Chickpeas	Mushrooms	Brussels sprouts	Spring or filtered water – drink 4oz every ½ hour
Peas	Radishes	Carrots	Herbal teas – use Stevia as sweetener or <b>local, raw honey</b>
Kidney beans	Salad Greens	Jicama	Home-made Broth – chicken or beef or vegetable
Lima beans	Sauerkraut	Leeks	Red wine only – 2 glasses per day
Lentils	Spinach	Onions	<b>Correct Food combination</b>
Parsnips	Yellow & Zucchini squash	Pumpkin	C + A = good    B + A = good
<b>Unlimited</b>	<b>Unlimited</b>	Rutabaga	C + B = not good
Pumpkin seeds, Sesame seeds	Herbs & Spices	Turnips	D – eat alone, 1 hr before meals
Sprouted seeds, Sunflower seeds	<b>DINKELMANN HEALTH CENTER,</b>	<b>21 E ACTON , WOOD RIVER IL</b>	<b>62095 PHONE (618)254-2260</b>