DISEASE REVERSAL & AGGRESSIVE WEIGHT LOSS
JUMPSTART EATING PLAN
PHASE 1: THREE - SIX WEEKS

UNLIMITED:

•All raw vegetables (salad greens, kale, lettuce, peppers, cucumber, carrots, broccoli, cabbage, tomatoes, sprouts, etc.)

•Cooked greens (mushrooms, peppers, cauliflower, spinach, collards, mustard greens, tomatoes, carrots, kale, asparagus, bok choy, okra, turnip, beets, Brussels sprouts, zucchini, etc.)

•Beans & Legumes --1 cup daily

•Fresh fruits --at least 4 daily

LIMITED:

•Starchy vegetables: one serving per day (corn, sweet potatoes, white potatoes, squash, yams, pumpkin, etc.)

•Whole grains: barley, buckwheat, millet, oats, quinoa, brown/wild rice

•Raw nuts and seeds: 1/4 cup or a handful (almonds, cashews, walnuts, pecans, sesame seeds, sunflower seeds, pumpkin seeds, hemp seeds, chia seeds, flaxseeds (1 tbsp. ground)

•Avocado: 1/2 of a small one or 2/5 of a medium

•Fish: 3-5 Oz 1-2x/week (wild salmon/trout, sole)

•Oil: 1-tablespoon or 3-teaspoons for sautéing

NOT ALLOWED:

•Dairy products
•Juices (fruit and vegetable)
•Meats and animal products
•Added salt
•ALL processed foods
•Commercial salad dressings

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