

These lists have been compiled so you can see, at a glance, the food categories and what is included or excluded in each category. During the 28-day program, certain categories and foods are temporarily eliminated. Pay careful attention to the day-by-day program guidelines.

	Include	Exclude
Fruits	Unsweetened fresh, frozen, water-packed, or canned fruits; fruit juices (except orange)	Oranges, orange juice
Vegetables	All fresh raw, steamed, sautéed, juiced, or roasted vegetables	Corn, creamed vegetables
Starch	Rice, oats, millet, quinoa, amaranth, teff, tapioca, buckwheat	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products
Bread/Cereal	Products made from rice, oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa, teff	Products made from wheat, spelt, kamut, rye, barley; all gluten-containing products
Legumes (vegetable protein)	All beans, peas, and lentils (unless otherwise indicated)	Soybeans, tofu, tempeh, soy milk, other soy products
Nuts and Seeds	Almonds, cashews, walnuts, sesame (tahini), sunflower, pumpkin seeds; butters made from these nuts and seeds	Peanuts, peanut butter
Meat and Fish (animal protein)	All canned (water-packed), frozen, or fresh fish, chicken, turkey, wild game, lamb	Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish
Dairy Products and Milk Substitutes	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, and other nut milks	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers
Fats	Cold-exPELLER pressed olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, or almond oils	Margarine, butter, shortening, processed and hydrogenated oils, mayonnaise, spreads
Beverages	Filtered or distilled water, herbal tea, seltzer or mineral water	Soda pop or soft drinks, alcoholic beverages, coffee, tea, other caffeinated beverages
Spices and Condiments	All spices unless otherwise indicated. For example, cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar	Chocolate, ketchup, mustard, relish, chutney, soy sauce, barbecue sauce, or other condiments
Sweeteners	Brown rice syrup, fruit sweetener, blackstrap molasses, stevia	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup, candy, desserts made with these sweeteners

Suggested product mixing instructions

Due to settling of the powder, shake the container several times before opening. Using the scoop provided, mix the amount of powder mix recommended in your program with 8-10 ounces of water or other liquid. Add ice if desired. Briskly stir or blend the product until mixed. Drink slowly.

You may use the product as part of your meal or as a meal replacement. These products may be mixed in a blender with a variety of whole fruits or other liquids. Recipes are provided below. Remember, if you are restricting calories, adding ingredients to your powder adds additional calories as well. A serving of each beverage is approximately 165 calories when mixed with water.

Suggestions for mixing :

Using $\frac{1}{2}$ water and $\frac{1}{2}$ unsweetened fruit juice (e.g., pineapple, berry, apple, pear, or peach) or milk substitute (rice, oat, or nut—vanilla, carob, or plain), mix with powder in a blender or shaker cup.

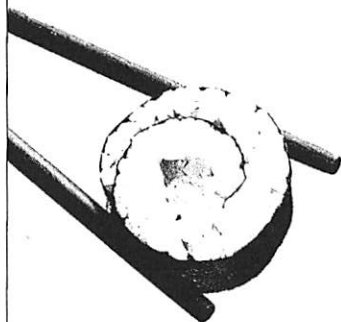
Variations

For all of the recipes below, mix the ingredients in a blender (if using whole pieces of fruit) or a shaker cup. Add approximately 8-10 ounces water or desired liquid and blend or shake to desired consistency. Adjust liquid according to personal taste.

Recipe Variations

- 6-8 oz. water, 2-3 ice cubes, and one of the following: $\frac{1}{2}$ banana or peach, 1-2 slices pineapple, or $\frac{1}{4}$ - $\frac{1}{2}$ cup berries
- 3-4 oz. water, 3-4 oz. juice (pineapple, pineapple-coconut, pineapple-strawberry, apple, pear, or boysenberry), and 2-3 ice cubes
- 3-4 oz. water, 3-4 oz. allowable milk substitutes, 2-3 ice cubes, and fresh fruit as above
- 6-8 oz. vegetable juice or allowable milk substitute (plain or flavored) and 2-3 ice cubes or frozen fruit (berries, peaches, or bananas)

- ☐ Chicken
- ☐ Turkey
- ☐ Lamb
- Fish including:
 - ☐ Cod
 - ☐ Halibut
 - ☐ Mackerel
 - ☐ Salmon
 - ☐ Tuna
 - ☐ Trout
- ☐ Wild game
- ☐ Dried beans
- ☐ Dried peas
- ☐ Lentils

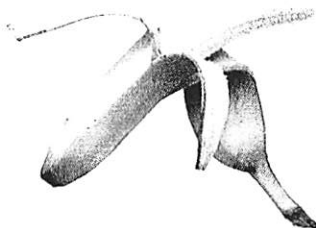


- ☐ Rice
- ☐ Rice bread
- ☐ Rice pancakes
- ☐ Rice cakes
- ☐ Rice pasta
- ☐ Rice milk
- ☐ Cream of rice
- ☐ Puffed rice
- ☐ Tapioca
- ☐ Amaranth
- ☐ Millet
- ☐ Teff
- ☐ Quinoa
- ☐ Buckwheat/Kasha

- ☐ Alfalfa sprouts
- ☐ Artichoke
- ☐ Asparagus
- ☐ Avocado
- ☐ Beets
- ☐ Bok choy
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Daikon radish
- ☐ Endive
- ☐ Escarole
- ☐ Green or yellow beans
- ☐ Greens (mustard, turnip, chard)
- ☐ Jicama
- ☐ Kale
- ☐ Kohlrabi
- ☐ Leeks
- ☐ Lettuce
- ☐ Mung beans
- ☐ Okra
- ☐ Onions
- ☐ Parsnips
- ☐ Radishes
- ☐ Rutabaga
- ☐ Sea vegetables (seaweed, kelp)
- ☐ Snow peas
- ☐ Spinach
- ☐ Summer squash
- ☐ Sweet potatoes
- ☐ Taro
- ☐ Turnips
- ☐ Water chestnuts
- ☐ Yams
- ☐ Zucchini squash

- ☐ Brown rice syrup
- ☐ Fruit sweetener
- ☐ Molasses
- ☐ Stevia

- ☐ Apple
- ☐ Applesauce
- ☐ Apricot
- ☐ Avocado
- ☐ Banana
- ☐ Berries (all types)
- ☐ Cherries
- ☐ Kiwi
- ☐ Mango
- ☐ Melon
- ☐ Nectarine
- ☐ Papaya
- ☐ Peach
- ☐ Pear
- ☐ Pineapple
- ☐ Plum
- ☐ Prune



- ☐ Almonds and almond oil
- ☐ Canola oil
- ☐ Cashews
- ☐ Flaxseeds and flaxseed oil
- ☐ Hazelnuts
- ☐ Olive oil

- ☐ Pecans
- ☐ Pumpkin oil and seeds
- ☐ Safflower oil
- ☐ Sesame oil and seeds
- ☐ Sunflower oil and seeds
- ☐ Walnuts and walnut oil
- ☐ Nut butters (see page 14)



- ☐ Anise
- ☐ Basil
- ☐ Bay leaf
- ☐ Cardamom
- ☐ Celery seed
- ☐ Cinnamon
- ☐ Cumin
- ☐ Dill
- ☐ Dry mustard
- ☐ Fennel
- ☐ Garlic
- ☐ Ginger
- ☐ Marjoram
- ☐ Oregano
- ☐ Parsley
- ☐ Rosemary
- ☐ Saffron
- ☐ Savory
- ☐ Tarragon
- ☐ Thyme
- ☐ Turmeric

Dehydration Patient (Adult)

Day 1-6: Basic Dietary Guidelines

FOODS TO AVOID

Over the next 6 days you will follow the Basic Dietary Guidelines as described on page 14. At the same time, you will be slowly increasing the dosage of your powdered beverage and encapsulated supplement. During these 6 days you will eliminate the following:

- Refined sugars refer to anything with added sucrose, fructose, high fructose corn syrup, dextrose, molasses, honey, maple syrup, or alcohol. This includes cakes, cookies, candies, pastry, beer, wine, and liquor.
- This includes many packaged and processed foods. Staying away from these foods will remove many of these agents from your diet. Diet soda is included on this list.
- This includes caffeinated and decaffeinated coffee, caffeinated soda pop, and caffeinated and decaffeinated black and green teas. (Herbal teas with no caffeine are acceptable and encouraged.)

- Only quinoa, oats, rice, millet, buckwheat, teff, and amaranth are acceptable grains to consume at this point. These are the grains listed on the chart under "grains to include." It can be quite enjoyable to try new grains. Check some out—be adventurous!

- Meat and seafood to eliminate are: shellfish, beef, pork, cold cuts, frankfurters, sausage, etc. Acceptable choices include: fish, chicken (preferably organic), turkey, lamb, and wild game such as deer.

- This includes egg, milk, yogurt, cheese, ice cream, sour cream, butter, etc.

- Corn starch in baking powder and processed foods
- Corn syrup solids or maltodextrin (corn derivative) used as a sweetener
- Amaranth and millet flake cereals may also contain corn

Day 1

Choose from the following menu suggestions:

The easiest route may be simply choosing from the following meal suggestions. If you wish to be creative and develop your own menus, just keep the guidelines in mind. There are no caloric restrictions; you may eat as much of anything on the allowed list as you would like.

Note: All italicized items have a recipe included.

Start taking 1/2 scoop of the powdered product that your practitioner has recommended, along with 1 nutritional supplement capsule (if directed), twice today. Recipe suggestions for smoothies are on page 10. Remember to adjust the amount of liquid when using less than the full 2 scoops of powder.

Breakfast Oatmeal or cream of rice cereal with milk substitute, mixed with mashed banana or applesauce, and sprinkled with cinnamon and chopped raw nuts
OR
Fruit juice sweetened whole oat cereal, sliced banana or blueberries, rice or almond milk

Snack 1/2 scoop recommended powder mixed with 1/4 cup liquid of choice
Sliced pears and kiwis, sprinkled with cinnamon

Lunch *Minestrone Soup* (page 17) with rice crackers
Hummus (page 17) with sliced avocado and tomato on rice cakes
Black Bean Salad (page 17)

Snack 1/2 scoop recommended powder mixed with 1/4 cup liquid of choice
Dinner *Pasta and Beans* (page 17)

Steamed broccoli tossed with olive or flaxseed oil and herbs of your choice

Tossed green salad with sliced cucumber, radish, red onion, and the *Basic Salad Dressing* OR *Red Cabbage-Apple Salad* (page 17)

Leftover soup from lunch

Snack Sliced peach and raspberry fruit salad

Basic Salad Dressing

(2-3 servings)

Mix well in a shaker jar and store any leftovers in your refrigerator.

1/4 cup flaxseed oil (or 2 Tbsp. each flaxseed and olive oils)	1 tsp. Dijon-type mustard (optional, but delicious), whisked in to liquid for easy mixing
1-2 Tbsp. vinegar (apple cider, tarragon, rice, red wine, balsamic, ume plum)	Whole or minced garlic, oregano, basil, or other herbs of choice
1/2-1 Tbsp. water	

Increase recipe for multiple servings. Keep a jar in the refrigerator at work and one at home for convenience.

Minestrone Soup

(8 servings)

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|----------------------------------|--|
| 1 Tbsp. olive oil | 1/2 cup brown rice |
| 1 medium to large onion, chopped | 1 16-oz. can organic kidney beans, undrained, or 2 cups home-cooked kidney beans |
| 3 carrots, sliced or diced | |
| 2 stalks celery, diced | 1 lb. fresh green beans, cut into 1-inch pieces or one 10-oz. package frozen cut green beans |
| 2 cloves garlic, minced | |
| 6 cups vegetable stock or water | |
| 1 bay leaf | |
| 1 28-oz. can tomatoes with juice | |

In a 6-qt. pot, sauté onion, celery, carrots, and garlic until softened. Add stock or water, tomatoes, rice, and bay leaf. Bring to a boil and cover, reducing heat to a simmer for 50 minutes; stir occasionally. Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender. Remove bay leaf before serving. Use leftovers for day 2 and/or freeze for day 20.

Pasta + Beans

(4 servings)

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| 16-oz. can white beans (pea navy, Great Northern), organic preferred | 1 tsp. dried oregano |
| 3 Tbsp. olive oil | 16-oz. can tomatoes or 4 tomatoes, peeled, seeded, and chopped |
| 2 onions, chopped | 1/2 cup bean liquid |
| 2 carrots, chopped | 1-2 tsp. salt |
| 2 Tbsp. dried basil | 1/2 lb. rice elbow macaroni |

Drain beans, reserving liquid. Heat 1-2 Tbsp. olive oil in a heavy casserole dish. Add onions, carrots, oregano, and basil; cook until vegetables are wilted. Add tomatoes, bean liquid, salt, and pepper. Cover and simmer for about 10 minutes, until the vegetables are tender. Add the drained beans and simmer for another 10 minutes. Meanwhile, cook and drain the macaroni. Toss with 1 Tbsp. more olive oil and then mix with the bean sauce.

Black Bean Salad

(4 servings)

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| Combine in a bowl: | 1 Tbsp. olive oil |
| 2 cups black beans | 1 tsp. lemon juice or balsamic vinegar |
| 1 cup cherry tomatoes | 1-2 tsp. cumin |
| 1/4 cup red onion, chopped | |
| 1/4 cup red or yellow bell pepper, chopped | |

Chill before serving.

Hummus

(6 servings)

(You may also purchase hummus from a health food store.)

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|---|---|
| 2 cups canned organic garbanzo beans (chickpeas), or cook from scratch if desired | 1/2 cup lemon juice |
| 1 tsp. cumin | 2 Tbsp. olive oil or flaxseed oil |
| 1/4 cup tahini (sesame butter) | 2 cloves of garlic, crushed |
| | Paprika, sea salt, and fresh parsley to taste |

Drain beans and reserve liquid. Blend beans with remaining ingredients. If mixture seems dry, add some of the reserved liquid slowly to the blender to make a smooth paste. Garnish with a sprinkle of paprika and parsley.

Red Cabbage-Apple Salad

(6 servings)

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| 1 small head red cabbage, coarsely chopped | 2 green onions, chopped |
| 10 radishes, sliced | 1 stalk celery, chopped |
| 3 tart green apples, unpeeled, washed, and diced | 1/4 cup walnuts, chopped |
| | 1-2 Tbsp. lemon juice |
| | Dash garlic powder |

Mix everything in a serving bowl and let sit for an hour, stirring once or twice. Use leftovers for day 2.

You might begin to feel some "withdrawal symptoms" today such as those mentioned earlier in the booklet. You may have a mild headache or some muscle aches, particularly if you have been accustomed to drinking caffeinated beverages or eating highly sugared or processed foods. Other symptoms may appear over the next few days. This is normal and to be expected, and is probably a good indication that this is the right program for you. Take 1 scoop of your powdered beverage twice today. If taking a nutritional supplement, continue with 1 capsule twice today.

Day 2

Choose from the following menu suggestions:

Breakfast Crispy brown rice (cold cereal), cream of rice, cooked oatmeal, or cooked quinoa flakes, topped with almond or rice milk, sliced banana or raisins, and sprinkled with cinnamon

Rice Pancakes (page 19) topped with unsweetened applesauce or apple butter

Rice cakes topped with walnut butter and/or apple butter

Honeydew, cantaloupe, and watermelon balls

Snack 1 scoop recommended powder mixed as desired (using only 4 oz. liquid)

Mango slices

Lunch *Quinoa Salad* (page 19) OR leftover *Black Bean Salad* (page 17) topped with avocado slices

Leftover *Minestrone Soup* (page 17) with rice crackers and a mixed green salad with *Basic Salad Dressing* (page 16)

Crispy Rice Treats (page 19)

Snack 1 scoop recommended powder mixed as desired using only 4 oz. liquid

Raw veggie sticks dipped in hummus

Dinner Choose one: *Ratatouille*

Leftover *Red Cabbage-Apple Salad* (page 17)

Roast chicken breast or broiled lamb chop

Brown rice pasta topped with *Ratatouille*

Snack *Baked Apple with Cashew Topping* (page 19)

(6 servings)

1/2 cup olive oil

2 large onions, sliced

3 garlic cloves, minced

1 medium eggplant, cut into

1" cubes

2 green peppers, chopped

3 zucchini, cut into 1/2" slices

1 28-oz. can tomatoes,

drained, or 4 cups fresh

tomatoes, chopped

1 tsp. salt

1/4 tsp. pepper

1 tsp. oregano

1/2 tsp. thyme

In a 6-quart pot, sauté onion and garlic in oil for 2 minutes. Add eggplant and stir-fry for 5 minutes. Add peppers and cook 5 minutes. Add zucchini and cook for 5 more minutes; then add seasonings and tomatoes. Cover and simmer for 30 minutes.

Quinoa Salad

(12 servings)

1½ cups quinoa, rinsed well
3 cups vegetable broth or water
½ cup *Basic Salad Dressing*
1 red bell pepper, diced
1 cup frozen baby peas, thawed

¼ cup red onion, diced
3 scallions, thinly sliced (with 4" of green included) or 1 shallot, chopped
¼ cup fresh dill, chopped
¼ cup parsley, chopped

Add quinoa to broth or water in a medium sauce pan, stir and bring to a boil. Reduce to simmer; then cover and cook 15 minutes without stirring or until liquid is absorbed. Remove ingredients from saucepan and place in a bowl. Cool slightly and toss with salad dressing and remaining ingredients. Add more dressing if desired and adjust seasoning to taste. Add any leftover veggie for variety.

Crispy Rice Treats

(24 servings)

1 tsp. cold-pressed sesame oil
½ cup brown rice syrup
2 Tbsp. sesame tahini (or other nut butter)
2 tsp. pure vanilla extract

6 cups of a combination of: puffed rice, puffed millet, or crispy brown rice
½ cup sunflower or pumpkin seeds
½ cup currants, chopped
dried apples, or dates

In a large pot, heat oil, rice syrup, and tahini; stir until bubbly. Remove from heat and stir in vanilla. Add remaining ingredients, mixing well with a wooden spoon. Spoon mixture into a 13 x 9-inch pan and press flat. Allow to sit at room temperature until set. Then, cut into squares and store in an airtight container at room temperature. Makes 2 dozen squares.

Rice Pancakes

(4-6 servings)

1½ cup rice or almond milk
1½ Tbsp. lemon juice
1½ cups rice flour
½ cup oat flour
½ tsp. salt
2 tsp. baking powder

½ tsp. baking soda
1 Tbsp. unsweetened apple butter
1 Tbsp. cold-pressed safflower oil
Egg substitute to equal 2 eggs

Mix milk and lemon juice together and allow to sit for 5 minutes until curds form. Mix dry ingredients together and set aside. In a large mixing bowl, beat apple butter, oil, egg, and milk mixture. Add dry mixture and stir gently. Be careful not to over mix. Makes approximately 14 (4-inch) pancakes.

Baked Apple with Cashew Topping

(4 servings)

4 firm cooking apples (e.g., Granny Smith, Golden Delicious, Macintosh)
8 Tbsp. raisins and cinnamon to taste

Topping:
½ cup raw cashew pieces
Pure vanilla extract

With a knife, cut apples horizontally around the middle to keep the skin from splitting during baking. Core apples and fill the center of each with 2 Tbsp. raisins. Sprinkle with cinnamon. Bake at 350 °F for 45 minutes, or until tender. While apples are baking, whirl cashews in a blender, adding water gradually until you get the consistency you prefer. (The longer you blend, the smoother the mixture becomes.) Add a few drops of pure vanilla extract for extra flavor. Spoon over hot apples.

Now you will increase your powdered beverage to 2 scoops twice a day. If taking nutritional supplement capsules, increase to 2 capsules twice a day as well. Choose from the following menus and refer to days 1 and 2 for other menu ideas.

Days 3-6

- Breakfast** 2 scoops recommended powder mixed as desired
Crispy brown rice (cold cereal) or cream of rice (hot cereal) topped with rice or almond milk, sliced banana, or berries and sprinkled with cinnamon
- Snack** Sliced fresh peaches and berries sprinkled with sunflower seeds, or sliced papaya or nectarine topped with chopped pecans
- Lunch** *Spicy Black Beans and Tomatoes* with steamed brown rice
Bean & Spinach Soup (page 21) OR *Vegetable Rice Soup* (page 21) with rice cakes topped with almond butter
Mixed green salad (romaine, arugula, radicchio, spinach, etc.), with veggies of your choice, chopped walnuts, and *Basic Salad Dressing* (page 16) OR *Carrot Salad* (page 21)
Leftovers
- Snack** 2 scoops recommended powder mixed as desired
Veggie sticks dipped in *Hummus* (page 17) or unsweetened salsa
- Dinner** *Vegetarian Chili* (page 21) and *Red Potato-Green Bean Salad* (page 21)
Baked red potato topped with leftover *Ratatouille* (page 18)
Mixed green salad with sliced red bell peppers, red cabbage, garbanzo beans, and sliced onion tossed with *Basic Salad Dressing* (page 16)
- Snack** *Banana-Strawberry Cream* (page 21)
Tropical Salad (page 21)
Carrot, celery, and cucumber sticks, almonds, and pumpkin seeds

(8 servings)

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|---------------------------------|----------------------------|
| 1 tsp. olive oil | 1 15-oz. can black beans, |
| 1 small onion, chopped | drained or 2 cups home- |
| 2 cloves garlic, minced | cooked beans |
| 1 can chopped stewed | 1/2 tsp. cumin |
| tomatoes or 2 to 3 fresh | 1/2 tsp. ground red pepper |
| tomatoes, chopped | 1/4 tsp. chili powder |
| 1 4-oz. can diced green chilies | 1 Tbsp. chopped fresh |
| | cilantro or parsley |

Sauté chopped onion and minced garlic in olive oil over medium heat until tender. Add tomatoes and green chilies. Reduce heat and cook uncovered for 6 to 8 minutes or until thickened. Stir in beans and remaining ingredients. Cover and heat 5 minutes more. Freeze leftovers for days 16-18.

Bean & Spinach Soup

(6 servings)

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|---|------------------------------|
| 2 cups white kidney beans (canellini), canned or home-cooked | 4 cups vegetable broth |
| 1-2 cups kidney or red beans, canned or home-cooked | 2 medium onions, chopped |
| 1 cup garbanzo beans (chickpeas), canned or home-cooked | 1 large clove garlic, minced |
| 2-3 cups fresh spinach or escarole, washed, drained, and chopped or 10-oz. frozen chopped spinach | 1 tsp. dried basil |
| | 1 Tbsp. dried parsley |
| | 1 tsp. dried oregano |
| | Pepper to taste |

Combine all ingredients and simmer about 45 minutes, until onions are soft.

(4-6 servings)

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|---------------------------|----------------------------------|
| 1 avocado, cubed | 1/2 cup celery, diced |
| 8 pineapple slices, cubed | 1/2 cup mango or pineapple juice |
| 1 papaya or mango, cubed | |

Combine all and garnish with fresh mint leaves.

Vegetarian Chili

(4 servings)

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| 1 Tbsp. olive oil | 2 Tbsp. chili powder |
| 1 medium onion, chopped | 1 tsp. cumin |
| 2 whole carrots, diced | 1 cup cooked kidney beans |
| 4 cloves garlic, minced | 1 cup cooked pinto beans |
| 1 sweet red bell pepper, chopped | 1 28-oz. can tomatoes, chopped (reserve juice) |
| 1 green bell pepper, chopped | 1/2 tsp. freshly ground pepper |
| 1 jalapeño pepper, fresh or canned, finely chopped | 2 Tbsp. parsley, finely chopped |

In a large (non-aluminum) soup kettle, heat oil over low heat; add onion, carrot, garlic, and peppers. Cover and cook until vegetables are very soft, about 10 minutes. Remove lid, add chili powder and cumin and cook an additional 2 to 3 minutes, stirring occasionally. Add beans, tomatoes, and their juice. Simmer 20 minutes. Add pepper. Top bowls of chili with parsley. Freeze leftovers for use on days 21-28.

Banana Strawberry Cream

(3 servings)

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|---------------------------------------|---------------------------|
| 1 cup strawberries, washed and hulled | 1 cup pineapple juice |
| 2 medium bananas, peeled and sliced | 1 medium apple, cored |
| | 1/4 cup raw cashew pieces |
| | Lemon juice (optional) |

Bananas may be tossed in lemon juice to preserve color. Mix pineapple juice, apple, and cashew pieces in a blender. Pour mixture over strawberries and bananas, and stir.

Vegetable Rice Soup

(8 servings)

Follow directions for *Minestrone Soup* (see page 17), but omit kidney beans, and add vegetables of your choice (chopped cabbage, spinach, peppers, etc.) if desired. Freeze any leftovers for day 14.

(4 servings) Carrot Salad

Mix together:

- 2 cups carrot, shredded
- 1/2 cup celery, diced
- 1/4 cup sunflower seeds
- 3-4 Tbsp. coconut milk
- 2 Tbsp. pineapple juice

Chill for several hours before serving.

Red Potato-Green Bean Salad

(4-6 servings)

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| 4 medium red potatoes, washed, unpeeled, steamed, or baked, and cut into chunks (leftover potatoes may be used) | 2-4 Tbsp. olive or flaxseed oil |
| 1 lb. fresh green beans, cleaned, cut into thirds and lightly steamed | 2 tsp. balsamic vinegar |
| | 1/4-1/2 cup red onion, thinly sliced |
| | 2 garlic cloves, slivered |
| | 2 Tbsp. fresh basil and/or oregano, chopped |
| | Salt and pepper to taste |

Combine potatoes and beans with olive or flaxseed oil, vinegar, onion, garlic, basil, and/or oregano (or 1 tsp. each dried herb). Salt and pepper to taste. (For a pleasant flavor, mix all the ingredients together except for the potatoes and chill. Just before serving, add warm potatoes to the cold salad.)

Day 7-13

You have now made it through the most difficult period of withdrawal. Congratulations! Now starts the more vigorous part of the program in terms of detoxification. Food intake for these seven days is very simple: From the Basic Dietary Guidelines, eat only from these categories: Fruits, Vegetables, Fats, Beverages, and Spices and Condiments. From the Starch category, consume *rice only*. Increase to 2 scoops of your recommended powder three times each day. If recommended, also increase your nutritional supplement to 2 capsules three times each day.

We recommend that the fruits and vegetables you consume during this time be organically grown if possible. If not, wash them thoroughly to remove residue. Also, while this is not a calorie-restricted program, you may actually find you are eating fewer calories. This is fine. Many people notice that they are hungry initially, but that tends to dissipate. Most people continue with normal activities: job, school, home, and play. Recognize, however, if you are getting light-headed or excessively fatigued you may be experiencing low blood sugar. Keeping an apple or pear handy will usually handle this problem.

Day 7

Choose from the following menu suggestions:

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| Breakfast | 2 scoops recommended powder mixed as desired |
| Snack | Apple or peach |
| Lunch | 2 scoops recommended powder mixed as desired
Steamed broccoli, red kale, and/or swiss chard (thinly chopped) topped with olive or flaxseed oil
Carrot, celery, and cucumber sticks |
| Snack | 2 scoops recommended powder mixed as desired |
| Dinner | Steamed rice and baby peas topped with flaxseed oil
Mixed greens, chopped celery, red cabbage, and broccoli florets topped with <i>Salad Dressing</i> |
| Snack | Banana or apricots |

Salad Dressing

(2-3 servings)

Whisk or shake in a jar:

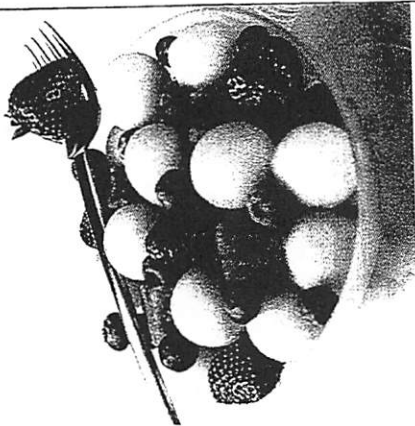
1/4 cup olive, flaxseed,
walnut, or sesame oil
1-2 Tbsp. apple cider vinegar
1/4 tsp. dry mustard

Salt, pepper, and herbs to
taste

Refrigerate.

Day 8

- Breakfast** 2 scoops recommended powder mixed as desired
- Snack** Cantaloupe and honeydew melon balls
- Lunch** 2 scoops recommended powder mixed as desired
Spinach salad, with sliced cucumber, raw green beans (cut), and shredded carrot topped with *Salad Dressing* (page 22)
- Snack** 2 scoops recommended powder mixed as desired
- Dinner** Baked yam/sweet potato
Lightly steamed broccoli, cauliflower florets, and julienned carrots topped with olive or flaxseed oil and rice vinegar
- Snack** Pear or kiwi



Day 9

- Breakfast** 2 scoops recommended powder mixed as desired
- Snack** Papaya or peach
- Lunch** 2 scoops recommended powder mixed as desired
Arugula, radicchio, and endive salad with shredded carrot, topped with olive or flaxseed oil and vinegar
- Snack** 2 scoops recommended powder mixed as desired
- Dinner** Baked acorn or butternut squash
Steamed green and yellow beans topped with flaxseed oil
- Snack** Banana or sliced watermelon

Day 10

Breakfast 2 scoops recommended powder mixed as desired

Snack *Baked Apples*, fresh apple, or apricots

Lunch 2 scoops recommended powder mixed as desired

Large mixed green salad with chopped celery, carrot, leftover steamed green or yellow beans, lightly steamed broccoli, and green peas topped with *Salad Dressing* (page 22)

Snack 2 scoops recommended powder mixed as desired

Dinner Steamed rice and steamed spinach and collards (chopped thinly) topped with olive oil

Cucumber sticks and raw green beans

Snack Kiwi or papaya

Days 11-13

Repeat menus from days 7-10

Baked Apples

(2 servings)

Core 2 apples and peel only the top $\frac{1}{8}$ skin. Place in baking pan, pour $\frac{1}{2}$ cup apple juice over and sprinkle with $\frac{1}{2}$ tsp. cinnamon. Bake at 350 °F for 20-30 minutes or until soft and juicy.



Step 3:

Today you will begin Step 3. In this Step you will start the process of adding back a wider range of foods. On days 14-15, you will add back Bread, Cereal, Starch, and Milk Substitutes from the Basic Dietary Guidelines. Continue with 2 scoops of your powder three times daily. If recommended, continue with nutritional supplement 2 capsules three times each day. Go easy, eat lightly, and don't overdo it. It is very important that you gently restart the more serious process of digestion that has had time to rest over the past 8 days. It is unlikely that you will react to any of these foods, as they are not typically allergenic.

However, your healthcare practitioner may suggest a slower approach to suit your individual needs. He or she may also recommend that you start keeping track of any possible reactions you may have to reintroduced foods. This process is outlined in the "Reintroducing Foods" section on page 33. This is good information for you and your healthcare practitioner and may be useful in pinpointing hidden food allergies or intolerances.

Day 14

Breakfast	2 scoops recommended powder mixed as desired
Snack	Sliced peaches and blueberries or raspberries
Lunch	<i>Vegetable Rice Soup</i> (page 21) <i>Red Potato-Green Bean Salad</i> (page 21) 2 scoops recommended powder mixed as desired
Snack	Salsa with carrot, celery, and cucumber sticks
Dinner	2 scoops recommended powder mixed as desired Large tossed salad with mixed greens (red or green leaf lettuce, escarole, radicchio, endive, romaine, arugula) tossed with <i>Basic Salad Dressing</i> (page 16) Baked sweet potato, <i>Oven-Roasted Veggies</i> (page 27), OR <i>Sweet Potato Squash Delight</i> (page 27)
Snack	<i>Tropical Salad</i> (page 21)

Choose from the following menu suggestions:

- Breakfast** Cream of brown rice, oatmeal, amaranth, buckwheat, or teff cereal;
OR quinoa flakes; OR cooked millet mixed with rice milk
Applesauce or mashed banana and cinnamon
Cold puffed millet or rice cereal with berries and rice milk
Baked Apples (page 24)
- Snack** 2 scoops recommended powder mixed as desired
- Lunch** 2 scoops recommended powder mixed as desired
Quinoa Vegetable Soup (page 27) OR *Quinoa Salad* (page 19)
- Snack** Sliced mango
Leftover *Baked Apples* (page 24) from breakfast
- Dinner** 2 scoops recommended powder mixed as desired
Large tossed salad with mixed greens (arugula, romaine lettuce, spinach, beet greens), red cabbage, green peas, shredded carrot, and lightly steamed broccoli, topped with *Basic Salad Dressing* (page 16)
Baked sweet potato OR *Kasha Chili* (page 27)
Rice pasta topped with *Ratatouille* (frozen leftover from day 2, page 18)
- Snack** Salsa with daikon (white radish), raw green beans, snow peas, cucumbers, and baby carrots

Sweet Potato Squash Delight

(4-6 servings)

- | | |
|--|-------------------|
| 1 medium butternut squash,
cut into chunks | 1/2 tsp. ginger |
| 2 medium to large sweet
potatoes, cut into chunks | 1/2 tsp. cinnamon |
| | Dash nutmeg |
| | 1/4 cup rice milk |

Preheat oven to 350 °F. Steam squash and sweet potato until tender. Remove peels and puree in food processor. Add ginger, cinnamon, nutmeg, and rice milk (add enough to match the consistency of mashed potatoes). Put mixture into 1 1/2-qt. casserole dish and garnish with a sprinkle of cinnamon. Bake about 15 minutes.

Oven Roasted Veggies

Use any combination of the following cut into bite-sized pieces: unpeeled, washed eggplant; small red potatoes; yellow or green summer squash; mushrooms; asparagus; and peeled red onion. Toss with crushed garlic cloves and olive oil. Sprinkle with rosemary, oregano, tarragon, and basil to taste. Spread in a roasting pan in single layers and roast approximately 20 minutes at 400 °F until veggies are tender and slightly brown, stirring occasionally. Salt and pepper to taste. Serve immediately while warm.

Quinoa Vegetable Soup

(4-6 servings)

- | | |
|-------------------------------------|--------------------------------|
| 1/4 cup quinoa (well rinsed) | 2 tsp. olive oil |
| 1/2 cup carrots, diced | 4 cups water |
| 1/4 cup celery, diced | 1/2 cup tomato, chopped |
| 2 Tbsp. onion, chopped | 1/2 cup cabbage, chopped |
| 1/4 cup green bell pepper,
diced | Salt and pepper to taste |
| 2 cloves garlic, chopped | 1/4 cup fresh parsley, chopped |

Sauté quinoa, carrots, celery, onions, green bell pepper, and garlic in oil until softened. Add water, tomato, and cabbage. Bring to a boil. Simmer 20 to 30 minutes or until tender. Season to taste and garnish with parsley. For variations, try adding some of your other favorite vegetables, chopped and sautéed.

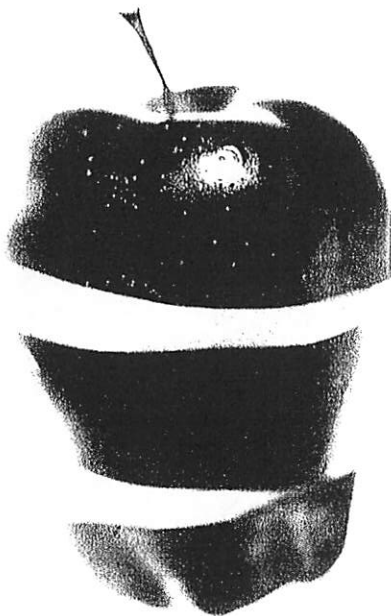
(4-6 servings) Kasha Chili

- | | |
|--|-----------------------------|
| 2 medium onions, diced | 1-2 Tbsp. chili powder |
| 2 medium peppers, diced | 4 cloves garlic, minced |
| 1 Tbsp. olive oil | 1/2 tsp. cumin |
| 1 28-oz. can Italian tomatoes | 1/4 tsp. or to taste pepper |
| 2 cups water | 3/4 cup whole kasha |
| 1 15-oz. can pinto or kidney
beans, drained | (buckwheat groats) |
| | Salt and pepper to taste |

In a large skillet, sauté onions and peppers in olive oil. Add tomatoes with their juice. Add water, beans, and spices. Bring to a boil, stir, and cover. Reduce heat and simmer for 10-15 minutes. Add kasha and cook 10-15 minutes more, until kasha is tender. Taste and adjust seasoning if desired. Serve hot.

Day 16-18

Over the next three days you will also add back all Legumes and Nuts and Seeds from the Basic Dietary Guidelines. Decrease your powdered beverage to 2 scoops twice daily. Also decrease the nutritional supplement to 2 capsules twice daily.



*Keep in mind that any previous menu item from days 7-15 may be substituted.
Choose from the following suggestions:*

- Breakfast** Crispy brown rice (cold cereal), oatmeal, or cooked quinoa flakes, topped with almond or rice milk and your choice of fruit, and sprinkled with cinnamon
Rice Pancakes (page 19) topped with mashed banana or *Sautéed Apples* (page 29)
Baked Apple with Cashew Topping (page 19)
- Snack** 2 scoops recommended powder mixed as desired
- Lunch** Brown rice and beans topped with herbs and flaxseed oil and *Red Cabbage-Apple Salad* (page 17)
Quinoa Salad (page 19) OR *Lentil Salad* (page 29)
Escarole and White Bean Soup (page 29) OR *Bean & Spinach Soup* (leftover from day 3, page 21) with rice crackers
Leftover *Kasha Chili* (page 27) OR *Quinoa Vegetable Soup* (page 27)
- Snack** 2 scoops recommended powder mixed as desired
Crispy Rice Treats (page 19) OR rice cakes topped with walnut butter
- Dinner** Veggie stir-fry over steamed brown rice or millet, tossed salad with *Basic Salad Dressing* (page 16)
Cooked kasha (buckwheat) or quinoa with green peas or asparagus and *Carrot Salad* (page 21)
Spicy Black Beans and Tomatoes (leftover from day 3, page 20) and *Red Potato-Green Bean Salad* (page 21)
Mixed green salad, *Basic Salad Dressing* (page 16)
- Snack** Melon-berry compote (your choice of melon and berries topped with chopped nuts or sunflower seeds)
Mixed Nut Muesli (page 29)

Escarole & White Bean Soup (4-5 servings)

1 Tbsp. olive oil
2 medium cloves garlic,
crushed
1 large onion, chopped
1 bay leaf
1 stalk celery, diced
1 medium carrot, diced

5 cups water or vegetable broth
2 cups cooked white beans
½ lb. fresh chopped escarole
or spinach
Salt and freshly ground black
pepper to taste
Freshly grated nutmeg *(optional)*

In a saucepan, sauté the onions and garlic in olive oil over low heat. When onions and garlic are soft, add bay leaf, celery, carrot, salt, and pepper; stir and sauté another 5 minutes. Add broth or water and cover. Simmer about 20 minutes. Add cooked beans and escarole or spinach. Cover and continue to simmer over very low heat another 15-20 minutes. If desired, season to taste with salt, pepper, and nutmeg.

(4-6 servings) Sautéed Apples

Wash and slice 2 apples thinly and sauté in 1 tsp. cold-pressed safflower oil until softened. Add ½ cup apple juice and 1 tsp. cinnamon. Simmer until nicely blended and softened. Use on top of pancakes or waffles.

Mixed Nut Muesli

Combine in a bowl, using any amount you desire: puffed rice cereal, crispy brown rice, sliced almonds, chopped walnuts, pumpkin seeds, and dried apples. Store in a jar and snack as desired. Makes a handy portable snack.

Lentil Salad

(3-4 servings)

2 cups lentils, picked over
and rinsed
3½ cups water
2-3 Tbsp. red wine or
balsamic vinegar
½ cup olive oil
2 garlic cloves, minced
2 tsp. dried basil
1 tsp. fine sea salt
¼ tsp. freshly ground black
pepper

½ cup black olives, chopped
½ cup carrots, shredded
2 medium tomatoes, cut into
½-inch pieces, or 1 cup
cherry tomatoes
1 medium red bell pepper,
seeded and cut into ½-inch
pieces
1 small red onion, finely chopped
1 cup fresh parsley, coarsely
chopped

Simmer lentils, covered in water, until tender—30 to 45 minutes. Drain and cool. Combine vinegar, olive oil, garlic, basil, salt, and pepper in a jar; mix well. Combine remaining ingredients with lentils and toss with the dressing. Refrigerate for 1 hour before serving.

On these days you may also add back Meat and Fish from the Basic Dietary Guidelines.

Continue with 2 scoops twice daily of your powdered beverage and 2 nutritional supplement capsules twice daily (if recommended). You may use any menu or recipe from Day 1 forward. Do not add any additional foods not in the Basic Dietary Guidelines into your meal plan. The purpose of remaining on a restricted program at this time is to build on the progress you have made.

After Day 28, return to your healthcare practitioner for instruction on adding back more potentially allergenic foods to your diet. When you start this, it will become very important to be alert to possible food allergies or intolerances. Again, we suggest you refer to the specific "Reintroducing Foods" protocol we have outlined on page 33.

Choose from the following menu suggestions:

Breakfast	Cream of rice cereal or oatmeal with mashed banana or applesauce, topped with cinnamon, and sprinkled with raw nuts
	Puffed rice or millet cereal and sliced banana or berries, topped with rice, oat, or almond milk
	Smoked salmon on rice cakes topped with sliced red onion
Snack	2 scoops recommended powder mixed as desired
Lunch	Any leftover soup and tossed salad with <i>Basic Salad Dressing</i> (page 16)
	Tuna chunks, mixed with <i>Hummus</i> (page 17) and topped with sliced avocado on toasted rice bread with <i>Black Bean Salad</i> (page 17)
	<i>Curried Chicken Salad</i> (page 31)
	Rice and beans with tossed salad
Snack	2 scoops recommended powder mixed as desired
Dinner	Grilled salmon, roast lamb, or turkey with steamed broccoli, tossed with olive or flaxseed oil and herbs of your choice
	Roasted red potatoes OR <i>Nutty Green Rice</i> (page 31)
	Large tossed salad with chopped veggies, chunks of chicken, and chick peas or kidney beans; topped with <i>Basic Salad Dressing</i> (page 16)
	Leftovers
Snack	Fresh fruit salad sprinkled with raw nuts or seeds OR <i>Crispy Rice Treats</i> (page 19)

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Curried Chicken Salad

(4 servings)

2½ lbs. boneless, skinless
white meat chicken
1 cup red and green apple,
unpeeled and diced
2 stalks celery, diced
½ small jicama, peeled and
diced (optional)

½ cup mango or papaya juice
1 tsp. curry powder
¼ tsp. turmeric
1 Tbsp. olive oil
Salt and pepper to taste

Bake chicken at 350 °F for 20 minutes, then dice. Place cooked, diced chicken in a large salad bowl and cool. Combine with remaining ingredients. Adjust seasoning to taste and refrigerate for an hour before serving.

Nutty Green Salad

(4 servings)

1 cup brown basmati rice
2 cups water
½ cup almonds
½ small bunch parsley
1 clove garlic

1½ Tbsp. lemon juice
1½ Tbsp. olive oil
½ cucumber, diced
Salt and pepper to taste

Bring water to a boil and add rice. Stir and simmer covered for 45 minutes (do not stir again). Remove from heat and let sit for another 10 minutes; then remove cover and allow to cool. While rice is cooking, blend almonds, parsley, garlic, oil, and lemon juice in a food processor. When rice is cool, stir in the nut mixture and add cucumber. Salt and pepper to taste.

At this point you and your healthcare practitioner should discuss your response to the program. Your practitioner may suggest that you continue on the program, continue the diet or the product(s) alone, or use some other combination.

