



*Clearing the Path to a healthy life.*

## **Complex Carbohydrate Free Health Diet**

**\*\*\*Water mandatory 1 quart per 50 lbs. of body weight per day.**

**Meals: Meat and vegetables.**

**Snacks: Fresh fruit**

**Proteins:**

- Red meat (beef, venison, buffalo)
- Emu & Ostrich
- Pork & Lamb
- Organ meats
- Fish & Shellfish (unbreaded)
- Fowl (unbreaded)
- Eggs

**Vegetables:**

- Green vegetables
- Yellow & orange vegetables (2-3 small portions per week if desired)
- Tomatoes

**Fruit:**

- Fresh fruit only
- Juice (NO SUGAR ADDED, if store bought it must be labeled as such)

**Beverages:**

- Limit of 1-3 cups of coffee daily
- 1 quart of water per 50 lbs. of body weight

**Foods to Avoid:**

|                     |                   |
|---------------------|-------------------|
| ALL SUGAR           | ALL MILK PRODUCTS |
| SWEETENERS          | MIXED DRINKS      |
| PASTA OF ALL KINDS  | BEER, WHISKEY     |
| ALL WHEAT PRODUCTS  | SCOTCH            |
| CAULIFLOWER         | POTATOES          |
| RICE                | YAMS              |
| HONEY               | DRIED BEANS       |
| FROZEN JUICES       | BEETS             |
| CONCENTRATED JUICES | FROZEN FOODS      |
| TOFU                | SOY               |

**\*\*\*IF IN DOUBT LEAVE IT OUT!!**