

# Patient Dietary Guide for 21 Day Purification Weight Management Support Program

The following information on serving size and glycemic index is for your benefit. These food items have been modified for your use during the 21 Day Purification Weight Management Program. Your physician will guide you on the reintroduction of foods to your diet. It is highly recommended that you use Organically grown foods whenever possible. If you are unable to find Organically grown foods, soak your vegetables and non-porous fruits in 1 Tablespoon Organic Apple Cider Vinegar per half gallon of water for 5 minutes. Rinse thoroughly to remove residue and vinegar before preparing or cooking. This will help to remove the surface pesticides but not the systemic kind. Also avoid foods that contain hydrogenated or partially hydrogenated oils, MSG, hydrolyzed proteins, natural flavors, carrageenan, xanthan gum, corn starch, maltodextrin, Aspartame, Saccharin, and Splenda. ***Make sure to read all labels, even in health food or whole food markets.***

## What to Eat, How Much, and How Often

Balancing ratios of protein, carbohydrate, and fat in your diet helps promote healthy body composition, appetite control, emotional stability, mental clarity, and physical endurance. This section will provide you with guidelines in making healthy food choices, to assist you in optimizing your weight (lean body mass to fat ratio), and overall health.

### **Each meal should contain approximately:**

- 15 grams of protein
- 20 grams of low- or moderate-glycemic-index (GI) carbohydrates
- 6 grams of high quality oils or fats

Glycemic Index of Vegetables		
Low Glycemic Index		Moderate Glycemic Index
Asparagus	String Beans	Artichoke
Bean Sprouts	Brussels Sprouts	Oyster Plant
Beet Greens	Chives	Sweet Corn
Broccoli	Collards	Green Peas
Cabbage	Dandelion Greens	Carrots
Cauliflower	Eggplant	Yam
Celery	Kale	Sweet Potatoes
Chickpeas	Kohlrabi	
Chard, Swiss	Leeks	
Cucumber	Okra	
Endive	Onion	
Lettuce	Parsley	
Lentils	Peppers	
Mustard Greens	Pimento	
Radish	Turnip	
Spinach	Watercress	
Split Peas		

Glycemic Index of Fruits		
Low Glycemic Index	Moderate Glycemic Index	High Glycemic Index
Rhubarb	Blueberries	Banana
Strawberries	Orange	Watermelon
Tangerine	Grapes	Cantaloupe
Tomatoes	Kiwi	Pineapple
Cherries	Kumquats	Dates
Apple	Loganberries	Raisins
Apricot, dried	Mango	
Blackberries	Mulberries	
Cranberries	Pomegranate	
Grapefruit	Papaya	
Guava		
Raspberries		
Lemon		
Lime		
Prune		
Peach		
Pear		
Plum		

## Serving Sizes and Portions

### What to Eat, How Much, and How Often

The following food choice guidelines are designed to help you achieve sustained moderate fat loss and improved body composition. Foods with a low glycemic index are emphasized, with the goal of controlling insulin levels and improving your body's ability to utilize insulin. Of course, your menu plan should be individualized depending on your calorie needs, personal health issues, and health goals.

<p><b>CONCENTRATED PROTEIN SOURCES</b>  <i>Average serving size = 3 oz. cooked, or as indicated. (Meat, poultry, and fish should be grilled, baked or roasted; fish can also be poached. Keep cheese intake low due to its saturated fat content.)</i>  <b>Servings: 2-4 per day (including 1 serving of fish)</b>  <i>(1 serving = approximately 150 calories)</i>                  Beef, 3 oz. (roughly 200 calories) 1/2 palm sized                  Fish, 3 oz. fresh or 3/4 cup canned in water                  Poultry: chicken or Cornish hen (breast only), turkey                  Leg of Lamb, lean roast</p>	<p><b>Category 1 – VEGETABLES</b>  <i>Average serving size = 1/2 cup</i>  <b>Servings: unlimited</b>  <i>(1 serving = approximately 10-25 calories)</i>  <b>Fresh juices made from these vegetables are also allowed</b>                  Artichokes Asparagus                  Bamboo Shoots Bean Sprouts                  Bell or other peppers Brussels sprouts                  Broccoli, broccoflower                  Cabbage (all types)                  Cauliflower                  Celery                  Chives, onion, leeks, garlic                  Cucumber/Dill pickles                  Eggplant                  Green beans                  Greens: bok choy, escarole, Swiss chard, kale, collard greens, spinach, dandelion, mustard, or beet greens                  Lettuce/Mixed Greens: romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory                  Mushrooms                  Okra                  Radishes                  Salsa (sugar-free)                  Sea vegetables (kelp, etc.)                  Snow peas                  Sprouts                  Tomatoes, tomato juice                  Water chestnuts, 5 whole                  Zucchini; yellow, summer, or spaghetti squash</p>	<p><b>Category 2 – VEGETABLES</b>  <i>Average serving size = 1/2 cup, or as indicated</i>  <b>Servings: 1-2 per day</b>  <i>(1 serving = approximately 45 calories)</i>                  Beets, winter squash, such as acorn or butternut squash                  Carrots, 1/2 cup cooked or 2 medium raw or 12 baby carrots                  Sweet potatoes or yams, 1/2 medium baked</p>
<p><b>Legumes</b>  <i>Average serving size = 1/2 cup cooked, or as indicated</i>  <b>Servings: 1-2 per day</b>                  Lentils (230 calories per cup)                  Split Peas (672 calories per cup) 1/2 cup max per day</p>		<p><b>FRUIT</b>  <i>Serving size as indicated</i>  <b>Servings: 2-3 per day</b>  <i>(1 serving = 80 calories)</i>  <b>Fresh fruit or frozen only!</b>                  Apple, 1 medium                  Apricots, 3 medium                  Avocado, 1/4                  Berries: blackberries &amp; blueberries, 1 cup; raspberries &amp; strawberries, 1 1/2 cups                  Cantaloupe, 1/2 medium                  Cherries, 15                  Fresh figs, 2                  Grapefruit, 1 whole                  Grapes, 15                  Honeydew melon, 1/4 small                  Nectarines, 2 small                  Olives, 8-10 medium                  Orange, 1 large                  Peaches, 2 small                  Pear, 1 medium                  Plums, 2 small                  Tangerines, 2 small</p>
<p><b>GRAIN</b>  <b>No grains during the 21 Day Purification Program.</b></p>		
<p><b>NUTS AND SEEDS</b>  <b>No nuts and seeds during the 21 Day Purification Program.</b></p>		
<p><b>DAIRY</b>  <b>No Dairy during the 21 Day Purification Program</b></p>	<p><b>OILS</b>  <i>Average serving size = 1 tsp., or as indicated</i>  <b>Servings: 4-7 teaspoons per day (approximately 40 calories)</b>  <i>(Oils should be cold-pressed)</i>                  Flaxseed oil (keep refrigerated, do not heat)                  Walnut Oil                  Extra virgin olive oil (preferable) for cooking                  Coconut Oil                  Almond Oil                  Butter 1-2 pads</p>	
<p><b>BEVERAGES</b>  <b>Servings: unlimited</b>  <i>(0 calories per serving)</i>                  Decaffeinated, herbal, or green tea                  Water</p>		<p><b>CONDIMENTS</b>  <b>Servings: unlimited</b>                  Cinnamon, mustard, tamari, vinegar, lime, lemon, flavored extracts (e.g., vanilla or almond), other herbs/spices, Stevia</p>