
SUGAR CONTROL DIET

WATER: Drink 1 quart for every 50 lbs of body weight or fraction thereof.
If you weigh 110 lbs. then you need 3 quarts of water every 24 hours.

MEAT: Red meat- minimum of 9 oz of weekly.
All meats unlimited.
Eggs, cheese, cottage cheese and butter - unlimited.

VEGGIES: Unlimited. Organic is best.
Green - unlimited
Orange or yellow – 2 to 3 small servings per week
Tomato - unlimited

FRUITS: Fresh, canned or juice – unlimited. Organic is best. There needs to be NO SUGAR ADDED in the ingredient list of packaged/canned fruit and juice. Also, no artificial sweeteners.

SNACKS: Raw cashews, nuts of all kinds - unlimited
Cheese, yellow or aged - unlimited
Fresh fruit and vegetables - unlimited

OILS: Olive, coconut, avocado - unlimited

GRAINS: Two slices of sprouted grain or rice bread daily.
Roasted rice – unlimited. (See instructions at bottom) may be used.

BEVERAGES: Decaf coffee or tea - 2 cups daily.
Milk as long as there is no sugar in it.

ROASTED RICE: Place any whole grain rice in a dry skillet and brown until it turns a shade darker and a few grains pop. Cool and store in a dry place. Then cook as usual. Cooking time may be shorter than the package states.

AVOID during 2 week diet:

Potatoes
Dried beans and lentils
Rice, except roasted as described
Cauliflower
Yams and Sweet Potatoes
Beets
Corn

Wheat/Wheat pasta
Alcohol, beer, wine
Frozen or Concentrated Juices
White Sugar
White Rice
White flour

AVOID permanently:

Soy and soy products
All artificial sweeteners
American Cheese
Nonfat dairy products
Margarine
Tofu
GMO Foods
Hydrogenated oils
Toxic vegetable oils
(canola, safflower, corn)

Return the foods above the line to the diet after the sugar challenge meal is passed. These foods, along with everything on the front will make up 80% of your diet.

The foods below the line should be removed during the first 2 weeks. They can be returned after the sugar challenge meal is passed but should make up no more than 20% of your diet on a regular basis.

Vinegar and Honey drink:

Organic Apple Cider Vinegar (with the mother) + Local Honey mixed in a 1:1 ratio.
Drink 1 tablespoon of mixture morning and evening.
Dilute with water or juice without sugar