

RESET DIET FOR ESTABLISHING ADRENALINE/INSULIN BALANCE

This is a two-week program. You must follow the guidelines **strictly** or the carbohydrate correction will not hold. If the carbohydrate correction does not hold, you must start the two-week reset over. After two weeks, you will be allowed to add other foods.

You must snack every two hours. Your snack should have some protein in it.

It is absolutely mandatory that you consume 1 liter/quarter of water for every 50 pounds of body weight. This should be equally distributed throughout the day, so carry water with you.

ALLOWED	LIMITED	AVOID
PROTEIN		
Beef/Red Meat Fish Game Lamb Poultry Tofu	Cheese* Cream Cheese* Eggs* Milk* Yogurt (plain)* <i>*if tolerated</i>	Pork
VEGETABLES		
All vegetables that are not on the “ Avoid ” list	Onion (4 x week) Winter squash (4 x week)	Beets Cauliflower Corn Parsnips Potatoes Rutabagas Yams
FRUITS		
All fruits not on “ Avoid ” list	Bananas* Grapes* Oranges* <i>*Eat only after or with protein, preferably raw nuts</i>	Apricots Dried Fruits Pineapple Watermelon are permitted after adrenaline/insulin balance is stable
NUTS		
Brazil Nuts Peanuts Raw cashews Walnuts <i>Nut butter are allowed as long as they contain no added sugar</i>		Almonds (unless tested)
BEVERAGES		
Water (1 qt per 50lbs body wt.) Herbal teas Juices-diluted 1:1 (no sugar added) Mineral water		Alcohol, Wine, Beer Decaf coffee Orange juice Soda Soy and rice milk

SPICES AND CONDIMENTS		
Bragg's Liquid Aminos Butter/Ghee Cooked wine in foods Herbs Lemon Juice Mustard Sea Salt Spices (no added sweeteners) Vinegar (no added sweeteners)		Arrowroot powder Carob Commercial salad dressing Cornstarch Table salt Jellies, Jams, Fruit spreads Ketchup Mayonnaise MSG
BEANS/BREADS/GRAINS/SEEDS		
Pearl Barley Sprouted grains Sprouted grain bread (2 slices per day) Sprouted grain bagel (1/day)	Roasted brown Basmati rice	Breadcrumbs Flour products Legumes Rice/Popcorn cakes Seeds White rice All other grains
FATS/SWEETS		
Cold Pressed Vegetable Oil Olive oil (best)		All candy Artificial sweeteners Cake Cookies Corn Syrup Crisco Frozen Yogurt Fructose (anything ending in “-ose”) Fruit Concentrates Fruit Roll-ups Gum, breath mints Honey Ice Cream Maple Syrup Margarine Molasses Rice Syrup Stevia Sugar

Roasted Brown Basmati Recipe: In a dry skillet, slowly brown rice over low heat, turning often. Do not use too high a heat, as it will burn. Turn it often so it slowly browns to a golden color. Once rice is browned, you may cook it as you normally would in water, or you may store it in an airtight container in the refrigerator to cook at a later time. Simmer on low heat in a covered pot stirring occasionally for about 45 minutes.