

# MEAL GUIDELINES

## PHASE I FLEXITARIAN

**LIVE FOODS**  
WATER, LIVE FRUIT AND  
VEGETABLES  
50% of intake  
Consume generously

**STEAMED VEGETABLES**  
20-30% of intake  
Consume generously

**PROTEIN**  
LEGUMES, NUTS & SEEDS,  
WILD CAUGHT & FRESH WATER  
FISH, ORGANIC CHICKEN  
10-20% of intake  
Consume moderately

**STARCHES**  
WHOLE GRAINS,  
STARCHY VEGETABLES  
10-20% of intake  
Consume moderately

## PHASE II VEGETARIAN

**LIVE FOODS**  
WATER, LIVE FRUIT &  
VEGETABLES  
50-70% of intake  
Consume generously

**STEAMED VEGETABLES**  
Consume generously  
20-30% of intake  
Consume generously

**VEGETABLE PROTEIN**  
LEGUMES, NUTS & SEEDS  
10-20% of intake  
Consume moderately

**STARCHES**  
WHOLE GRAINS,  
STARCHY VEGETABLES  
10-20% of intake  
Consume moderately

## PHASE III LIVE FOODS VEGAN

**LIVE SOLID FOODS**  
LIVE FRUIT &  
LEAFY GREENS VEGETABLES  
50-70% of intake  
Consume generously

**LIVE LIQUID FOODS**  
WATER, FRESH FRUIT &  
VEGETABLE JUICES, SOUP,  
HERBAL TEA  
20-30% of intake  
Consume generously

**VEGETABLE PROTEIN**  
GREENS, LEGUMES,  
UNCOOKED SOAKED NUTS  
& SEEDS  
10-20% of intake  
Consume moderately

**STARCHES**  
UNCOOKED SOAKED  
WHOLE GRAINS,  
STARCHY VEGETABLES  
10-20% of intake  
Consume moderately

## PHASE IV JUICETARIAN

**LIVE LIQUID FOODS**  
PURIFIED WATER,  
FRESH VEGETABLE & FRUIT  
JUICES, SOUPS, HERBAL TEAS  
100% intake of live liquid  
meals  
Consume generously  
\*Temporary. Only for  
specific periods of time for  
cleansing purposes

**TIP:** Live foods should be eaten warm to aid digestion. Avoid eating a lot of cold foods, which may cause stomach cramping. Food may be heated up to 170° F.

**TIP:** Balanced meals are prepared with appropriate portions of live and cooked vegetables, protein & starches as outlined above. Increase portions as necessary. Large portions of live foods satisfy the appetite and keep you fuller longer.