

LIMITED CARB DIET

FIRST STEP

Duration: 14 - 21 days

(Children, nursing or pregnant women begin diet using the SECOND STEP)

HEALTHY FOODS TO EAT

Choose from among the following listed foods, pay attention to your hunger and only eat when hungry. Focus less on amounts and more on eating when hungry and stopping when full.



Vegetables

broccoli	onions	cabbage
carrots	garlic	spinach
cucumber	beets	bell pepper
celery	seaweed	asparagus
green beans	olives	kale
squash	freshly made vegetable juice	etc
salads		

• Vegetables may be fresh or frozen; plain or steamed. Try to avoid canned vegetables.

• Freshly-made veggie juice – not required, but it's very healthy and adds some variety to your food selections.

– No condiments such as salad dressings or mayonnaise. Olive oil, lemon juice, and spices are fine.

– No potatoes or corn – No soy foods – No mushrooms – No bread

Fruit



fresh coconut	avocado
tomatoes	grapefruit
lemons	limes
berries	green apples
pomegranates (fresh)	

Nuts

almonds	pecans	cashews
walnuts	hazelnuts	

– Plain nuts are best, but they may be dry roasted and/or salted. You can dry roast and salt them at home as well.

– Avoid nuts roasted in peanut oil

– No peanuts or pistachios



Protein

meat (especially grass-fed)	
wild meats (not corn-supplemented)	
fish (wild or ocean fish)	
chicken	eggs
beans	plain yogurt



Sweeteners

stevia	honey
agave nectar	xylitol (hard-wood tree xylitol)

Beverages

filtered/purified water	
green tea	herbal tea



Caffeinated espresso made from an espresso machine or moka/macchinetta brewers contain the lowest amount of naturally occurring mycotoxins. Mycotoxins are toxic substances produced by fungus and can be found in food storage-related mold. Green tea would be a healthier alternative, overall.

– Do not drink carbonated drinks

– Carbonated water or naturally flavored carbonated water is okay

– Avoid sugar, corn-syrup, high fructose corn syrup, and artificially flavored drinks

– Sports drinks should be reserved for serious and professional athletes

Cooking Oils

olive oil	grape seed oil	butter
coconut oil	macadamia nut oil	

Use butter (especially grass-fed) instead of margarine or other substitutes.



SECOND STEP

Duration: 14 - 21 days – After the 21st day

(Children, nursing or pregnant women should start here)

Choose from among the following and start with 2 - 3 servings per week. Work your way up to 4 - 5 servings per week on the grains. You may have fruits more often. Keep all of the food selections from the **FIRST STEP** plus include the following items.

Oatmeal

Oatmeal is best prepared by boiling the rolled or cut oats (i.e., it's best not to use instant oatmeal)



Cheese

mozzarella	feta	gouda	ricotta
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Bread/Grains



spelt/yeast-free spelt bread
rice – brown or wild (in moderation)

Other Fruits

pears	red apples	kiwi
mango	papaya	

- Be cautious with oranges, melons, and dried fruits, which are quite high in sugar.
- Regular consumption of fruit juice – even freshly made – should still be avoided. It's always better to eat the fruit.
- Almond milk can be consumed if your body tolerates it.
- No bananas, which have constant mold problems

Other Vegetables

yams (Dioscorea spp.)	butternut squash
sweet potatoes (Ipomoea batatas)	



Beans

pintos	black beans	lentils
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Pasta

2 times per week maximum, unless you're a child, active teen or endurance athlete. In all cases, organic pasta is **NOT** better than conventional pasta and may, in fact, contain higher levels of mycotoxins.

FOODS TO AVOID

- No potatoes or corn
- No soy foods
- No milk
- No bread
- No mushrooms

• You might use goat's milk or rice milk for cooking certain recipes, or for making smoothies and protein drinks. Heavy cream may also be used in cooking.

• Use either egg-white protein, brown rice protein, or pea protein for smoothies or shakes. If you are allergic to eggs, use brown rice protein powder.

• Children and adults can get plenty of calcium from yogurt, almonds, and green, leafy vegetables, and Vitamin D from cod-liver oil. Children take approximately 1 tsp of cod liver oil per 50 lbs of body weight.



Slow Bowel Transit Times:

- Diet changes can effect gut movement, to encourage regularity follow the probiotic regimen included here and consider supplementing with Psyllium fiber, taken with a full glass of water daily.
- Adults: If you work indoors, rarely get outside or live in the north, then it's a good idea to supplement with 1000IU of Vitamin D3 daily. Carlson's® and Nordic Naturals® make wonderful, flavored cod-liver oil.

If you drink coffee, keep it to a minimum and avoid a lot of the sweeteners that are added to some of the specialty coffees. Caffeinated espressos made from an espresso machine or moka brewer contains the lowest amount of naturally occurring mycotoxins. Green tea would be a healthier alternative, overall.

NATREN PROBIOTIC PROTOCOL

During the **First Step**, it would be ideal to start with **HEALTHY TRINITY** precision probiotic oil matrix capsule – start with one capsule every other day and as soon as possible go to one to two capsules every day (more if needed). Natren precision probiotics are safe and natural supplements compatible with your body functions and can be consumed in large quantities without concern. Some individuals may require more strategic assistance because our individual microbe composition lining our gut is unique to us as is our fingerprint. You may also want to add ½ tsp of **BIFIDO FACTOR** in 6 ounces or more of filtered unchilled water. Take this several times a day to help the renewal process in your 27 feet of GI tract.

During the **First Step** and **Second Step** for children, it would be ideal to start on the **BIFIDO FACTOR** powder: start with ½ teaspoon mixed in unchilled filtered water or non-acidic juice one or more times a day. You may also add to non-acidic warm or cold foods making certain the **BIFIDO FACTOR** powder is mixed in well and not allowed to stick to side of glass or bottom of dish. You can safely give more product every day or add **MEGADOPHILUS** and **DIGESTA-LAC** along with the **BIFIDO FACTOR** mixture depending on the child's needs. Larger amounts and increased frequency are recommended to achieve maximum beneficial results.

If you want to develop a specific protocol to maximize the powerful and effective use of Natren precision probiotics, call one of our caring and dedicated probiotic specialists who have spent decades assisting Natren customers successfully achieve their health goals. Your health and safety is that important to us.

Developed in conjunction with David Holland, M.D.



**Natren does not use any ingredients produced by biotechnology



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