

HARPER CHIROPRACTIC CLINIC

Metabolic Balancing Diet

Breakfast	Lunch	Dinner	Snack	Compulsory Daily Additions
Begin Drinking Water 1 Protein SHAKE Or other listed protein food (Optional) Coffee/Tea with 1-2 oz Almond Milk Optional Stevia *Sweetener Permitted*	Continue Drinking Water 8 oz Fish, Seafood, Beef, Poultry, Pork, or Veal *2 Cups of Select Vegetables & Unlimited Lettuce Use Sea Salt with Your Meal	Continue Drinking Water 8 oz Fish, Seafood, Beef, Poultry, Pork, or Veal *2 Cups of Select Vegetables & Unlimited Lettuce Use Sea Salt with Your Meal	Continue Drinking Water 1 Protein SHAKE Or other listed Protein food	½ Teaspoon of Sea Salt 64 oz of Water (minimum) 1-2 Teaspoons of Olive Oil or Grape Seed Extract Oil Please Note: Magnesium 800-1200mg per day as tolerated. Vitamin D-3 5000-10,000 mg per day Strongly recommended

***Serving size must be respected with no more / no less than indicated.**

Protein (Suggested Options) – No frying or breading permitted.

Fish: Anchovy, Bass, Catfish, Cod, Grouper, Haddock, Halibut, Hake, Mahi-Mahi, Monk Fish, Pike, Perch, Red Snapper, Redfish, Sea Bass, Shark, Smelt, Sole, Sword Fish, Tilapia, Tuna (Red Tuna-1 x per week), Trout, Turbot, Whiting, Walleye, Wild Salmon (1 x per week), **Seafood:** Crab, Crawfish, Clams, Lobster, Mussels, Oysters, Shrimp, Scampi, Scallops (4 Large), Squid

Beef: Flank Steak, (extra lean) Ground Beef, Rump Steak, Roast, Sirloin, Round, Tournedos, Tenderloin

Veal: Breast, Cutlet, Inside Round Steak, Rib, Shank, Shoulder, Tenderloin

Poultry: Chicken (skinless), Fowl, Quails, Turkey, 4 Whole Egg and 2 Egg Whites, Wild Birds

Pork: Fat-Free Cooked Ham, Pork Tenderloin

Other: Bison, Deer, Elk, Frog's Leg, Kidney, Liver, Ostrich, Rabbit, Tofu (plain), Low Fat Protein Shake

Vegetables

Select: Algae, Alfalfa, Asparagus, Arugula, Bell Peppers, Broccoli, Bean Sprouts, Cauliflower, Cabbage (red, pak choi, bok choy), Celery, Celery, Chicory, Collards, Cress, Cucumbers, Dill Pickles, Endive, Fennel, Field Salad, Green Onions, Jicama, Kale, Kohlrabi, Leeks, Mushrooms, Okra, Onions (raw only), Hot Peppers, Radicchio, Radish, Rhubarb, Rutabaga, Sauerkraut, Sorrel, Spinach, Swiss Chard, Turnip, Watercress, Zucchini

Occasional (You may choose two items only per week from this list): Brussels sprouts, Beans (Green & Wax), Eggplant, Palm Hearts, Snow Peas, Swede, Tomato

Not Permitted: Artichoke, Avocado, Beets, Carrots, Chick Peas, Corn, Olives, Parsnips, Peas, (all) Potatoes, Pumpkin, Sweet Corn, Squash, Yams

Seasonings

Apple Cider Vinegar, Fine Herbs, Garlic, Ginger, Lemon, Lemon Grass, Hot Mustard, Hot Sauce, Braggs Amino Acid, Spices (**MSG Free/No Carbs**), Tamari Sauce, White Vinegar – NO BALSALMIC or REDWINE VINEGAR!!!

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IMPORTANT – Anything that is not included on this sheet must contain **zero carb, zero fat and zero sugar.**

RESTRICTED

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- **NO PASTA, RICE, POTATOES, LEGUMES, OR BREADS.**
 - **NO FRUIT OR FRUIT JUICE.**
 - **NO COMMERCIAL VEGETABLE JUICE.**
 - **NO SODA POP OR OTHER CARBONATED BEVERAGES.**
 - **NO CANDY, CHOCOLATE BARS, CHIPS ETC.**
 - **NO CHEESE OR OTHER DAIRY PRODUCTS (1-2 OZ ALMOND MILK IS PERMITTED IN COFFEE OR TEA).**
 - **NO COOKED/PROCESSED NUTS (RAW ALMONDS ARE PERMITTED)**
 - **NO ROOTED VEGETABLES, WHICH INCLUDES BEETS, CARROTS ETC.**
 - **NO SWEET PEAS OR CORN.**
 - **NO ALCOHOL, NO BEER.**

THIS METABOLIC RESET IS DESIGNED TO ENCOURAGE THE BODY TO A MORE **ALKALINE** STATE. THE INCREASED ALKALINITY AND **REDUCED SUGAR** IN THE SYSTEM DISCOURAGES GROWTH AND PRODUCTION OF GERMS, BACTERIA AND DISEASE, ALL OF WHICH THRIVE IN AN ACIDIC ENVIRONMENT.

KEEP THIS REMINDER HANDY AND REMEMBER THESE RESTRICTIONS ARE ONLY **TEMPORARY** AND ARE A SMALL SACRIFICE FOR A SHORT AMOUNT OF TIME. ONCE YOU HAVE RESET YOUR METABOLISM YOU WILL BE ABLE TO ENJOY THEM IN **MODERATION.**

THE METABOLIC DIET IS LAID OUT IN A THREE MEAL A DAY PLAN FORMAT. HOWEVER FEEL FREE TO TAILOR THE MEALS, (PORTION/FREQUENCY) TO BEST FIT YOUR DAILY NEEDS. **PLEASE INSURE THAT YOU GET ALL OF THE FOOD ALLOTTED FOR EACH DAY.**