

Dr. Cox's Healthy Eating Plan

Vegetables: You can eat these without imposed limitations

Asparagus	Chards	Kohlrabi	Spinach	Green Onions
Bamboo Shoots	Chicory	Lettuces	Yellow Squash	Okra
Bean Sprouts	Collard Greens	Mushrooms	Zucchini Squash	Olives
Bok Choy Greens	Cucumber	Mustard Greens	Bell Peppers	Pickles
Broccoli	Endive	Parsley	Bok Choy Stems	Pimento
Cabbages	Escarole	Radishes	Chives	Rhubarb
Cauliflower	Garlic	Salad Greens	Eggplant	Sweet Potatoes
Celery	Kale	Sauerkraut	Green Beans	Tomatoes
Water Chestnuts	Yams	Acorn Squash	Artichokes	Avocado
Beets	Brussels Sprouts	Carrots	Jicama	Leeks
Onion	Pumpkin	Rutabaga	Turnips	Winter Squashes

Vegetables: You can Eat These 2-3 Times A Week

Celeriac (Celery Root)	Chickpeas	Cooked Corn	Pinto Beans	Kidney Beans
Lima Beans	Lentils	Parsnips	Peas	Popcorn (3 cups)

Nuts and Seeds: 1 oz, 1 Time a Day

Walnuts	Almonds	Cashews	Macadamia	Sunflower Seeds
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Grains: 1 Time a Day, ½ Cup

Brown Rice	Wheat Bread (1 Slice)	Wild Rice	Oats	Buckwheat
Quinoa	Sprouted Grains			

Meat- Women: 4-5 oz/meal, 3 times a day Men: 5-6 oz/meal, 3 times a day

Red Meat	Fish	Fowl	Eggs
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Fruit: Eat Between Meals as a snack, 1 Time a Day

Berries	Apples	Cherries	Grapes	Peaches
Pear	Plum			

Miscellaneous/ Drinks: You can have these with No Imposed Limitations

Butter	Caviar	Hard Cheeses (cheddar, Swiss, etc)	Olive Oil, Sesame Seed Oil, Walnut Oil	Salad Dressing
Spring or Filtered Water	Tea	Coffee	Chicken Broth, Beef Broth	

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Miscellaneous/ Drinks: See Listed Limitations

Cottage Cheese	4 oz/day
Coconut Oil	Watch for digestive issues with overuse
Jerkies	3 oz/day
Kefir (liquid yogurt)	4 oz/day
Red Wine	1 Glass/day

Sweeteners

Stevia (Sweet Leaf Liquid only)	
Honey	
Raw Sugar	Very limited amount