

## GENESIS TRANSITIONAL DIET PLAN

### ***Instead of supermarket eggs try:***

- Organic, cage free eggs - local if possible
- Bananas or applesauce can be substituted for eggs in baked goods

### ***Instead of commercial cheese try:***

- Organic cheeses - raw and local if possible
- Nut cheese made from nutmilk

### ***Instead of commercial ice cream and yogurt try:***

- Organic ice cream made from raw cream if possible
- Ice cream made from nut milk
- Ice cream made from rice milk

### ***Instead of sugar and high fructose corn syrup try:***

- Fruit juice
- Raw local honey • Maple syrup
- Stevia

### ***Instead of white flour products (including pastas) try:***

- Whole grain products such as spelt flour, vegetable pastas, gluten free pastas
- Gluten free whole grains and flours (ie. almond flour, quinoa, spelt, flax meal, etc.)
- Products made from unprocessed, unrefined grains

### ***Instead of white rice try:***

- Brown rice • Wild rice

### ***Instead of canned and processed foods containing artificial ingredients and preservatives try:***

- Products which contain organic fruits and vegetables, whole foods, low or no sodium, little or no sugar, no artificial colorings, no preservatives, canned products which come in unlined or coated steel rather than aluminum cans. Special note: Canned foods should be consumed as little as possible! They are dead and lifeless! Try sprouting seeds to eat as an alternative! Especially in the winter months!

### ***Instead of traditional sodas/soft drinks try:***

- Alkaline water - more thirst quenching! • Fresh made fruit and vegetable juices - Always best!
- Herbal teas, natural fruit sodas, natural fruit juices

### ***Instead of fried foods try:***

- Vegetables braised ("stir fried") in water, still crisp, with olive oil added for flavor and omegas
- Baked or broiled meat or fish
- Lightly steamed vegetables - still crisp!

### ***Instead of aspirin, Tylenol, Roloids, etc. try:***

- Herbs! (ie. Boswellin, White willow bark, etc.)

### ***The following items may contain toxic chemicals, and therefore be hazardous to your health, if purchased from a standard grocery or drug store:***

Shampoo, body lotions, toothpaste, cosmetics, underarm deodorants, synthetic vitamin pills



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