
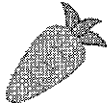





**Phase 1** Dates: \_\_\_\_\_ to \_\_\_\_\_

Your Program's info here






In Phase 1, you'll focus on the basics: **fruits, vegetables, and beans**. These foods have lots of fiber that lowers blood glucose and helps you to lose weight.

Check off the items as you go. Get at least the indicated number of servings each day for each group. You can eat other foods and beverages too, but be sure to get these foods, plus exercise, in the recommended amounts every day.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Fruit</b> (1 medium-sized fruit or 1 cup cut) 	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
<b>Vegetables</b> (1 cup raw, large pieces; ½ cup chopped raw or cooked) 	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
<b>Beans &amp; lentils</b> (½ cup cooked beans, lentils) 	○	○	○	○	○	○	○
<b>Water</b> (One 12-ounce glass) 	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>Exercise</b> (30 minutes, 3+ days/week) 	○	○	○	○	○	○	○

**Phase 1** Dates: \_\_\_\_\_ to \_\_\_\_\_

**Beans and lentils are the perfect foods for better blood glucose levels.** Beans and lentils are an excellent source of resistant starch, a kind of fiber that feeds the good bacteria in your gut. When these health-promoting bacteria are fed, they multiply and take control, and your health improves. You'll see lower numbers on your glucometer and that will bring a smile to your face. But when you feed your gut bacteria with animal products and processed foods, you encourage these ill-causing bacteria to multiply, and the result is disease.








		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Fruit</b> (1 medium-sized fruit or 1 cup cut)		○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
<b>Vegetables</b> (1 cup raw, large pieces; ½ cup chopped raw or cooked)		○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
<b>Beans &amp; lentils</b> (½ cup cooked beans, lentils)		○	○	○	○	○	○	○
<b>Water</b> (One 12-ounce glass)		○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>Exercise</b> (30 minutes, 3+ days/week)		○	○	○	○	○	○	○

**Phase 2** Dates: \_\_\_\_\_ to \_\_\_\_\_

Your Program's info here

In Phase 2, you'll add **berries and leafy greens** to your daily routine.








Berries are incredibly rich sources of anthocyanins, compounds that fight diabetes, cancer, and inflammation. Dark green leafy vegetables are the healthiest foods on the planet.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Berries</b> (½ cup fresh or frozen)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Other fruit</b> (1 medium-sized fruit or 1 cup cut)		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<b>Leafy greens</b> (1 cup raw; ½ cup cooked)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Other vegetables</b> (1 cup raw, large pieces; ½ cup chopped raw or cooked)		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<b>Beans &amp; lentils</b> (½ cup cooked beans, lentils)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Water</b> (One 12-ounce glass)		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Exercise</b> (30 minutes, 4+ days/week)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Phase 2** Dates: \_\_\_\_\_ to \_\_\_\_\_

Keep eating those **berries and leafy greens!**











Did you know that dairy blocks the body's ability to absorb antioxidants from berries? So when we add whipped cream to our strawberries or milk to our berry smoothies, we're wasting the berry's powerful anti-diabetes, anti-cancer, anti-inflammatory compounds.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Berries</b> (1/2 cup fresh or frozen)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Other fruit</b> (1 medium-sized fruit or 1 cup cut)		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<b>Leafy greens</b> (1 cup raw; 1/2 cup cooked)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Other vegetables</b> (1 cup raw, large pieces; 1/2 cup chopped raw or cooked)		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<b>Beans &amp; lentils</b> (1/2 cup cooked beans, lentils)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Water</b> (One 12-ounce glass)		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Exercise</b> (30 minutes, 4+ days/week)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Phase 3 Dates:** \_\_\_\_\_ to \_\_\_\_\_

Your Program's info here











You're doing great! You're ready for the final additions: **cruciferous vegetables, whole grains, and ground flax seeds.**  
 Oatmeal, brown rice, and whole grain pasta can fill you up and keep you satisfied because they are terrific sources of fiber.  
 Sprinkle ground flax seeds on your oatmeal or salad. They'll help to fill you up and help protect against cancer too.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Berries</b> (½ cup fresh or frozen) 	○	○	○	○	○	○	○
<b>Other fruit</b> (1 medium-sized fruit or 1 cup cut fruit) 	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>Leafy greens</b> (1 cup raw; ½ cup cooked) 	○	○	○	○	○	○	○
<b>Cruciferous vegetables</b> (½ cup chopped, 1 tbsp horseradish) 	○	○	○	○	○	○	○
<b>Other vegetables</b> (1 cup raw; ½ cup chopped raw/cooked) 	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
<b>Beans &amp; lentils</b> (½ cup cooked beans, lentils) 	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
<b>Whole grains</b> (½ cup cooked grains, hot cereal; 1 cup cold cereal; 1 slice bread) 	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>Flax seeds</b> (1 tbsp ground) 	○	○	○	○	○	○	○
<b>Water</b> (One 12-ounce glass) 	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
<b>Exercise</b> (30 minutes, 5+ days/week) 	○	○	○	○	○	○	○

**Phase 3** Dates: \_\_\_\_\_ to \_\_\_\_\_

**You're going strong! You have adapted a low-fat, whole foods, plant-based diet.**

Besides being able to reverse type 2 diabetes, a plant-based diet is the only diet that has been proven to reverse heart disease, the number one cause of death in our country. If that's all a whole-food, plant-based diet could do—reverse our number-one killer—shouldn't that be a good enough reason to follow it?

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Berries</b> (½ cup fresh or frozen)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Other fruit</b> (1 medium-sized fruit or 1 cup cut fruit)		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Leafy greens</b> (1 cup raw; ½ cup cooked)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cruciferous vegetables</b> (½ cup chopped, 1 tbsp horseradish)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Other vegetables</b> (1 cup raw; ½ cup chopped raw or cooked)		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<b>Beans &amp; lentils</b> (½ cup cooked beans, lentils)		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<b>Whole grains</b> (½ cup cooked grains, hot cereal; 1 cup cold cereal; 1 slice bread)		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Flax seeds</b> (1 tbsp ground)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Water</b> (One 12-ounce glass)		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Exercise</b> (30 minutes, 5+ days/week)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>