



Tree of Life Rejuvenation Center - Customer Services Department

Rainbow Green Cuisine Phase Chart

Support for: Rainbow Green Live Food Cuisine, Gabriel Cousens

PHASE 1: FOUNDATION	PHASE 1.5	PHASE 2	PHASE 2 Minimal Use	FOODS AVOID
<p>Green Sprouts Green Leafy Veggies Green Juices & Smoothies Other Veggies (unless noted)</p> <p>Sea vegetables kelp, nori, dulse, sea palm, sea lettuce</p> <p>Non Sweet Fruits tomatoes, cucumber, red bell pepper, lemons, limes</p> <p>Fats/ Oils hemp oil; seeds; powder avocado, olives & olive oil sesame/pumpkin/almond oil flax seed cacao oil/butter nuts & seeds</p> <p>Super Foods blue green algae's, green powders, spirulina, chlorella, marine phyto-plankton, noni & mangosteen extract wheatgrass juice</p> <p>Fermented foods <i>cultured*</i> seed mylk <i>cultured*</i> seed cheeze sauerkraut apple cider vinegar soy free miso</p> <p>Sweetener stevia, xylitol</p> <p>Legume Sprouted: Moderate Lentil (good: diabetics) Mung (good: diabetics)</p> <p>Teas, Spices & Herbs herbal caffeine "FREE" tea all herbs & spices</p> <p>Supplements medicinal mushroom extracts, probiotics, enzymes, herbs, ionic minerals, msm, silica, garlic extract , vitamin C</p> <p>Pure Salt Himalayan, Celtic, real</p>	<p>Veggies (raw whole) carrots, beets, hard squash</p> <p>Fruits grapefruit raspberries blueberries strawberries cherries cranberries (fresh, unsweetened)</p> <p>Condiments/ Sweeteners mesquite meal raw carob</p> <p>Super Foods pomegranates goji berries bee pollen maca root coconut meat/pulp coconut crème/ flakes</p> <p>Grains quinoa buckwheat millet amaranth spelt kamut</p> <p>Fermented foods <i>cultured*</i> coconut meat</p> <p>Juice grapefruit juice (diluted 1/2 with water)</p> <hr/> <p style="text-align: center;">PHASE 1</p> <p style="text-align: center;"><u>Not Suitable Diabetics!</u></p> <p style="text-align: center;">raw cacao beans coconut oil</p>	<p>Coconut water (diluted with other ingredients)</p> <p>Vegetables (raw) yams, sweet potato, pumpkin, parsnips, rutabaga</p> <p>Fruits oranges (seeded) apples pears peaches plums blackberries</p> <p>Teas White Green</p> <p>Sweetener Yacon lucuma</p> <p>Fermented foods coconut kefir</p>	<p>High Sugar Fruits: apricots figs grapes raisins melons mangos bananas papaya persimmons pineapple kiwi sapote tamarin cherimoya rambutan durian</p> <p>Dried Fruits figs, dates, raisins</p> <p>fruit/ carrot juice fresh & raw diluted 1/2 with water</p> <p>Lightly cooked, whole veggies yams, sweet potatoes, pumpkin, parsnips, beets,, rutabaga, hard squash, summer squash,</p> <p>Fermented foods organic kombucha rejuvelac</p> <p>Sweeteners Dark Agave Nectar</p>	<p>Processed Food</p> <p>Animal Product flesh dairy eggs low quality honey</p> <p>all grains (except those listed)</p> <p>corn white potatoes</p> <p>sugar alcohol coffee caffeine tobacco</p> <p>heated, refined, processed oil & margarines</p> <p>soy sauce, nama shoyu & braggs</p> <p>brewer's yeast nutritional yeast</p> <p>mushrooms</p> <p>peanuts cashews cottonseed pistachios</p> <p>bottled juices</p> <p>Uncontrolled fermented foods</p> <p>light agave</p>

Magic Phase Notes – Everything 100% Organic, Vegan & Living – Phase 1 is Always Your Foundation

- 1) Is it simple, no grains, not sweet = Phase 1
- 2) Is it grain or low sweet fruits = Phase 1.5
- 3) Contains higher glycemic fruits, veggies, coconut water = Phase 2
- 4) High glycemic fruit and dried fruits, fruit juice, carrot juice – Phase 2 MINIMAL USE
- 4) A small amount of phase two fruit/ veggie in a large salad = Phase 1.5
- 5) A small amount of phase 1.5 fruit/ veggie in a large salad = Phase 1.0

NOTES: Cultured items include an added probiotic



Rainbow Green Cuisine Phase Chart

Support for: Rainbow Green Live Food Cuisine, Gabriel Cousens

Green Juice – Phase 1

Preferably use a Green Star Juicer

Base 80%

Celery

Cucumber

Leafy Greens

Spinach

Kale

Collards

Swiss Chard

Watercress

Parsley

Beet Green

Cabbage

Herbs (bitter, use sparingly)

Dandelion

Grass

Any Leafy Greens

Other

Tomato

Bell Pepper (red yellow orange)

Burdock

Radish

Any Green Sprouts

Sweetener (AS Condiments: 1/4 C mixed with green juice)

Parsnip

Apple

Sweet Potato

Afternoon/ Evening Liver Cleansers

"Use as condiments due to high glycemic content & powerful cleansing effect"

Carrot

Beet

Condiments

Lemon Juice

Cayenne

Ginger Juice

Salt

Turmeric (powder or juice)