

# Green Juice - Phase 1

Preferably use a Green Star Juicer®

## 80% = Base

Celery  
Cucumber

## 20% = Leafy Greens

Spinach  
Kale  
Collards  
Swiss Chard  
Watercress  
Parsley  
Beet Greens  
Cabbage  
Herbs  
(bitter, use sparingly)  
Dandelion  
Wheatgrass  
Any Leafy Greens

## Other

Tomato  
Bell Pepper  
(red, yellow, orange)  
Burdock  
Radish  
Any Green Sprouts

## Sweetener

As condiment  
1/4 cup mixed  
with green juice

Parsnip  
Apple  
Sweet Potato

## Condiments

Lemon Juice  
Cayenne  
Ginger Juice  
Salt  
Turmeric  
(powder or juice)

## Afternoon or Evening Liver Cleansers

Use as condiment due to  
high glycemic content and  
powerful cleansing effect.

Carrot  
Beet



Dr. Cousens'  
**TREE OF LIFE**  
CENTER US



Gabriel Cousens, MD, MD(H)

# Rainbow Green Cuisine Phase Chart - Dr. Gabriel Cousens, M.D.

## Phase 1: Foundation

### Vegetables

green sprouts  
green leafy vegetables  
green juices & smoothies  
other veggies (unless noted)

### Sea Vegetables

kelp, nori, dulse, sea palm,  
sea lettuce

### Non-Sweet Fruits

tomatoes, cucumbers  
red bell pepper, lemons, lime

### Fats / Oils

hemp oil/seeds/powder, avocado,  
olives & olive oil, sesame/pumpkin/  
almond oil, flax seeds, chia seeds,  
nuts & seeds  
(except as listed in Foods to Avoid),  
coconut oil  
coconut meat/ pulp/ creme/ flakes,  
cacao beans (not for diabetics)

### Super Foods

blue green algae, green powders,  
spirulina, chlorella, marine phyto-  
plankton, wheatgrass juice

### Fermented Foods

cultured\* seed mylk  
cultured\* seed cheeze  
sauerkraut, apple cider vinegar,  
soy free miso

### Sweeteners

stevia, xylitol, erythritol

### Legume Sprouted: Moderate

lentil (good for diabetics)  
mung (good for diabetics)  
chick peas (good for diabetics)

### Teas, Spices & Herbs

herbal caffeine-FREE tea  
all herbs & spices

### Supplements

medicinal mushroom extracts,  
probiotics, enzymes, herbs, ionic  
minerals, msm, silica, garlic extract,  
vitamin C

### Pure Salt

Himalayan, Transformational Salts

## Phase 1.5

### Vegetables (raw, whole)

carrots, beets, hard squash

### Fruits

grapefruit  
raspberries/blueberries/strawberries  
cherries  
cranberries (fresh, unsweetened)  
grapes  
green apples

### Condiments / Sweeteners

mesquite meal  
raw carob  
cacao oil/butter

### Super Foods

pomegranates  
goji berries  
bee pollen  
maca root  
noni & mangosteen extract

### Non-gluten Grains

quinoa, buckwheat, millet  
amaranth  
wild rice  
teff

### Beans

kidney, pinto, black beans  
garbanzo

### Fermented Foods

cultured\* coconut meat  
coconut kefir

### Juice

grapefruit juice  
(diluted 1/2 with water)



## Phase 2

### Vegetables (raw)

yams, sweet potatoes  
pumpkin, parsnips, rutabaga

### Coconut

coconut water (diluted with  
other ingredients)

### Fruits

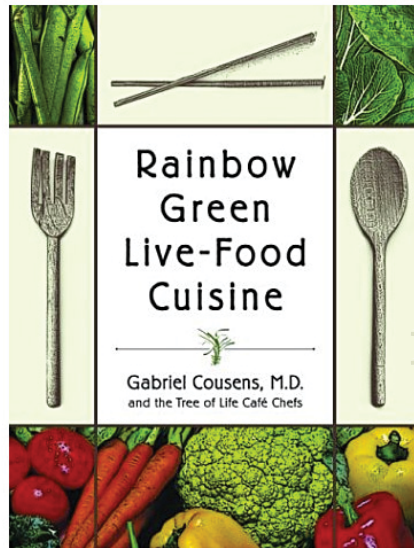
oranges (seeded)  
apples  
pears  
peaches  
plums  
blackberries

### Sweeteners

yacon  
lucuma  
inulin

### Teas

white  
green



## Phase 2 - Minimal Use

### High Sugar Fruits

apricots  
figs  
grapes  
raisins  
melons  
mangos  
bananas  
papaya  
persimmons  
pineapple  
kiwi  
sapote  
tamarin  
cherimoya  
rambutian  
durian

### Dried Fruits

figs  
dates  
raisins

### Fruit / Carrot Juice

fresh & raw diluted 1/2 with  
water

### Lightly cooked, whole veggies

yams, sweet potatoes, pumpkin,  
parsnips, beets, rutabaga,  
hard squash, summer squash

## Foods to Avoid

### Processed Food

### Animal Products

flesh  
dairy  
eggs  
low quality honey

### All Grains

(except those listed)

peanuts  
cottonseed  
pistachios

corn  
white potatoes  
mushrooms

sugar  
alcohol  
coffee  
caffeine  
tobacco

heated, refined, processed oil  
& margarines

soy sauce, nama shoyu &  
braggs

brewer's yeast  
nutritional yeast

bottled juices

uncontrolled fermented foods  
organic kombucha  
rejuvelac

dark & light agave

### NOTES:

A small amount of Phase 1.5  
fruit/veg in a large salad =  
Phase 1.0

A small amount of Phase 2  
fruit/veg in a large salad =  
Phase 1.5

\* Cultured items include an  
added probiotic

**Everything  
100% Organic,  
Vegan & Live**