

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

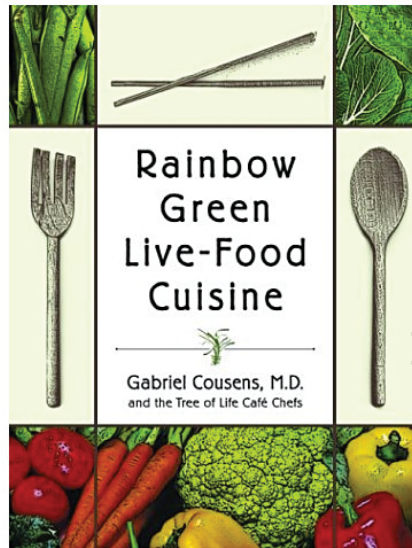
oranges (seeded)
apples
pears
peaches
plums
blackberries

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

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

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