

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, avacado,
olives & olive oil, sesame/pumpkin/
almond oil, flax seeds, nuts & seeds
(except as listed in Foods to Avoid),
coconut oil (not for diabetics)
cacao beans (not for diabetics)

Super Foods

blue green algae, green powders,
spirulina, chlorella, marine phyto-
plankton, noni & mangosteen
extract, wheatgrass juice

Fermented Foods

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

Sweeteners

stevia, xylitol

Legume Sprouted: Moderate

lentil (good for diabetics)
mung (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, Celtic, Real

Phase 1.5

Vegetables (raw, whole)

carrots, beets, hard squash

Fruits

grapefruit
raspberries
blueberries
stawberries
cherries
cranberries
(fresh, unsweeten)

Condiments / Sweeteners

mesquite meal
raw carob
cacao oil/butter

Super Foods

pomegranates
goji berries
bee pollen
maca root

Grains

quinoa
buckwheat
millet
amaranth
spelt
kamut

Fermented Foods

cultured* coconut meat

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)
coconut meat/pulp
coconut creme/flakes

Fruits

oranges (seeded)
apples
pears
peaches
plums
blackberries

Sweeteners

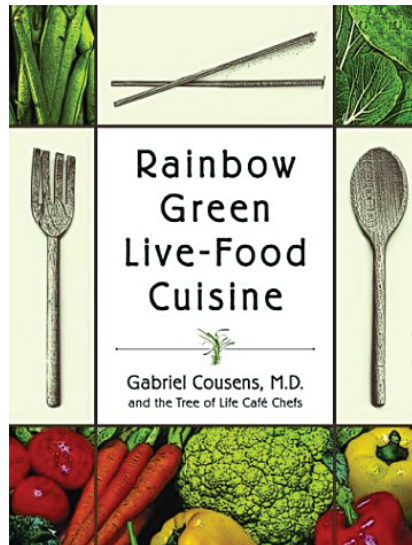
yacon
lucuma
inulin

Fermented Foods

coconut kefir

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

Fermented Foods

organic kombucha
rejuvelac

Everything
100% Organic,
Vegan & Live

Foods to Avoid

Processed Food

Animal Products

flesh
dairy
eggs
low quality honey

All Grains

(except those listed)

peanuts
cashews
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

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