



## THE TRANSITIONAL DIET - INTERMEDIATE LEVEL

**Morning Meal** – Pick one only:

1. Fresh fruit (up to 1 pound). Use a variety of fruits from meal to meal. Can be followed with 2 oz. of raw nuts after one half hour.
2. Fresh vegetable juice (8-12 oz.). Can be followed by 4 oz. of raw nuts.
3. Whole grains (4 oz. dry weight). Steamed or cooked in water. Can use brown rice, millet, buckwheat, quinoa or corn meal.
4. Cold Cereal. Must be wheat and gluten free.
5. Almond, Soy and rice milk can be used on grains.

**Noon Meal** – Can have all 1, 2, 3:

1. Fresh vegetable juice (8-12 oz.)
2. Large green salad. Should consist of romaine lettuce, cucumber, celery, peppers plus two additional vegetables.
3. Steamed vegetables. Pick a minimum of two and eat as much as desired without overeating.

Pick one from below (# 4-9):

4. Raw nuts (4 oz.). Should be either almonds, brazil, pecans, sunflower seeds, cashews or macadamia nuts.
5. Brown rice, basmati brown rice, millet, buckwheat, quinoa, corn meal or Tinkyada pasta.
6. Potatoes (¾ lb.). Should be white, sweet or yams.
7. Acorn, butternut, or spaghetti squash (¾ lb.).
8. Lentils, lima beans or chick peas.
9. Wheat & gluten free bread, 7 grain sprouted bread when allowed with avocado, lettuce and tomato.

**Dinner Meal** – Can have all 1, 2, 3:

1. Fresh vegetable juice (8-12 oz.)
2. Large green salad. Should consist of romaine lettuce, cucumber, celery, peppers plus two additional vegetables.
3. Steamed vegetables. Pick a minimum of two and eat as much as desired without overeating.

Pick one from below (# 4-11):

4. Raw nuts (4 oz.). Should be either almonds, brazil, pecans, sunflower seeds, cashews or macadamia nuts.
5. Whole wheat pasta (non-meat sauce). Tinkyada pasta 3x per week max.
6. Potatoes (¾ lb.). Should be white, sweet or yams.
7. Acorn, butternut, or spaghetti squash (¾ lb.).
8. Brown rice and beans (2/3 rice and 1/3 beans). Do not overeat.
9. Fish (4-6 oz.). Steamed, broiled or baked. (No shell fish)
10. Chicken (4-6 oz.). Steamed, broiled or baked.
11. Turkey (4-6 oz.)

Notes: Do not eat starch and animal protein in the same meal. Do not eat animal protein more than three times per week.

Flaxseed oil or extra virgin olive oil with fresh lemon or raw apple cider vinegar make a good dressing.

Juices: Focus on greens. Use carrot or apple, sparingly, to sweeten things up.

Supplements:

1. Enzymes
2. Probiotics
3. E3Live

**Notes for Success:**

The human condition is spiritually, vibrationally induced, chemically, electrically empowered and biological carried out. The spiritual aspect of the raw life is the most important part and this part is the most poorly understood or never mentioned. This is the most important part of my existence (not food).

It will truly free a person from bondage to food, slow down our aging process. Adequate rest, fresh air, especially ocean air, exercise of any type including rebounding is essential.

Remember this is a very small part of what can really be done. Be happy, be kind and loving. If people don't agree with you about raw foods, it's understandable, be kind.

Fermented foods on a raw diet can be beneficial in some cases. In other cases it can cause distress. Listen to what your body is telling you in this matter.

**Colon and Liver cleansing is ESSENTIAL.**

For liver flush read, "The Amazing Liver and Gallbladder Flush" by Andres Moritz.

**Colon hydrotherapy** can also be used on a raw food diet to help cleanse the system. In all my years as a consultant I have never seen anyone have a problem with colon hydrotherapy where done correctly. The people that undermine colon hydrotherapy have never had a colonic or have an underlying agenda. Be careful of the so called purists or elitists who have no experience. Try to educate yourself and create your own experiences and make your decisions based on results.

E3Live, wheat grass juice, enzymes, probiotics and super foods can be a powerful addition to a raw diet. Remember the basic raw diet is organic fresh fruits and vegetables, nuts, seeds, avocados and sprouts and fresh squeezed juices. Don't get carried away with all of the 'new' packaged 'raw foods'. They may technically be 'raw', but they are often still processed, which is not natural!

Dr. Fred Bisci, Ph.D. :

With a Ph.D. in Nutritional Science, Dr. Fred Bisci has been living the Raw Foods lifestyle and has had a pioneering and active practice in New York City for over forty years. He has worked with over 35,000 people all over the world with numerous health issues by helping them change their eating and drinking lifestyles through his Real, Fresh Food approach. His unique outlook looks at biochemical interrelationships, rather than a simple dietary or nutritional standpoint. This biochemical appreciation of how the multiple variables work in the human body are directly related to a lifestyle of what is left out and what is put in. Fred has developed the BASIC RAW DIET MENU, and the INTERMEDIATE LEVEL MENU (for transitioning) which are the core features for creating a Healthy Lifestyle Program. His program helps you name your current program and meets you "where you're at". Fred empowers you to set healthier personal parameters through eating and drinking various combinations of food as you commit to a Healthy Lifestyle Program.

(Fred also pioneered the "Blood Gas Theory" made popular recently by author Matt Monarch in his book, "Raw Success." I HIGHLY RECOMMEND this book because understanding the Blood Gas Theory and how the body holds and releases toxins through the blood stream is incredibly important information for anyone trying to live as health promoting a lifestyle as possible. ~ Shea )

Fred still takes clients, and is available for private consultation by phone, or in person.

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**because the road to health is paved with good intestines!!!!**

GENERAL OUTLINE FOR THE TRANSITIONAL DIET & LIFESTYLE

CATEGORY	FOODS ALLOWED	FOODS TO AVOID
Beverages (no fluid with meals)	Herb teas (chamomile, mint papaya). No caffeine. Fresh vegetable juices are very important and should be used Every day.	Alcohol, cocoa, coffee, carbonated beverages, canned and pasteurized juices, artificial fruit drinks.
Dairy Products (when permitted)	Raw milk, yogurt, (Brown Cow, Frivan and Lacto are best, in that order). Raw butter and buttermilk (in limited quantities). Raw white cheese without Salt. Nonfat cheese. Dairy products Should be used in limited quantities. Westbrae Rice Milk 1%	All processed and imitation cheeses, butter, ice cream, and toppings. Pasteurized milk and milk products, all colored cheeses, and margarines.
Eggs	3 weekly. Poach or boil when permitted.	Fried or hard boiled.
Fish	Fresh white fleshed. Broiled or baked. (Deep water fish best).	Non-white fleshed, breaded, or fried. Shell fish.
Fruit (when permitted)	Fresh fruit in season, dried (unsulfured) in limited amounts, frozen, unsweetened or stewed.	Canned or sweetened fruit.
Grains	Brown rice, millet, buckwheat, rye, oats, (wheat could cause problems). whole grain cereals and bread, muffins, bran, raw wheat germ, seeds (sesame, pumpkin, flax, chia, whole wheat pasta).	White flour products, hull-less grains, (sesame seeds should have hull removed), PPI are best. White pasta, rice, prepared or cold cereals, cooked nuts or seeds.
Meat	None if possible. Organic is best.	All meat products and cold cuts are Best avoided.
Nuts	All nuts should be raw and unsalted. Almonds and pecans are best. Nuts can be used in place of fish, chicken or meats. 4 ounces maximum per serving.	Roasted and/or salted nuts (especially peanuts). Peanut butter made with roasted peanuts.
Fowl	Chicken (organic and no hormones if possible). Turkey, organic if possible. Bell & Evans.	
Seasonings	Herbs, garlic, basil, onions, chives oregano, parsley, marjoram, cayenne.	Pepper, salt and hot spices.

Soups	Fresh made are best. Defatted, vegetable, barley, millet, brown rice,	Canned and cream-thickened, commercial boullion, fat stock.
Sprouts	Sprouts are a superior food, great source of enzymes, protein, vitamins, and minerals. Alfalfa, lentils, mung, wheat, all complete proteins.	
Sweets	Small amounts of raw honey, unsulfured molasses, carob, pure maple syrup.	Refined sugars, white, brown, turbinato, chocolate syrup, and candy.
Vegetables	Mostly raw if possible. Plenty of green leafy vegetables, steamed, baked potatoes.	All canned vegetables, fried, corn chips, etc.
Legumes	Fresh lentils, kidney beans, black beans, split peas, white beans.	

It must be remembered that the biologically correct diet for humans is fruits, vegetables, nuts, seeds and sprouts (raw food). Some steamed grains can be added. The closer you get to this, the better. Food should be eaten in correct combinations and at proper times (not before bedtime). Correct food combinations are essential for digestion and optimum assimilation. This is very important for optimum health, energy and well being.

Other things to avoid:

Smoke and exhaust fumes. Food which has been sprayed with pesticides. (If this is not possible, fruits and vegetables should be well washed.) Food additives (especially M.S.G.), artificial colors, flavors and preservatives.

Other factors to be included in a well rounded, complete health program:

Fasting - with proper guidance for detoxification and revitalization.

Colon Therapy - important for assisting in the detoxification and revitalization and cleansing of the system.

Liver Cleansing.

Herbs - to heal, nourish and revitalize endocrine system. (Nature's natural healers for the whole body.)

Exercise - Cardiovascular fitness is very important to keep well, move lymph and promote cell revitalization. (Try Rebounding.)

Dry Skin Brush - Dry brush massage before shower or bath removes dead skin and moves lymph fluids.

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