

# 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

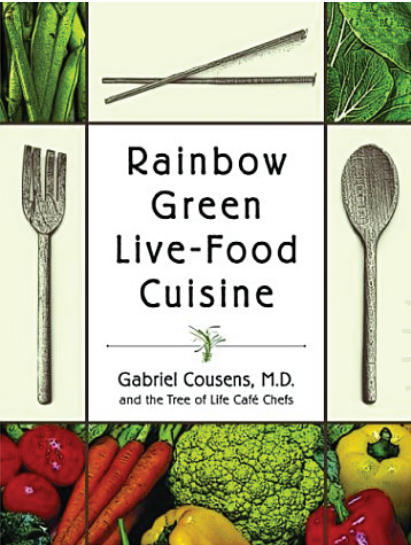
**Coconut**  
coconut water (diluted with  
other ingredients)  
coconut meat/pulp  
coconut creme/flakes

**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



## 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

# 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)



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## Afternoon or Evening Liver Cleansers

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

Carrot  
Beet