

Transition Diet

Phase One:

Immediately: Increase the amount of whole foods and cooked vegetables you consume daily.

Phase Two:

After 3-4 days: Add one serving of fruit each day.

Phase Three:

After 2 weeks: Make one meal each day fruit and cooked vegetables only. Start to cut back on the amount of health inhibitors* you regularly consume.

Phase Four:

After 3 weeks: Start to reduce salt. Add more cooked vegetables and raw fruits.

Phase Five:

After 4 weeks: Start to reduce the amount of high protein foods you eat daily. Decrease your diet by one health inhibitor per week. Start to add raw or lightly cooked vegetables.

Phase Six:

After 5 weeks: Continue to decrease the amount of acid producing foods** while increasing the amount of alkaline producing foods*** that you consume on a daily basis.

* Health Inhibitors: <https://www.biri.org/pdf/recipes/No-No-Foods.pdf>
<https://www.biri.org/pdf/recipes/unclean-foods.pdf>

** Acid Producing: <https://www.biri.org/pdf/acid-forming-foods.pdf>

*** Alkaline Producing: <https://www.biri.org/pdf/alkaline-forming-foods.pdf>