

Discover  
7 Strategies  
for Healing

*the*  
**CANCER**  
**REVOLUTION**

**A GROUNDBREAKING PROGRAM  
TO REVERSE AND PREVENT CANCER**

Leigh Erin Connealy, MD



# 14-DAY KETO PLAN

A modified Keto  
plan filled with  
delicious, healthy  
recipes for your  
health journey!



Hello and thank you for signing up to receive a portion of our new book called “The Cancer Revolution” by Leigh Erin Connealy, M.D. To purchase the entire book including recipes please visit [www.amazon.com](http://www.amazon.com)

### **The Cancer Revolution 14-Day Plan**

The 14-day plan includes many of the meals that you’ll find in the Recipes section at the end of *Cancer Revolution*, as well as ideas for meals and snacks that are so simple to prepare you don’t need a recipe. The recipes listed here are suitable for most people who are on a ketogenic or other low-carb, anti-cancer diet (more information on the specifics of the ketogenic diet can be found later in this chapter as well as in Chapter 4). However, as noted in Chapter 4, people have different carbohydrate needs on the ketogenic diet, which means that the following plan may or may not put you into ketosis, so that your body burns fat rather than glucose for energy. You may need fewer carbohydrate-containing foods or in lesser amounts than what are contained in the 14-day plan meals, or you may be able to tolerate more carbohydrates and still remain in ketosis. If your doctor believes that a ketogenic diet is best for you, you will want to work with him or her to

determine the exact amount of carbohydrates that you'll need for your body to go into ketosis.

Above all, the 14-day plan is meant to provide sample anti-cancer meals that emphasize fewer carbohydrate-containing foods and higher amounts of healthy fats and protein. It is ideal for helping you to prevent or heal from cancer, regardless of whether it puts you into ketosis, since it is low in carbohydrates and very healthy, but you'll want to work with your doctor to refine and adjust the plan according to your particular needs.

If you are not on a ketogenic diet and your doctor recommends that you follow a higher-carbohydrate or other type of food plan, that's okay—it is likely that you can still use many, if not most, of the following recipes in the 14-day plan. Or you may just need to make small adjustments to the meals, such as adding in more vegetables or fruit, or consuming fewer protein-based foods. The portions outlined in this plan are simply recommendations. If you are athletic or a man, for instance, you may be able to have larger meat or protein portions; up to 6 ounces per meal.

As a final note, I recommend consuming fresh wheatgrass daily as part of the 14-day plan. You can prepare fresh wheat grass using a wheat grass extractor or purchase ready-made wheat grass from your local health food store. It is best to consume 2-4 oz. of pure wheatgrass daily, but you

can also prepare a Mega Greens wheatgrass powder drink (see Resources for product information) by mixing a scoop of Mega Greens powder with 8 oz. of water in the morning, which will aid in detoxification and bowel cleansing. (Note: Fresh wheat grass is generally very safe to consume, but if you have severely compromised immune function, it's best to consult your doctor before taking it, as fresh wheatgrass can occasionally contain mold or bacteria).

### **Week 1, Day 1**

#### **Upon Arising**

Do oil pulling for 5-20 minutes (see Chapter 5 for instructions on oil pulling), to remove any toxins that have accumulated in your bloodstream during the night. Then, if you have time, take a tongue scraper and brush your tongue to remove any fungi, bacteria, and dead cells from the surface. This will give your immune system a quick boost in the morning and help to prevent any fungal overgrowth in your body.

#### **Before Breakfast**

Drink 8-16 oz. lemon or vinegar water, and/or take 2 oz. of fresh wheatgrass. Alternatively, prepare a Mega Greens Drink in 8 oz. water (see Recipes).

Do a coffee enema

Take 2-3 MAP™ (Master Amino Acid) capsules, 30 minutes before breakfast

Do 30 minutes of yoga, Qigong, stretching, walking or another exercise

Do 30 minutes of meditation, journaling or prayer, to start your day off right and more effectively stave off stress during the day.

### **Breakfast**

Whey or Plant Protein Powder Drink (See recipes)

### **Mid-Morning Snack** (optional)

1 oz. or 1-2 slices nitrate-free turkey luncheon meat with 1-2 Tbsp. Fresh Guacamole (See recipes)

### **30 Minutes Before Lunch**

8 oz. high-quality, alkaline water

2 Master Amino Acid Pattern (MAP™) capsules

### **Lunch**

Ground Chicken Patty w/ Lettuce Wrap (See recipes)

Lettuce leaves for wraps

1 cup sliced cucumbers

1 Tbsp. Spicy Burger Sauce (See recipes)

### **Mid-Afternoon**

2 oz. wheat grass or Mega Greens Drink (See recipes)

15-30 minute walk, stretch, rebounding or other movement activity (according to your fitness level and schedule)

### **Snack** (optional)

½ cup Cinnamon Chia Pudding (See recipes)

**Dinner**

3.5-5 oz. Almond Crusted Mahi Mahi (See recipes)

1 ½ cup Fennel with Turmeric (See recipes)

**Before Bedtime**

Fiber drink or herbal tea

Coffee enema (if you did not do this in the AM), sauna and/or body brushing. (Note: Doing coffee enemas at night may cause wakefulness in some people, so I generally recommend doing them in the morning).

Journaling, meditation, or prayer (if you didn't do this in the AM)

For sleep: Aromatherapy or Epsom salt bath, sleep CDs, herbal supplements, melatonin and/or amino acids

**Week 1, Day 2****Upon Arising**

Tongue scraping and oil pulling (optional)

**Before Breakfast**

Lemon water and/or 2 oz. fresh wheatgrass or Mega Greens Drink (See recipes)

Coffee enema

30 minutes before meal, take 2-3 MAP™

30 minutes of walking, yoga, Qigong or stretching

30 minutes of meditation, journaling or prayer

**Breakfast**

2-3 Poached or Hard-Boiled Eggs (See recipes)

2 slices Turkey Bacon (See recipes)

½ avocado

**Snack**

8 oz. Iced Green Tea (See recipes) and/or 2 oz. fresh wheat grass or Mega Greens Drink (See recipes)

**30 Minutes Before Lunch**

8 oz. water with lemon  
2 MAP™

**Lunch**

3-4 oz. Ginger Citrus Chicken (See recipes)  
Baby Greens Side Salad (See recipes)  
Citrus Delight Dressing (See recipes)

**Mid-Afternoon**

Mega Greens Drink (See recipes)  
15-30 minute walk, stretch, rebounding or other exercise

**Snack**

8 oz. herbal tea  
1 celery stick with almond butter

**30 minutes Before Dinner**

8 oz. water  
2-3 MAP™

**Dinner**

3-6 oz. Garlic Herb Shrimp (See recipes)  
Arugula Side Salad or Baby Greens Side Salad (See recipes)  
MCT Essential Salad Dressing (See recipes)

**Before Bedtime**

Fiber drink or herbal tea  
Epsom bath, sauna and/or body brushing  
Journaling, meditation, or prayer (if you didn't do in the AM)  
For sleep: Aromatherapy or Epsom salt baths; sleep CDs, herbal supplements, melatonin and/or amino acids

### **Week 1, Day 3**

#### **Upon Arising**

Tongue scraping and oil pulling (optional)

#### **Before Breakfast**

Lemon water and/or Simply Greens Detox Beverage (See recipes)  
Coffee enema  
3 MAP™  
30 minutes of yoga, Qigong, stretching or walking  
30 minutes of meditation, journaling or prayer

#### **Breakfast**

Coco Loco Nut Shake (See recipes)

#### **Mid-Morning**

2-4 oz. fresh wheatgrass or Mega Greens Drink (See recipes)  
3 MAP™

#### **Lunch**

1 cup Hearty Beef Soup (See recipes)  
1-2 cups Baby Greens Side Salad (See recipes)  
Citrus Delight Dressing (See recipes)



**Snack**

1 Hard-Boiled Egg (See recipes) or 1 cup Savory Sipping Alkaline broth  
(See recipes)

**Mid-Afternoon**

Mega Greens Drink (See recipes)

3-MAP™

15-30 minute walk, stretching, rebounding or other activity

**Dinner**

3.5-6 oz. Rack of Lamb (See recipes)

Kale Side Salad (See recipes)

MCT Essential Salad Dressing (See recipes)

Chamomile tea

**Before Bedtime**

Fiber Drink (See recipes)

Epsom bath, sauna and/or body brushing

Journaling, meditation, or prayer (if you didn't do in the AM)

For sleep: Aromatherapy or Epsom salt bath, sleep CDs, herbal supplements, melatonin and/or amino acids

**Week 1, Day 4****Upon Arising**

Tongue scraping and oil pulling (optional)

**Before Breakfast**

Lemon water, 2 oz. fresh wheatgrass or Mega Greens Drink (See recipes)

Coffee enema

3 MAP™

30 minutes of yoga, Qigong, stretching or walking

30 minutes of meditation, journaling or prayer

**Breakfast**

Mocha Nut Milkshake (See recipes) or

1-2 Hard-Boiled Eggs (See recipes)

½ avocado

**Snack**

2 oz. wheat grass

**30 Minutes Before Lunch**

Apple Cider Vinegar Drink (See recipes)

3 MAP™

**Lunch**

2-4 oz. Dijon Dill Salmon (See recipes)

1-2 cups baby greens

½ cup radishes

MCT Essential Salad Dressing (See recipes)

**Mid-Afternoon**

8 oz. Iced Green Tea (See recipes)

15-30 minute walk, stretching, rebounding or other movement-based activity

**Snack**

8 Sprouted or Toasted Nuts (See recipes)

### **20 Minutes Before Dinner**

1 cup of calming tea (chamomile)

### **Dinner**

3.5-6 oz. Versatile Meatloaf (See recipes)

1-2 cups Baby Greens Side Salad (See recipes)

MCT Essential Salad Dressing (See recipes)

### **Before Bedtime**

Fiber drink (optional)

Epsom bath, sauna, body brushing and/or another detoxification activity

Journaling, meditation, or prayer (if you didn't do in the AM)

For sleep: Aromatherapy or Epsom salt bath, sleep CDs, herbal supplements, melatonin and/or amino acids

### **Week 2, Day 5**

#### **Upon Arising**

Tongue scraping and oil pulling (optional)

#### **Before Breakfast**

Lemon water or Simply Greens Detox Beverage (See recipes)

Coffee enema

4 MAP™

30 minutes of yoga, Qigong, stretching or walking

30 minutes of meditation, journaling or prayer

#### **Breakfast**

Whey or Plant Protein Powder Drink (See recipes)

### **Snack**

8 oz. Iced Green Tea or Fresh Veggie Juice (Recipes)

8-10 Sprouted or Toasted Nuts (Recipes)

### **30 Minutes Before Lunch**

2 oz. wheat grass or Mega Greens Drink

8 oz. water (optional: add 1 tsp. apple cider vinegar)

4-MAP™

### **Lunch**

3-6 oz. Ground Chicken Patty (Recipes)

2 Tbsp. Fresh Guacamole (Recipes)

4 Romaine lettuce leaves

2 tomato slices

Spicy Burger Sauce (optional) (Recipes)

### **Mid-Afternoon**

2 oz. wheat grass or Mega Greens Drink (see Recipes)

15-30 minute walk, stretch, rebounding or other exercise/activity

### **Snack**

Whey or Plant Protein Powder Drink (see Recipes)

### **Dinner**

Chinese Chicken Salad (See recipes)

3 cups Romaine lettuce

Cilantro Salad Dressing (See recipes)

### **Before Bedtime**

Fiber Drink (See recipes)

Coffee enema, Epsom bath, sauna and/or body brushing

Journaling, meditation, or prayer (if you didn't do in the AM)

For sleep: Aromatherapy or Epsom salt bath, sleep CDs, herbal supplements, melatonin and/or amino acids

### **Week 2, Day 6**

#### **Upon Arising**

Tongue scraping and oil pulling (optional)

#### **Before Breakfast**

Lemon water or Ginger Lemon Drink (See recipes)

Coffee enema

4-5 MAP™

30 minutes of yoga, Qigong, stretching or walking

30 minutes of meditation, journaling or prayer

#### **Breakfast**

2-3 Poached Eggs (See recipes)

½ avocado

2 tomato slices

#### **Snack**

2 oz. wheat grass or Ginger Lemon Drink (See recipes)

#### **Before Lunch**

4-6 ounces green tea  
5 MAP™

### **Lunch**

Chicken Vegetable Soup (See recipes)

### **Mid-Afternoon**

Mega Greens Drink (See recipes)  
15-30 minute walk, stretch, rebounding or other exercise/activity

### **Snack**

8 oz. green tea  
10 Sprouted or Toasted Almonds (See recipes)

### **30 Minutes Before Dinner**

Apple Cider Vinegar Drink (optional, to aid in digestion)

### **Dinner**

3-6 oz. Asian Filet Mignon (See recipes)  
1-2 cup Cauliflower Delight (See recipes)  
1 cup herbal tea

### **Before Bedtime**

Fiber Drink (See recipes)  
Coffee enema, Epsom bath, sauna and/or body brushing  
Journaling, meditation, or prayer (if you didn't do in the AM)  
For sleep: Aromatherapy or Epsom salt bath, sleep CDs, herbal supplements, melatonin and/or amino acids

### **Week 2, Day 7**

**Upon Arising**

Tongue scraping and oil pulling (optional)

**Before Breakfast**

Lemon water/Ginger Snap drink (See recipes)

Coffee enema

5 MAP™

30 minutes of yoga, Qigong, stretching or walking

30 minutes of meditation, journaling or prayer

**Breakfast**

2-3 Hard-Boiled Eggs (See recipes)

½ avocado

2 slices Turkey Bacon (See recipes)

**Snack**

1 Raw Low Carbohydrate Chocolate Square (See recipes)

**30 Minutes Before Lunch**

Apple Cider Vinegar Drink (optional)

4-5 MAP™

**Lunch**

3.5-6 oz. Grilled Turkey Patty (See recipes)

Romaine lettuce leaves (for wraps)

Spicy Burger Sauce or Mayonnaise (See recipes)

½ avocado, sliced

**Mid-Afternoon**

Spicy Green drink (See recipes)

15-30 minute walk, stretch, rebounding or other exercise/activity

### **Snack**

1 cup Savory Sipping Alkaline Broth (See recipes)

### **30 Minutes Before Dinner**

8 oz. water

5 MAP™

### **Dinner**

3.5 oz. Seafood Ceviche Salad (See recipes)

6 Romaine lettuce leaves

½ cup radish, chopped

### **Before Bedtime**

Fiber Drink or chamomile tea (See recipes)

Epsom bath, sauna, body brushing and/or another detoxification activity  
(30-60 minutes)

Journaling, meditation, or prayer (if you didn't do in the AM)

For sleep: Aromatherapy or Epsom salt bath, sleep CDs, herbal  
supplements, melatonin and/or amino acids

## **Week 2, Day 8**

### **Upon Arising**

Tongue scraping and oil pulling (optional)



**Before Breakfast**

8 oz. water or Savory Sipping Alkaline Broth (See recipes)

Coffee enema

5-6 MAP™

30 minutes of yoga, Qigong, stretching or walking

30 minutes of meditation, journaling or prayer

**Breakfast**

Cinnamon Chia Pudding (See recipes)

**Snack**

8 oz. Spicy Green drink (See recipes)

**30 Minutes before Lunch**

5-6 MAP™

**Lunch**

Greek Salad with Chicken (See recipes)

1Tbsp. Citrus Delight Salad Dressing (See recipes)

**Mid-Afternoon**

8 oz. Iced Green Tea (See recipes)

Mega Greens Drink (See recipes)

15-30 minute walk, stretching, rebounding or other exercise/activity

**30 Minutes before Snack**

Ginger Snap drink (See recipes)

## 5-6 MAP™

### **Dinner**

3.5-6 oz. Salmon with Ginger Citrus Marinade (See recipes)

1-2 cups steamed spinach

½ avocado

### **Before Bedtime**

Fiber drink or herbal tea (See recipes)

Epsom bath, sauna, body brushing and/or another detoxification activity

Journaling, meditation, or prayer (if you didn't do in the AM)

For sleep: Aromatherapy or Epsom salt bath, sleep CDs, herbal supplements, melatonin and/or amino acids

## **Week 2, Day 9**

### **Upon Arising**

Tongue scraping and oil pulling (optional)

### **Before Breakfast**

Lemon water/ Simply Greens Detox Beverage (See recipes)

Coffee enema

6-7 MAP™

30 minutes of yoga, Qigong, stretching or walking

30 minutes of meditation, journaling or prayer

### **Breakfast**

Whey or Plant Protein Powder Drink (See recipes)

### **Snack**

2 oz. of fresh wheatgrass or Mega Greens Drink (See recipes)

### **30 Minutes before Lunch**

8 oz. high-quality water  
4-5 MAP™

### **Lunch**

3.5-5 oz. Garlic Lemon Dijon Chicken (See recipes)  
1-2 cups steamed broccoli

### **Mid-Afternoon**

Fresh Veggie Juice (See recipes)  
1 celery stick with almond butter  
15-30 minute walk, stretching, rebounding or other exercise/activity

### **30 Minutes before Snack**

8 oz. herbal or Iced Green Tea (See recipes)  
6-7 MAP™

### **Before Dinner**

Apple Cider Vinegar Drink (optional, to aid in digestion)

### **Dinner**

3.5-5 oz. Ceviche Seafood Salad (See recipes)  
1-2 cups Baby Greens Side Salad (See recipes)  
1 Tbsp. MCT Essential Salad Dressing (See recipes)

### **Before Bedtime**

Fiber Drink (See recipes) or herbal tea  
Epsom bath, sauna and/or body brushing  
Journaling, meditation, or prayer (if you didn't do in the AM)  
For sleep: Aromatherapy or Epsom salt bath, sleep CDs, herbal supplements, melatonin and/or amino acids

## **Week 2, Day 10**

### **Upon Arising**

Tongue scraping and oil pulling (optional)

### **Before Breakfast**

Lemon water or Savory Sipping Alkaline Broth (See recipes)  
6-8 MAP™  
Coffee enema  
30 minutes of yoga, Qigong, stretching or walking  
30 minutes of meditation, journaling or prayer

### **Breakfast**

Coco Loco Nut Shake (See recipes)

### **Snack**

2 oz. fresh wheatgrass or Mega Greens Drink (See recipes)

### **30 Minutes Before Lunch**

Lemon/Limeade (See recipes)  
6-8 MAP™

### **Lunch**

3.5-6 oz. Almond Crusted Mahi Mahi with Herbs (See recipes)

1-2 cups steamed asparagus  
1 Tbsp. MCT oil or organic butter

### **Snack**

8 Sprouted or Toasted Nuts (See recipes)

### **Mid-Afternoon**

Quality water  
6-8 MAP™  
15-30 minute walk, stretch, rebounding or other exercise/activity

### **Dinner**

\*Note: For this meal, consider replacing your animal protein with MAP™ capsules.

Nutty Greek Salad (See recipes)  
1-2 cup Vegetable Medley Soup (See recipes)  
MCT Essential Salad Dressing (See recipes)  
Chamomile tea

### **Before Bedtime**

Fiber Drink (See recipes)  
Epsom bath, sauna, body brushing and/or another detoxification activity  
Journaling, meditation, or prayer (if you didn't do in the AM)  
For sleep: Aromatherapy or Epsom salt bath, sleep CDs, herbal supplements, melatonin and/or amino acids

### **Week 2, Day 11**

### **Upon Arising**

Tongue scraping and oil pulling (optional)

### **Before Breakfast**

Lemon water or Savory Sipping Alkaline Broth (See recipes)

Coffee enema

6-10 MAP™

30 minutes of yoga, Qigong, stretching or walking

30 minutes of meditation, journaling or prayer

### **Breakfast**

Whey or Plant Protein Powder Drink (See recipes)

### **Snack**

8 oz. water or 2 oz. fresh wheat grass

### **30 Minutes before Lunch**

Iced Green Tea (See recipes)

6-10 MAP™

### **Lunch**

3-4 oz. Seared Toasted Sesame Salmon Salad (See recipes)

1-2 cups Baby Greens Side Salad (See recipes)

1 cup of Savory Sipping Alkaline Broth (See recipes)

1 Tbsp. Cilantro Salad Dressing (optional) (See recipes)

### **Mid-Afternoon**

Iced Green Tea (See recipes)

15-30 minute walk, stretch, rebounding or other exercise/activity

### **Snack**

1 Raw Low Carbohydrate Chocolate Square (See recipes)

### **30 Minutes Before Dinner**

1 cup chamomile tea or Apple Cider Vinegar Drink (optional) (See recipes)

6-10 MAP™ (to replace animal protein at dinner)

### **Dinner**

Creamy Broccoli Soup (See recipes)

1-2 cups Greek Side Salad (See recipes)

½ avocado

MCT Essential Salad Dressing (See recipes)

### **Before Bedtime**

Fiber Drink (optional) (See recipes)

1 cup sleepy time tea

Epsom bath, sauna, body brushing and/or another detoxification activity

Journaling, meditation, or prayer (if you didn't do in the AM)

For sleep: Aromatherapy or Epsom salt bath, sleep CDs, herbal supplements, melatonin and/or amino acids

### **Week 2, Day 12**

#### **Upon Arising**

Tongue scraping and oil pulling (optional)

**Before Breakfast**

Lemon water

Coffee enema

6-10 MAP™

30 minutes of yoga, Qigong, stretching or walking

30 minutes of meditation, journaling or prayer

**Breakfast**

Whey or Plant Protein Powder Drink (See recipes)

**Snack**

Mega Greens Drink (See recipes)

**30 Minutes Before Lunch**

8 oz. water

6-10 MAP™

**Lunch**

3-6 oz. Ground Hamburger or Turkey Patty (See recipes)

Butter leaf or Romaine lettuce (for wraps)

Fresh Guacamole (See recipes)

1 Tbsp. Mayo/mustard (See recipes)

**Mid-Afternoon**

2 oz. fresh wheatgrass or Mega Greens Drink (See recipes)

15-30 minute walk, stretch, rebounding or other exercise/activity



**30 Minutes Before Dinner**

5-10 MAP™ (to replace protein at your evening meal)  
Organic herbal tea

**Dinner**

Curry Chicken Salad (See recipes)  
Cilantro MCT Dressing or Creamy Curry Sauce (See recipes)

**Mid-Evening**

Fiber Drink (See recipes)  
1 cup Sleepytime tea  
Epsom bath, sauna, body brushing and/or another detoxification activity  
Journaling, meditation, or prayer (if you didn't do in the AM)  
For sleep: Aromatherapy or Epsom salt bath, sleep CDs, herbal supplements, melatonin and/or amino acids

**Week 2, Day 13****Upon Arising**

Tongue scraping and oil pulling (optional)

**Before Breakfast**

16 oz. water with lemon  
Coffee enema  
6-10 MAP™  
30 minutes of yoga, Qigong, stretching or walking  
30 minutes of meditation, journaling or prayer

**Breakfast**

2-4 Poached Eggs (See recipes)  
½ avocado

Sriracha sauce (optional)

### **Snack**

1-2 oz. sliced turkey with Spicy Burger Sauce (See recipes)

### **30 Minutes before Lunch**

Quality Water  
6-10 MAP™

### **Lunch**

Chicken Vegetable Soup (See recipes)

### **Mid-Afternoon**

2 oz. wheat grass or Mega Greens Drink  
15-30 minute walk, stretch, rebounding or other exercise/activity

### **Snack**

1 cup Savory Sipping Alkaline Broth (See recipes)

### **30 Minutes Before Dinner**

8 oz. water with 1 tsp. apple cider vinegar  
6-10 MAP™

### **Dinner**

Nutty Greek or Chicken Salad (See recipes)  
1 Steamed Artichoke (with Artichoke Dip) (See recipes)  
Iced Green Tea (See recipes)

(Optional: Replace animal protein at dinner with 5-10 MAP™)

### **Before Bedtime**

Epsom bath, sauna and/or body brushing  
Journaling, meditation, or prayer (if you didn't do in the AM)  
Fiber drink  
For sleep: Aromatherapy or Epsom salt bath, sleep CDs, herbal supplements, melatonin and/or amino acids

## **Day 14**

### **Upon Arising**

Tongue scraping and oil pulling (optional)

### **Before Breakfast**

Lemon water/ Ginger Lemon drink (See recipes)  
Coffee enema  
6-10 MAP™  
30 minutes of yoga, Qigong, stretching or walking  
30 minutes of meditation, journaling or prayer

### **Breakfast**

Whey or Plant Protein Powder Drink (See recipes)

### **Snack**

2 oz. wheat grass or Mega Greens Drink (See recipes)

### **30 Minutes Before Lunch**

8 oz. water or green tea  
6-10 MAP™

### **Lunch**

3.5-6 oz. Versatile Meatloaf (See recipes)  
Cauliflower Cream Soup (See recipes)

### **Mid-Afternoon**

15-30 minute walk, stretch, rebounding or other exercise/activity  
2 oz. wheat grass or 8 oz. Ginger Snap drink

### **30 Minutes Before Dinner**

Apple Cider Vinegar Drink  
6-10 MAP™ (to replace animal protein at evening meal)

### **Dinner**

Zucchini Noodles with Parsley Pesto (See recipes)  
Greek Side Salad (See recipes)

### **Before Bedtime**

Fiber Drink (See recipes)  
1 cup sleepy time tea  
Epsom bath, sauna, body brushing and/or another detoxification activity  
Journaling, meditation, or prayer (if you didn't do in the AM)  
For sleep: Aromatherapy or Epsom salt bath, sleep CDs, herbal

supplements, melatonin and/or amino acids

Daily Tracker available when you purchase the book at [www.amazon.com](http://www.amazon.com)

### **A Word about pH and the Ketogenic Diet**

Note: The ketogenic diet is generally thought to be unsafe for people with diabetes. It may also be contraindicated in some other health conditions or situations. When done properly, it can have powerful anti-cancer effects, but whether it is appropriate for you will depend upon your unique constitution and situation, and it is therefore best to consult with your doctor before starting it.

Whenever you follow a high-fat, moderate protein, and low-carbohydrate diet, your body will start to produce ketones for energy, rather than glucose. Ketones are water-soluble byproducts that are created when your body breaks down fatty acids for energy. It is normal and good for your body to produce ketones while you are on a ketogenic food plan, but if the amount of ketones in your body increases too much (which can happen when you aren't consuming enough carbohydrates), then your blood pH can become too acidic. This can occasionally lead to a serious problem called

ketoacidosis (I discuss symptoms of ketoacidosis on page XX). Again, people with certain types of cancer or health conditions may be more susceptible to ketoacidosis, so I highly recommend that you consult with your doctor before you begin this diet.

You'll also want to periodically monitor and balance your pH while on the ketogenic diet by measuring your body's daily production of ketones. You can do this with a blood ketone meter, which you can purchase at many retail box stores, your local pharmacy or online.

You can also make sure that your pH is balanced by consuming ample amounts of minerals, especially magnesium, potassium, calcium and trace minerals. Minerals neutralize acids that are produced during the initial stages of the diet. Additionally, it's a good idea to drink alkalizing water and consume alkalizing foods such as Mega Greens, since green drinks balance your body's pH and help to prevent electrolyte imbalances. I also recommend taking bile salts, no matter what diet you are on, but especially while doing the ketogenic diet. Bile salts help your body to digest fats. If you have had your gallbladder removed, taking bile salts is absolutely essential.

### **How to Measure Your Body's Production of Ketones**

Urine sticks, which are a popular method for measuring the amount of ketones that your body produces, tend to only work well during the first few weeks that you are in ketosis, and don't provide "real time" results; meaning, if you test yourself at 2 PM, you will get a reading that reflects what your ketone levels were at noon, not 2 PM. For better results, use a blood ketone meter such as Abbott's Precision Xtra meter, which you can purchase online, at Wal-Mart or your local pharmacy. These meters aren't too expensive, they are easy to use and provide accurate, real time results.

When testing, you want the ketone reading to be within a range of 2-8. If the value is lower than 2, then this means that you aren't using fat for energy (and are instead burning glucose) and need to consume fewer carbohydrate-containing foods. If it is higher than 8, then you are producing too many ketones and putting your body at risk for ketoacidosis, and you'll want to either consume more carbohydrate-containing foods or switch to a different food plan.

Symptoms of ketoacidosis include:

- Constantly feeling tired
- Dry and flushed skin
- Nausea, vomiting or abdominal pain
- Difficulty breathing

Fruity odor on the breath  
Difficulty focusing, brain fog or confusion

If you experience any of these symptoms, consult your doctor. It is normal to experience some tiredness, irritability or brain fog during the first week or two that you are on a ketogenic diet, but if your symptoms persist long term or are serious and include things like nausea or trouble breathing, then this means that you are either producing too many ketones or that the diet isn't suitable for you. To learn more about the ketogenic diet, you may also want to consult one of the many good books on the topic, such as *Keto Clarity: Your Definitive Guide to the Benefits of a Low-Carb, High-Fat Diet*.

### **Ketogenic Diet Portion Guidelines**

Following are approximate food portion guidelines that we recommend if you are on a ketogenic food plan. These are similar to the portions recommended in the 14-day plan. The actual portion size that you need will depend upon many factors, including your current health condition and your weight. As I mentioned earlier, people require different carbohydrate amounts to go into ketosis; anywhere from 0-50 grams daily,



although the average is somewhere between 15-25 grams, so we recommend aiming for a diet that is somewhere within this range. The amount of carbohydrates that you will be able to consume also depends upon whether you are a fast or slow oxidizer; that is, whether you metabolize food quickly or slowly.

Similarly, the amount of protein and fat that you'll want to consume on a ketogenic diet depends upon your unique constitution. Generally, you don't need to watch your fat consumption as much while on this type of food plan, but it is possible to eat too much protein, so the following food intake guidelines will help you to determine exactly how much of each type of food to consume daily. Basically, your daily intake of protein, carbohydrates and good fats should fall within the following ranges:

Protein: 60-75 grams daily =15-20% (of your total daily intake) =300 calories

Carbohydrates: 15-25 grams daily= 3-5% (of your daily food intake)=750 calories

Fats: 112-125 grams daily = 75% (of your daily food intake)=1,125 calories

You generally don't need to count calories on a ketogenic food plan, but if you wish to do so, you can use the following guidelines as a

reference to determine your personal calorie prescription:

1gm of fat =9 calories

1 gm of MCT oil =10 calories

1gm of protein =4 calories

1 gm of carbohydrates =4 calories

### **How to Calculate your Personal Protein Prescription**

If you are healthy, and don't have any medical reason to restrict protein in your diet, you should aim to eat about one-third (0.33) to one-half (0.50) of a gram of protein per day per pound of body weight. Or, convert your weight into kilograms, which you can do by dividing your weight by 2.2, and that will tell you about how many grams of protein that you need on a daily basis. If you are heading into surgery or recovering from surgery, you may need more protein—as much as 0.65 to 0.80 grams of protein per pound of body weight.

Following is the formula for calculating your personal protein prescription:

\_\_\_ Pounds x 0.33 grams/pound = \_\_\_ grams (calculate from your ideal weight)\_\_\_\_\_

Or, pounds x 0.50 grams/pound = \_\_\_ grams (calculate from your ideal weight)\_\_\_\_\_

So, for instance, if you weighed 170 pounds and wanted to consume smaller amounts of protein, you would multiply your weight by .33, to get your daily intake of protein, which would be 56.1 grams. Then, you would divide that by three to get your ideal protein intake per meal, which in this case would be 18.7. If you needed more protein, you would multiply 170 by .50, to get 85 grams of protein daily. You would then divide that by three to calculate your protein intake per meal, which in this instance would be 28.3. If you are malnourished, underweight, or recovering from surgery, you would multiply your weight by .65-.80 to get your daily intake. For a 70-pound person this would amount to 110.5-136 grams of protein daily.

As a final note, your body begins to use fat for fuel approximately 3 hours after your last meal. So if possible, spread your meals apart 4-5 hours. This will encourage your body to use fats for fuel and ketosis, rather than glucose, for its energy production needs.

### **Low Carb/ Ketogenic Anti-Cancer Foods**

The following foods are healthy for anyone on a ketogenic diet, as well as for most anyone who is following a relatively low-carbohydrate or anti-cancer diet that may or may not be ketogenic.

### ***Grass-fed Organic Meat, Seafood and Poultry***

Most people will need anywhere from 15-30 grams of animal protein per meal, based on their personal protein prescription calculation. Again, the exact amount that you'll need depends upon your weight, constitution and other factors, as discussed on page XX. Following are acceptable sources of animal protein. A 4 oz. serving of most of the following contains about 25-30 grams of protein. Most of the meals in the 14-day plan include approximately 3.5-4 oz. of protein. If you are following a ketogenic diet and want to calculate the exact number of grams of protein, fat and carbohydrate in your foods, there are many online food counters that can help you to do this, since the portions provided in the 14-day plan are simply an approximation of what an average person might need. Some good ones include: My Fitness Pal: [www.myfitnesspal.com](http://www.myfitnesspal.com) and My Food Diary: [www.myfooddiary.com](http://www.myfooddiary.com). See the Resources for more information.

### ***Healthy Protein Food Sources***

## **Beef and Poultry**

Beef (grass-fed)  
Chicken breast, skinless  
Chicken breast, deli  
Turkey breast, skinless  
Turkey breast, deli-style  
Turkey, ground  
Turkey bacon, 4 strips  
Turkey/Chicken sausage, 4 links

## **Fish and Seafood**

Bass (freshwater)  
Bass (sea)  
Bluefish  
Calamari  
Catfish  
Cod  
Clams  
Crabmeat  
Haddock  
Halibut  
Lobster  
Mackerel\*  
Salmon\*  
Sardine\*  
Snapper  
Swordfish  
Shrimp  
Trout  
Tuna (Albacore steak)  
Tuna, Albacore canned in water, 1 oz.

(\* = rich in EPA). (Note: Tuna has been found to have higher levels of mercury than some other types of fish, so we recommend consuming it only occasionally, unless you buy from a reputable company like Vital Choice Seafood, which offers low-mercury tuna. See the Resources for

more information).

## **Eggs**

Whole organic egg, 1 (if you aren't allergic to eggs)

Egg whites, 2 (if you aren't allergic to eggs)

### ***Vegetarian Protein-Based Foods***

Note: The following represent an average serving size on a low-carb or ketogenic diet

Vegan raw seed cheese- 2 oz. = 10 grams of protein

Chia seed- 2 Tbsp.= 5 grams of protein

Hemp seed- 3 Tbsp. = 11 grams of protein

Plant based protein powder (usually 14-21 grams of protein per scoop)

(See Resources for product recommendations)

MAP™ 6-10 tablets (can replace a serving of animal protein)

### ***Low-Carbohydrate Vegetables***

All of the following vegetables are delicious, nutritious options for the ketogenic or any other anti-cancer, low- carb food plan. If you are on a ketogenic food plan, choose 1 of the following vegetables to accompany each meal, along with a simple salad (see the Recipes), or consult your physician or nutritionist for guidance.

Carbohydrates should consist of 3-5% of your total calories if you want to remain in ketosis. Two cups of non-starchy vegetables contains approximately 10-25 calories. If you aren't following a ketogenic food plan, you can consume higher amounts of most of the following foods. For each of these, we provide a recommended serving size to stay in ketosis, but you will want to adjust the serving size according to your needs.

### **Cooked Vegetables** (and recommended serving sizes)

Artichoke, 1 medium  
Artichoke hearts, 1 ½ cup  
Asparagus (12 spears), 1 cup  
Beans, (green or wax), 1 cup  
Bok Choy, 2 cups  
Broccoli, 2 cups  
Brussels sprouts, 1 ½ cups  
Cabbage, 1 cup  
Cauliflower, 1 1/2 cup  
Collard greens, 1 cup  
Eggplant, 1 ½ cups  
Kale, 2 cups  
Leeks, 1 cup  
Mushrooms (portabella), 1 cup  
Onions, chopped, ½ cup  
Okra, sliced, 1 cup  
Spinach, 2 cups  
Swiss chard, 1 cup  
Turnip, mashed, 1 ½ cups  
Turnip greens, 2 cups  
Yellow squash, 1 cup  
Zucchini, 2 cups  
Carrot, 1 whole

**Raw Vegetables** (and recommended serving sizes)

Alfalfa sprouts, 2 cups  
Bean sprouts, 2 cups  
Bamboo shoots, 2 cups  
Cabbage, shredded, 2 cups  
Cauliflower pieces, 2 cups  
Celery, sliced, 2 cups  
Cucumber, sliced, 2 cups  
Endive, chopped, 2 cups  
Escarole, chopped, 2 cups  
Green or red peppers, 1 1/2 cups  
Lettuce, Romaine, chopped, 2 cups  
Lettuce, baby greens, 2 cups  
Onion, chopped, 1/2 cup  
Radishes, sliced, 2 cups  
Salsa, 1/2 cup  
Snow peas, 1 1/2 cups  
Spinach, 3 cups  
Tomato, medium, 1  
Tomato, cherry, 3  
Water chestnuts, 1/3 cup  
Sea vegetables, dulse (2 Tbsp.), nori (3 sheets), wakame (3/4 cup), kelp (2 Tbsp.)

***Healthy Fats***

All of the following fatty foods are great to eat on any low-carb anti-cancer or ketogenic diet. We recommend consuming fat with every meal, especially coconut or MCT oil, which are metabolically active fats that help to support ketosis. Recommended serving sizes are also included here.



Fat digestion is greatly enhanced when the fats are eaten with cultured vegetables, daikon, leafy green salads, apple cider vinegar and lemon juice. Avoid unhealthy saturated and hydrogenated fats, and limit your intake of mono-saturated fats. One tablespoon of most oils contains approximately 100 calories, or 15 grams of fat; a tablespoon of most nut butters contains about 7 grams of fat. If you want to make sure to keep your carbohydrate intake low, you'll want to emphasize oils over nut butters in your diet, since nut butters also contain carbohydrates, which can increase your daily intake of carbs too much.

**Healthy Fats** (and recommended serving sizes)

Almond or other nut butter, 2 Tbsp.

Almonds, 5

Avocado, ½ or 3 Tbsp.

Coconut oil, 1 Tbsp.

Guacamole, 2 Tbsp.

Macadamia nuts, 4

Malaysian palm oil, 1 Tbsp.

MCT oil, 1 Tbsp.

Olives, 6

Olive oil, 1 Tbsp.

Organic butter, 1 Tbsp.

Pumpkin seed oil, 1 Tbsp.

Slivered almonds, 1 tsp.

Tahini, 1 Tbsp.

Walnuts, chopped, 1 Tbsp.

**Moderately Healthy Fats** (and recommended serving sizes)

Ghee (clarified butter), 1 tsp.

Organic mayonnaise, 1 Tbsp.

Sesame oil, 1 tsp.

**A Note About Copper-Containing Foods**

Copper is an essential mineral that your body uses to make bone and connective tissue and to code specific enzymes. Your body needs this mineral in trace amounts, so you generally won't need to supplement for deficiencies unless your physician advises you to do so. However, in excess, copper can be poisonous and encourage cancer growth and cause other problems in people that have compromised immune function. To avoid the problems associated with copper toxicity, you may not want to consume large amounts of the following foods, all of which contain copper. The amount of copper in these foods is listed from greatest to least. You can also have your physician test your copper levels through a simple blood test before adding these foods in to your diet on a regular basis.

Beef liver – 12 mg per 3 oz.

Oysters, lobster, crab and octopus (5.71 mg copper per 3 oz., or about 6 oysters).

Sesame seeds- 5.88 mg per cup, or 1.14 mg per ounce.

Cashews-3.4 mg per cup, or 0.62 mg per ounce. All nuts have some

copper. Almonds, pecans and pistachios have the lowest amounts.

Kale-1.5 mg per cup.

Mushrooms-0.9 mg per cup, or about 4 mushrooms.

Chickpeas, cooked- 0.58 mg per cup. All beans have some copper, with white beans having the lowest amount.

Avocado-0.44 mg per cup

Goat cheese- 0.21mg per ounce

Unfiltered tap water

### **Essential Anti-Cancer “Superfoods” and Their Benefits**

In addition to the foods listed in this chapter, you’ll want to include ample amounts of some or all of the following key anti-cancer foods and nutrients into your daily food plan.

**Turmeric and curry.** These are powerful anti-inflammatory spices that stimulate cancer cell death and inhibit tumor blood vessel growth.

**Ginger** has anti-inflammatory properties and antioxidant effects that are greater than those that are found in Vitamin E. It helps to reduce tumor blood vessel growth and symptoms of nausea and vomiting caused by conventional cancer treatments.

**Cruciferous vegetables** such as cabbage, Brussels Sprouts, Bok Choy, Chinese cabbage, broccoli, and cauliflower, contain sulforaphane and indole-3 carbinols (I3Cs), which are powerful anticancer molecules.

Avoid boiling these vegetables, as boiling destroys the sulforaphane and I3Cs.

**Garlic, onions, leeks, shallots and chives.** These all contain sulfur compounds that reduce the carcinogenic effects of nitrosamines and other compounds that are created when meat is grilled or overcooked. They also promote cancer cell death in many types of cancer. Garlic, an antibacterial, is the most powerful anti-cancer food that you can eat.

**Carrots, celery, cucumber, grapefruit, parsley and tomato** all have an anti-oxidant effect upon the body.

**Tomatoes** also have an anti-oxidative effect upon the body. The lycopene in tomatoes has been linked to increased survival times in men with prostate cancer.

**Mushrooms.** Shitake, maitake, cremini, Portobello, oyster, and thistle oyster mushrooms all contain polysaccharides and lentinan, which stimulate the reproduction and activity of immune cells.

**Herbs and spices** such as rosemary, thyme, oregano, basil, and mint all promote cancer cell death. They also reduce the spread of cancer by blocking enzymes that the cancer needs to invade neighboring tissues.

**Seaweed.** Several varieties of seaweed, also known as sea vegetables, such as Kombu and wakame, contain molecules that slow cancer growth, especially in breast, prostate, skin, and colon cancers. Nori is a sea vegetable that contains long chain omega – 3 fatty acids, and is the most effective of the seaweeds for combating inflammation.

**Omega-3 essential fatty acids (EFAs).** Long- chain omega–3 EFAs found in fatty fish (or high quality purified fish oil supplements) reduce inflammation and the spread of cancer cells.

**Selenium-rich foods, such as Brazil nuts, tuna and sunflower seeds** stimulate the production of natural killer (NK) and other immune cells, as well as the body’s antioxidant mechanisms.

**Vitamin D.** Vitamin D can significantly reduce cancer risk. Getting just twenty minutes of noontime sun exposure over your entire body can provide you with 8,000-10,000 IUs of Vitamin D. Alternatively, take a Vitamin D-3 supplement.

**Probiotics.** The intestines ordinarily contain beneficial or “friendly” bacteria, which improve digestion and facilitate regular bowel movements. Among the most common of these are lactobacillus

acidophilus and lactobacillus bifidus. It has been demonstrated that these probiotics inhibit the growth of colon cancer cells.

**Berries.** Strawberries, raspberries, blueberries, blackberries, and cranberries contain ellagic acid and huge amounts of polyphenols. These help to eliminate carcinogenic substances and inhibit tumor blood vessel growth. Anthocyanidins and proanthocyanidins, which are flavonoids found in berries also promote cancer cell death.

**Citrus fruit.** Oranges, tangerines, lemons, and grapefruit contain anti-inflammatory flavonoids. They also stimulate the liver to more effectively detoxify carcinogenic substances.

**Pomegranate.** An anti-inflammatory and antioxidant fruit, pomegranate has been proven to substantially reduce the recurrence of prostate and other types of cancer.

**Red wine.** Contains polyphenols, including resveratrol, which slow the spread of cancer cells. Pinot noir is particularly rich in resveratrol. However, it's best to not drink more than one glass of wine daily, since too much can actually increase cancer incidence. Wine is also generally contraindicated on the ketogenic diet, so you'll want to avoid it if you are

on this, or another very low-carb diet. Consult your doctor before consuming red wine.

**Dark organic chocolate.** Chocolate that is comprised of more than 70% cocoa contains high amounts of antioxidants, proanthocyanidins and polyphenols. In fact, a single square of chocolate can contain twice as much of these things as a glass of red wine or almost as much as a cup of green tea. These molecules slow the growth of cancer cells and inhibit angiogenesis. Avoid mixing dairy products with dark chocolate, as this cancels out the beneficial effects of the chocolate. Consume chocolate sparingly as an occasional treat, and no more than one or two squares at a time.

### **Juanita's Story**

I have found that establishing a morning, afternoon and evening routine has been essential for helping me to remember to complete all aspects of my treatment regimen. I schedule my activities and make a list of all the things that I need to do, which helps me to save my “brain power” for the other important things that I need to think about during the day. So for instance, my morning “to-do” list might include such things as taking my

vitamins, making a wheatgrass drink, or jumping on a trampoline for 10 minutes. Then I have a different schedule for the afternoons and evenings.

I keep the schedule containing my to-do list inside a plastic sheet protector and use an Expo marker to place a check mark after every activity that I complete during the day. At the end of the day, I review the list to see what I have remembered or forgotten to do, so that the things that I forgot to do then become an important part of my agenda for the next day. So, for instance, if I forget to do a detox bath or a coffee enema one day, the list helps me to remember to do those things the next day and to evaluate what pieces of my healing puzzle that I need to focus more on.

Having a routine also helps me to adjust my treatments according to my schedule because I have found that different treatments work in different places and situations, and some things take more time and preparation than others. For instance, if I'm at home all day, I might do a coffee enema. If I am away from home all day, I'll skip the enema and do that treatment the following day.

Following a complete cancer regimen can be time consuming, and I've had to give up some of my other daily activities so that I have more time to focus on my health, but I believe that it is well worth it, because if you only do half of the program, you will only get half of the results.