



Alternative Plan - Phase 1: To Be Followed until 90% of Your Weight Loss Goal is Achieved.

Breakfast	Lunch	Dinner	Snack	<u>Compulsory Daily Additions</u>
Begin Drinking Water 1 <i>Ideal Protein</i> Food Plus 1 Group Choice (Optional) Coffee/Tea with 1 oz of Skim Milk 1 Natura Multi-Vita 1 Natura Potassium-Calcium *Sweetener Permitted*	Continue Drinking Water 1 <i>Ideal Protein</i> Food Plus 1 Group choice plus *2 Cups of Select Vegetables & Unlimited Lettuce	Continue Drinking Water 7 oz of Fish or Seafood or 5 oz of Beef, Poultry, Pork or Veal Plus 1 Group choice plus *2 Cups of Select Vegetables & Unlimited Lettuce 2 Natura Cal-Mag 1 Natura Multi-Vita	Continue Drinking Water 1 <i>Ideal Protein</i> Food 2 Natura Cal-Mag	64 oz. of Water (minimum) 1-2 Teaspoons of Olive Oil or Grape Seed Extract Oil <u>Ideal Protein Supplements</u> 2 Natura Multi-Vita (with food) 4 Natura Cal-Mag 1 Natura Potassium-Calcium (with food) Please note: Natura Omega III, Anti-Oxy & Enzymes are strongly recommended in all phases.

Important: 1 choice from each 3 Groups must be consumed per day. You may not substitute one group to choose an additional food from another group

Serving size must be respected with no more/no less then indicated.

Group 1: 2 slices of toast (whole grain, pumpernickel, rye, multigrain sourdough, stone ground whole wheat, oat bran, sprouted grain), 150g whole-wheat pasta, 150g brown rice (*non-instant*), 1 sweet potato or small boiled potato, 60g oatmeal (*non-instant*), 150 to 200g couscous, 50g unsweetened cereal (bran, oat, whole grain, barley), 150g cooked legumes (chick peas, lentils, green peas, kidney beans), 150g corn.

Group 2: Fresh fruit (example: 1 grapefruit, 1 apple, 2 kiwis, 150g pineapple, 1 banana, 200g strawberries, blueberries, blackberries or raspberries).

Group 3: 1 sugar-free yogurt, 1 6-oz. glass of milk (2% M.F. or less), 30g cheese (about 20% M.F.), 120g cottage cheese, 60g feta cheese.

Lunch/Dinner Protein: (Suggested Options) - No frying or breading permitted

Fish: Anchovy, Bass, Catfish, Cod, Grouper, Haddock, Halibut, Hake, Mahi Mahi, Monk Fish, Pike, Perch, Red Snapper, Redfish, Sea Bass, Shark, Smelt, Sole, Sword Fish, Tilapia, Tuna (Red Tuna-1 x per week) Trout, Turbot, Whiting, Walleye, Wild Salmon (1 x per week)

Seafood: Crab, Crawfish, Clams, Lobster, Mussels, Oysters, Shrimp, Scampi, Scallops (4 large) Squid.

Beef: Flank Steak, (extra-lean) Ground Beef, Rump Steak, Roast, Sirloin, Round, Tournedos, Tenderloin.

Veal: Cutlet, Inside Round Steak, Rib, Shank, Shoulder, Tenderloin.

Poultry: (skinless) Chicken, Breast, Fowl, Quails, Turkey, (2) Whole Eggs, Wild Birds

Pork: Fat-Free Cooked Ham, Pork Tenderloin

Other: Bison, Deer, Elk, Frog Legs, Kidney, Liver, Ostrich, Rabbit

Vegetables

Algae, Alfalfa, Asparagus, Arugula, Broccoli, Bean Sprouts, Cauliflower, Cabbage (red, pak choi, bok choy), Celery, Celeriac, Chicory, Collards, Cress, Cucumbers, Dill Pickles, Endive, Fennel, Field Salad, Green Onions, Green Bell Peppers, Kale, Kohlrabi, Leeks, Mushrooms, Okra, Onions (raw only), Hot Peppers, Radicchio, Radish, Rhubarb, Sauerkraut, Sorrel, Spinach, Swede, Swiss Chard, Turnip, Watercress, Zucchini

Occasional (2 x per week): Brussels sprouts, Beans (Green & Wax), Eggplant, Palm Hearts, Peppers (all colors other than green) Rutabaga, Snow Peas, Tomato

Not permitted: Artichoke, Avocado, Beets, Carrots, Chick Peas, Corn, Parsnips, Peas, (all) Potatoes, Pumpkin, Sweet Corn, Squash, Yams

Seasonings: Apple Cider Vinegar, Fine Herbs, Garlic, Ginger, Lemon, Lemon Grass, Hot Mustard, Hot Sauce, Soya Sauce, Spices Tamari Sauce, White Vinegar- NO BALSAMIC or REDWINE VINEGAR!!

Meal ideas with or without Ideal Protein Gourmet Food can be found in our Volume II/III Recipe Books



Alternative Plan - Phase 2: To Be Followed until Your Weight Loss Goal is Achieved.
(Minimum 2 weeks)

Breakfast	Lunch	Dinner	Snack	<u>Compulsory Daily Additions</u>
Begin Drinking Water 1 <i>Ideal Protein</i> Food Plus 1 <i>Group Choice</i> (Optional) Coffee/Tea with 1 oz of Skim Milk 1 Natura Multi-Vita 1 Natura Potassium-Calcium *Sweetener Permitted*	Continue Drinking Water 7 oz of Fish or Seafood or 5 oz of Beef, Poultry, Pork or Veal Plus 1 <i>Group choice plus</i> *2 Cups of Select Vegetables & Unlimited Lettuce	Continue Drinking Water 7 oz of Fish or Seafood or 5 oz of Beef, Poultry, Pork or Veal Plus 1 <i>Group choice plus</i> *2 Cups of Select Vegetables & Unlimited Lettuce 2 Natura Cal-Mag 1 Natura Multi-Vita	Continue Drinking Water 1 <i>Ideal Protein</i> Food 2 Natura Cal-Mag	64 oz. of Water (minimum) 1-2 Teaspoons of Olive Oil or Grape Seed Extract Oil <i>Ideal Protein Supplements</i> 2 Natura Multi-Vita (with food) 4 Natura Cal-Mag 1 Natura Potassium-Calcium (with food) Please note: Natura Omega III, Anti-Oxy & Enzymes are strongly recommended in all phases.

Important: 1 choice from each 3 Groups must be consumed per day. You may not substitute one group to choose an additional food from another group

Serving size must be respected with no more/no less then indicated.

Group 1: 2 slices of toast (whole grain, pumpernickel, rye, multigrain sourdough, stone ground whole wheat, oat bran, sprouted grain), 150g whole-wheat pasta, 150g brown rice (*non-instant*), 1 sweet potato or small boiled potato, 60g oatmeal (*non-instant*), 150 to 200g couscous, 50g unsweetened cereal (bran, oat, whole grain, barley), 150g cooked legumes (chick peas, lentils, green peas, kidney beans), 150g corn.

Group 2: Fresh fruit (example: 1 grapefruit, 1 apple, 2 kiwis, 150g pineapple, 1 banana, 200g strawberries, blueberries, blackberries or raspberries).

Group 3: 1 sugar-free yogurt, 1 6-oz. glass of milk (2% M.F. or less), 30g cheese (about 20% M.F.), 120g cottage cheese, 60g feta cheese.

Lunch/Dinner Protein: (Suggested Options) - No frying or breading permitted

Fish: Anchovy, Bass, Catfish, Cod, Grouper, Haddock, Halibut, Hake, Mahi Mahi, Monk Fish, Pike, Perch, Red Snapper, Redfish, Sea Bass, Shark, Smelt, Sole, Sword Fish, Tilapia, Tuna (Red Tuna-1 x per week) Trout, Turbot, Whiting, Walleye, Wild Salmon (1 x per week)

Seafood: Crab, Crawfish, Clams, Lobster, Mussels, Oysters, Shrimp, Scampi, Scallops (4 large) Squid.

Beef: Flank Steak, (extra-lean) Ground Beef, Rump Steak, Roast, Sirloin, Round, Tournedos, Tenderloin.

Veal: Cutlet, Inside Round Steak, Rib, Shank, Shoulder, Tenderloin.

Poultry: (skinless) Chicken, Breast, Fowl, Quails, Turkey, (2) Whole Eggs, Wild Birds

Pork: Fat-Free Cooked Ham, Pork Tenderloin

Other: Bison, Deer, Elk, Frog Legs, Kidney, Liver, Ostrich, Rabbit

Vegetables

Algae, Alfalfa, Asparagus, Arugula, Broccoli, Bean Sprouts, Cauliflower, Cabbage (red, pak choi, bok choy), Celery, Celeriac, Chicory, Collards, Cress, Cucumbers, Dill Pickles, Endive, Fennel, Field Salad, Green Onions, Green Bell Peppers, Kale, Kohlrabi, Leeks, Mushrooms, Okra, Onions (raw only), Hot Peppers, Radicchio, Radish, Rhubarb, Sauerkraut, Sorrel, Spinach, Swede, Swiss Chard, Turnip, Watercress, Zucchini
Occasional (2 x per week): Brussels sprouts, Beans (Green & Wax), Eggplant, Palm Hearts, Peppers (all colors other than green) Rutabaga, Snow Peas, Tomato

Not permitted: Artichoke, Avocado, Beets, Carrots, Chick Peas, Corn, Parsnips, Peas, (all) Potatoes, Pumpkin, Sweet Corn, Squash, Yams

Seasonings: Apple Cider Vinegar, Fine Herbs, Garlic, Ginger, Lemon, Lemon Grass, Hot Mustard, Hot Sauce, Soya Sauce, Spices Tamari Sauce, White Vinegar- NO BALSAMIC or REDWINE VINEGAR!!

Meal ideas with or without Ideal Protein Gourmet Food can be found in our Volume II/III Recipe Books



Alternative Plan - **Phase 3:** To Be Followed For **14 Days.**

Breakfast	Lunch	Dinner	Snack	Daily Additions
Begin Drinking Water 1 Protein Plus 1 Carbohydrate Plus 1 Fat Plus 1 Fruit Ex: 2 Slices of Whole Grain Bread with Butter, 1 Egg, Ham, Yogurt & an Apple Coffee/Tea with 1 oz of Skim Milk 1 Natura Multi-Vita 1 Natura Potassium-Calcium	Continue Drinking Water 7 oz of Fish or Seafood or 5 oz of Beef, Poultry, Pork or Veal Plus 1 Group choice plus Salad & Vegetables	Continue Drinking Water 7 oz of Fish or Seafood or 5 oz of Beef, Poultry, Pork or Veal Plus 1 Group choice Plus Salad & Vegetables 2 Natura Cal-Mag 1 Natura Multi-Vita	Continue Drinking Water 1 <i>Ideal Protein</i> Food 2 Natura Cal-Mag	64 oz. of Water (minimum) 1-2 Teaspoons of Olive Oil or Grape Seed Extract Oil <u>Ideal Protein Supplements</u> 2 Natura Multi-Vita (with food) 4 Natura Cal-Mag Please note: Natura Omega III, Anti-Oxy & Enzymes are strongly recommended in all phases.

Important: 1 choice from each 3 Groups must be consumed per day. You may not substitute one group to choose an additional food from another group

Serving size must be respected with no more/no less then indicated.

Group 1: 2 slices of toast (whole grain, pumpernickel, rye, multigrain sourdough, stone ground whole wheat, oat bran, sprouted grain), 150g whole-wheat pasta, 150g brown rice (*non-instant*), 1 sweet potato or small boiled potato, 60g oatmeal (*non-instant*), 150 to 200g couscous, 50g unsweetened cereal (bran, oat, whole grain, barley), 150g cooked legumes (chick peas, lentils, green peas, kidney beans), 150g corn.

Group 2: Fresh fruit (example: 1 grapefruit, 1 apple, 2 kiwis, 150g pineapple, 1 banana, 200g strawberries, blueberries, blackberries or raspberries)

Group 3: 1 sugar-free yogurt, 1 6-oz. glass of milk (2% M.F. or less), 30g cheese (about 20% M.F.), 120g cottage cheese, 60g feta cheese.

Lunch/Dinner Protein: (Suggested Options) - No frying or breading permitted.

Fish: Anchovy, Bass, Catfish, Cod, Grouper, Haddock, Halibut, Hake, Mahi Mahi, Monk Fish, Pike, Perch, Red Snapper, Redfish, Sea Bass, Shark, Smelt, Sole, Sword Fish, Tilapia, Tuna (Red Tuna-1 x per week) Trout, Turbot, Whiting, Walleye, Wild Salmon (1 x per week)

Seafood: Crab, Crawfish, Clams, Lobster, Mussels, Oysters, Shrimp, Scampi, Scallops (4 large) Squid.

Beef: Flank Steak, (extra-lean) Ground Beef, Rump Steak, Roast, Sirloin, Round, Tournedos, Tenderloin.

Veal: Cutlet, Inside Round Steak, Rib, Shank, Shoulder, Tenderloin.

Poultry: Breast, (skinless) Chicken, Fowl, Quails, Turkey, (2) Whole Eggs, Wild Birds

Pork: Fat-Free Cooked Ham, Pork Tenderloin

Other: Bison, Deer, Elk, Frog Legs, Kidney, Liver, Ostrich, Rabbit

Fats: Butter, Cheese, Margarine, Milk, Oils, Yogurt

Meal ideas with or without Ideal Protein Gourmet Food can be found in our Volume II/III Recipe Books



Alternative Plan - Phase 4: Maintenance-CONGRATULATIONS!

Breakfast	Lunch	Dinner	Snack	Recommended Daily Additions
Begin Drinking Water 1 Protein Plus 1 Carbohydrate plus 1 Fat Plus 1 Fruit EX: 2 Slices of Whole Grain Bread with Butter, 1 Egg, Ham, Yogurt & an Apple Coffee/Tea with 1 oz of Skim Milk 1 Natura Multi-Vita	Continue Drinking Water 7 oz of Protein Plus Vegetables Plus 1 or 2 Fats EX: Chicken Cesar Salad No Carbohydrates	Continue Drinking Water 7 oz of Protein Plus Vegetables Plus 7 oz of Complex Carbohydrates Plus Fruit EX: Steak, Baked Potato, Corn & Spinach Raspberry Salad 2 Natura Cal-Mag 1 Natura Multi-Vita No Fats	Continue Drinking Water 1 Ideal Protein Food 2 Natura Cal-Mag	64 oz. of Water (minimum) 4 Teaspoons of Olive Oil or Grape Seed Extract Oil <u>Ideal Protein Supplements</u> 2 Natura Multi-Vita (with food) 4 Natura Cal-Mag Please Note: Natura Omega III, Anti-Oxy & Enzymes are strongly recommended in all phases

Important: 1 choice from each 3 Groups must be consumed per day. You may not substitute one group to choose an additional food from another group

Serving size must be respected with no more/no less then indicated.

Protein: (Suggested Options)

Fish: Anchovy, Bass, Catfish, Cod, Grouper, Haddock, Halibut, Hake, Mahi Mahi, Monk Fish, Pike, Perch, Red Snapper, Redfish, Sea Bass, Shark, Smelt, Sole, Sword Fish, Tilapia, Tuna (Red Tuna-1 x per week) Trout, Turbot, Whiting, Walleye, Wild Salmon (1 x per week)

Seafood: Crab, Crawfish, Clams, Lobster, Mussels, Oysters, Shrimp, Scampi, Scallops (4 large) Squid

Beef: Flank Steak, (extra-lean) Ground Beef, Rump Steak, Roast, Sirloin, Round, Tournedos, Tenderloin

Veal: Cutlet, Inside Round Steak, Rib, Shank, Shoulder, Tenderloin

Poultry: Breast, (skinless) Chicken, Fowl, Quails, Turkey, (2) Whole Eggs, Wild Birds,

Pork: Fat-Free Cooked Ham, Pork Tenderloin,

Other: Bison, Deer, Elk, Frog Legs, Ideal Protein Food, Kidney, Liver, Ostrich, Rabbit

Carbohydrates: (Simple and Complex Sugars) (Suggested Options)

2 slices of Whole Grain Bread, 2oz (60g) of Whole Grain Sugar-Free Cereal, 5 oz (150g) of Cooked Legumes (Chick Peas, Lentils, Pinto Beans), 1 Medium Potato, 5oz (150g) of Whole Grain Pasta, 5 oz (150g) of Whole Grain Rice

Fruits – (Ex: 1 Serving) 1 Apple, 2 Apricots, 1 Banana, 7oz (200g) of Fresh Berries, ½ Cantaloupe, 10 Cherries, 1 Fig, ½ Grapefruit, 10 Grapes, 1/5 Honeydew Melon, 1 Large Kiwi, 1 Mango, 1 Nectarine, 1 Orange, 7 oz (200g) of Papaya, 1 Passion Fruit, 1 Peach, 1 Slice of Pineapple, 2 Plums, 1 Tangerine, 1 Slice of Watermelon

Fats: Butter, Cheese, Margarine, Milk, Oils, Yogurt

All Vegetables are permitted!

Meal ideas with or without Ideal Protein Gourmet Food can be found in our Volume II/III Recipe Books