



Phase 1: To Be Followed Until **90%** of Your Weight-Loss Goal is Achieved.

Breakfast	Lunch	Dinner	Snack	<u>Compulsory</u> Daily Additions
Begin Drinking Water 1 <i>Ideal Protein</i> Food (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 <i>Plus</i> *2 Cups of Select Vegetables & Unlimited Lettuce Use Sea Salt with Your Meal	Continue Drinking Water 7 oz of Fish or Seafood or 5 oz of Beef, Poultry, Pork or Veal <i>Plus</i> *2 Cups of Select Vegetables & Unlimited Lettuce Use Sea Salt with Your Meal 2 Natura Cal-Mag 1 Natura Multi-Vita	Continue Drinking Water 1 <i>Ideal Protein</i> Food 2 Natura Cal-Mag	½ Teaspoon of Sea Salt 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

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

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

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

Pork: Fat-Free Cooked Ham, Pork Tenderloin,

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

Vegetables

Select: 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, Swiss Chard, Turnip, Watercress, Zucchini

Occasional (You may choose two items only per week from this list): Brussels Sprouts, Beans (Green & Wax), Eggplant, Palm Hearts, Peppers, Rutabaga, Snow Peas, Swede, 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 (MSG Free/No Carbs), Tamari Sauce, White Vinegar- NO BALSAMIC or REDWINE VINEGAR!!

Restricted Foods - only 1 of the following *Ideal Protein* Foods are permitted per day; All Bars, All Soy Puffs, Chili, Oatmeal, Pancakes, All Soy Nuts, Muffins, Salt and Vinegar Ridges, (Hearty Beef Stew & Spaghetti are permitted a maximum of 2 times per week).

IMPORTANT – Anything that is not included on this sheet must be **zero carb, zero fat and zero sugar**.

Meal ideas with or without Ideal Protein Gourmet Food can be found in our Volume II Recipe Book.