



## Phase II: To be followed for two (2) weeks minimum, or as directed by your Coach

| Breakfast                                       | Lunch  | Dinner   | Snack                | Total Daily Compulsory                               |
|---|--|--|----------------------|--|
| Begin Drinking Water                            | Drink Water  | Drink Water  | Drink Water          | 2 Litres Water (min)                                 |
| 1 Ideal Protein Food                            | 150 - 225 grams of Seafood, Beef, Pork, Poultry, Veal or other | 150 - 225 grams of Seafood, Beef, Pork, Poultry, Veal or other     | 1 Ideal Protein Food | 1/2 teaspoon sea salt                                |
| Optional Coffee or Tea+                         |  |  |                      | 1-2 teaspoons of Olive Oil or Grape Seed Extract Oil |
| 1 program "Multi Essentials" Vitamin            | Plus   | Plus   |                      | Mandatory Program                                    |
| 2 program "Pharma Mag Forte"                    | *2 Cups of Select Vegetables & Unlimited lettuce               | *2 Cups of Select Vegetables & Unlimited lettuce                   |                      | Supplements, to be taken with food:                  |
| Sweetener Permitted                             | Use Sea Salt with meal   | Use Sea Salt with meal   |                      | 2 "Multi Essentials"                                 |
| + OK to use Ideal Protein product(s) as creamer |  | 1 program "Multi Essentials" Vitamin<br>2 program Pharma Mag Forte |                      | 4 "Pharma Mag Forte"                                 |

**\*Serving size must be respected with no more/no less than indicated.\***

**Dinner Protein** (Suggested Options) - No battering, deep frying or breading permitted.

**Fish:** Anchovy, Barramundi, Bream, Snapper, Cod, Flathead, Flounder, Garfish, Grenadier, Haddock, Halibut, Hake, John Dory, Mahi-Mahi, Monk Fish, Ling, Pike, Perch, Sea Bass, Shark, Smelt, Sole, Sword Fish, Tuna (Red Tuna-1 x per week) Trout, Turbot, Whiting, Wild Salmon (1 x per week) **Seafood:** Crab, Crayfish, Clams, Lobster, Mussels, Oysters, Prawns, Scampi, Scallops (4 large), Squid

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

**Veal:** Breast, Cutlet, Fillet, Rib, Shank, Shoulder, Tenderloin

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

**Pork:** Fat-Free Cooked Ham, Pork Fillet

**Other:** Buffalo, Crocodile, Deer/Venison, Elk, Frog's Legs, Kangaroo, Kidney, Liver, Ostrich, Rabbit, Tofu (plain)

### **Vegetables**

**Select:** Algae, Alfalfa, Asparagus, Arugula, Broccoli, Bean Sprouts, Capsicum (red, green, yellow, orange), celery, Cauliflower, Cabbage (red, pak choi, bok choy), Celeriac, Chicory, Collards, Cress, Cucumbers, Dill Pickles, Endive, Fennel, Field Salad, Green Onions, Kale, Kohlrabi, Leeks, Mushrooms, Okra, Onions (raw only), Chili Peppers, Radicchio, Radish, Rhubarb, Rutabaga, Sauerkraut, Sorrel, Spinach, Swiss Chard, Turnip, Watercress, Zucchini

**With Coach Approval Only, you may choose two items only per week from this list:** Brussels sprouts, Beans (Green & Wax), Eggplant, Palm Hearts, Snow Peas, Swede, Tomato

**NOT Permitted:** Artichoke, Avocado, Beets, Carrots, Chick Peas, Corn, Olives, Parsnips, Peas, (all) Potatoes, Pumpkin, Sweet Corn, Squash, Sweet Potato...or any other hi-glycemic vegetable

### **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, Soy Puffs, Chili, Oatmeal, Pancakes, Soy Nuts, Ridges, Crackers and Curls (Spaghetti is permitted a maximum of 2 x's per week)

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