



Phase 3: To be followed for 14 days.

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

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)

Carbohydrates (Simple and Complex Sugars)

2 Slices of Whole Grain Bread, 2oz (60g) of Whole Grain Sugar-Free Cereal

Fruits – (ex: 1 serving)

1 Apple, 2 Apricots, 1 Banana, 7oz (200g) of Fresh Berries, ½ Rockmelon, 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

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**.