



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 <u>No Carbohydrates</u>	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 <u>No Fats</u>	Continue Drinking Water 1 <i>Ideal Protein</i> 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

Dinner/Lunch 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

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 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 and *Ideal Protein* Foods are permitted!

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