



Phase 3: To Be Followed For **14 Days.**

A Gradual Reintroduction of Healthy Fats and Carbohydrates in the Morning Only

Breakfast	Lunch	Dinner	Snack	<u>Compulsory Daily Additions</u>
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 *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 Plus *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 Ideal Protein 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 <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

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

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

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,

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

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