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

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snack</th>
<th>Compulsory Daily Additions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Begin Drinking Water</strong></td>
<td><strong>Continue Drinking Water</strong></td>
<td><strong>Continue Drinking Water</strong></td>
<td><strong>Continue Drinking Water</strong></td>
<td><strong>½ Teaspoon of Sea Salt</strong></td>
</tr>
<tr>
<td>1 <strong>Ideal Protein</strong> Food (Optional) Coffee/Tea with 1 oz of Skim Milk</td>
<td>1 <strong>Ideal Protein</strong> Food <em>2 Cups of Select Vegetables &amp; Unlimited Lettuce Use Sea Salt with Your Meal</em></td>
<td>8 oz of Fish, Seafood Beef, Poultry, Pork or Veal <em>2 Cups of Select Vegetables &amp; Unlimited Lettuce Use Sea Salt with Your Meal</em></td>
<td>1 <strong>Ideal Protein</strong> Food 2 Natura Cal-Mag</td>
<td>64 oz. of Water (minimum)</td>
</tr>
<tr>
<td>1 Natura Multi-Vita 1 Natura Potassium-Calcium</td>
<td>1 Natura Multi-Vita</td>
<td>2 Natura Cal-Mag 1 Natura Multi-Vita</td>
<td>2 Natura Cal-Mag 1 Natura Multi-Vita</td>
<td>1-2 Teaspoons of Olive Oil or Grape Seed Extract Oil</td>
</tr>
<tr>
<td><em>Sweetener Permitted</em></td>
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<td></td>
<td></td>
<td><strong>Ideal Protein Supplements</strong> 2 Natura Multi-Vita (with food) 4 Natura Cal-Mag 1 Natura Potassium-Calcium (with food)</td>
</tr>
<tr>
<td>*Serving size must be respected with no more/no less than indicated. *</td>
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<td><strong>Please Note:</strong> Natura Omega III, Anti-Oxy &amp; Enzymes are strongly recommended in all phases</td>
</tr>
</tbody>
</table>

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

**Fish:** Anchoy, 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, Tofu (plain)

**Vegetables**

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

**Occasional (You may only choose two items 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, 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, Soy Puffs, Chili, Oatmeal, Pancakes, Soy Nuts, Salt and Vinegar & BBQ Ridges, Southwest Cheese Curls (Spaghetti is permitted a maximum of 2 times per week)

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

Meal ideas with or without Ideal Protein Gourmet Foods can be found in our Recipe Books.

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01/16/11