Phase 2: To Be Followed Until Your Weight Loss Goal is Achieved. (Maximum 2 weeks).

*Dinner 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: Chicken(skinless), Fowl, Quails, Turkey, Whole Eggs(2), 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 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, 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.

01/16/11