



## Phase 1

To be followed until 100% of your weight loss goal is achieved.

**IMPORTANT: Only the items indicated on this sheet are permitted. Serving size must be respected: eat no more/no less than indicated.**

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BREAKFAST	LUNCH	DINNER	SNACK	ADDITIONAL DAILY REQUIREMENTS
<p>1 Ideal Protein Food</p> <p>Optional: Coffee/tea with 30 ml (1 oz.) of regular milk. Sweetener permitted (in limited quantity)*</p> <p><b>SUPPLEMENTS</b> 1 Natura Multi-Vita 1 Natura Potassium</p>	<p>1 Ideal Protein food and 2 cups of select vegetables</p> <p>Optional: Unlimited raw vegetables/lettuce</p>	<p>225 g (8 oz.) of 1 dinner protein and 2 cups of select vegetables</p> <p>Optional: Unlimited raw vegetables/lettuce</p> <p><b>SUPPLEMENTS</b> 2 Natura Cal-Mag 1 Natura Multi-Vita 2 Omega-3 Plus</p>	<p>1 Ideal Protein food</p> <p><b>SUPPLEMENTS</b> 2 Natura Cal-Mag</p>	<p>Drink a minimum of 2 L (64 oz.) of water</p> <p>2 teaspoons of olive oil or grape seed extract oil</p> <p>¼ teaspoon of Ideal Salt</p>

Natura Anti-Oxy (2 capsules daily) and Natura Enzymes (1-2 at mealtimes) are strongly recommended in all phases.

\*Some sweeteners contain hidden sugar and may hinder your weight loss.

### DINNER PROTEIN – No frying or breading permitted / Weigh before cooking.

**Fish:** Anchovy, bass, catfish, cod, flounder, grouper, haddock, hake, halibut, mahi-mahi, monkfish, perch, pike, red snapper, redfish, sea bass, shark, smelt, sole, swordfish, tilapia, tuna (red tuna once per week), trout, turbot, walleye, whiting, salmon (wild salmon once per week).

**Seafood:** Clams, crab, crawfish, lobster, mussels, oysters, scallops, scampi, shrimp, squid.

**Beef:** Flank steak, ground beef (extra-lean), lean roast, round, rump steak, sirloin, tenderloin, tournedos.

**Poultry:** Chicken (skinless), 6 eggs (2-4 whole, remainder must be egg whites), fowl, quail, turkey, wild birds.

**Pork:** Lean ham, pork tenderloin.

**Veal:** Breast, cutlet, inside round scaloppini, rib, shank, shoulder, tenderloin.

**Other:** Bison, deer, elk, frog legs, kidney, lamb loin, liver, moose, ostrich, rabbit, plain tofu.

### UNLIMITED RAW VEGETABLES/LETTUCE

Arugula, Bibb lettuce, Boston lettuce, celery, chicory lettuce, cucumber, endives, escarole lettuce, frisée lettuce, green and red leaf lettuce, iceberg lettuce, mushroom, radicchio, radish, romaine lettuce, spinach and watercress lettuce.

### SELECT VEGETABLES – 2 cups per meal – Weigh before cooking

Alfalfa, asparagus, bamboo shoots, bean sprouts, bell peppers, broccoli, cabbage (all), cauliflower, celeriac, celery, chayote, chicory, collards, cucumbers, dill pickles, fennel, Gai Lan (Chinese broccoli), green onions, jicama, kale, kohlrabi, mushrooms, okra, onions (raw only), hot peppers, radish, rhubarb, sauerkraut, spinach, Swiss chard, turnip, zucchini/yellow summer squash.

### OCCASIONAL VEGETABLES – Maximum 4 cups per week – Weigh before cooking

Beans (green and wax), Brussels sprouts, eggplant, heart of palm, rutabaga, snow peas, tomatillo, tomatoes.

### SEASONINGS

Apple cider vinegar, fine herbs, fresh herbs (basil, bay leaves, cilantro, chervil, chives, dill, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme), garlic, ginger, lemon, lemongrass, hot mustard, hot sauce, soy sauce, sorrel, spices (MSG free/no carbohydrates), tamari sauce (1 tablespoon), white vinegar.

### RESTRICTED IP FOODS – You may choose only 1 restricted Ideal Protein food per day.

You can find additional meal ideas (with or without Ideal Protein foods) in the *My Ideal Recipes* book by Chef Verati, as well as on Facebook: [www.facebook.com/lowfatlowcarb](http://www.facebook.com/lowfatlowcarb) and [my.idealprotein.com](http://my.idealprotein.com).