

**IMPORTANT:**  
Only the items indicated on this sheet are permitted. Serving size must be respected.

# IDEAL PROTEIN

## Alternative Protocol - Phase 1

Follow until weight loss goal is met

Breakfast	Lunch	Dinner	Snack	Daily Essentials
<p><i>Mandatory</i></p> <p>1 Ideal Protein (IP) food 1 Group Choice 1 IP Multi-Vita</p> <p><i>Optional</i></p> <p>Coffee/Tea 1 oz. milk or half-and-half</p>	<p><i>Mandatory</i></p> <p>1 Ideal Protein food 2 cups select vegetables 1 Group Choice 1 IP Multi-Vita 1 IP Omega-3 Plus</p> <p><i>Optional</i></p> <p>Unlimited raw vegetables and lettuces</p>	<p><i>Mandatory</i></p> <p>4-6 oz. whole protein 2 cups select vegetables 1 Group Choice 2 IP Cal-Mag 1 IP Omega-3 Plus</p> <p><i>Optional</i></p> <p>Unlimited raw vegetables and lettuces</p>	<p><i>Mandatory</i></p> <p>1 Ideal Protein food 2 IP Cal-Mag</p>	<p>2 tsp. select oil 64 oz. water (minimum) ¼ tsp. Sea Salt</p>

**Group Choices** 1 choice from each group must be consumed per day. You may not eat from a group more than once a day.

**Group 1:** Two slices of toast (whole grain, pumpernickel, rye, multigrain sourdough, stone ground whole wheat, oat bran, sprouted grain), 5 oz. whole wheat pasta, 5 oz. brown rice (non-instant), 1 sweet potato or small boiled potato, 2 oz. oatmeal (non-instant), 5-7 oz. couscous, 2 oz. unsweetened cereal (bran, oat, whole grain, barley), 5 oz. cooked legumes (chick peas, lentils, green, peas, kidney beans), 5 oz. corn.

**Group 2:** Fresh fruit (i.e. 1 grapefruit, 1 apple, 2 kiwis, 5 oz. pineapple, 1 banana, 7 oz. of strawberries, blueberries, blackberries or raspberries).

**Group 3:** 1 sugar-free yogurt, 6 fl. oz. of milk (2% M.F. or less), 4 oz. ricotta cheese, 4 oz. cottage cheese.

### Highly Recommended

IP Anti-Oxy (2 capsules daily), BCAA (1-2/day, weeks 1-4), IP Digestive Enzymes (1-2 capsules at meal time), IP Flora Health (1 capsule daily)

### Daily Optional Items

IP water enhancers (unlimited); 4 servings of artificially sweetened beverages and items (refer to the item's food label for serving size); 1 cup Shirataki or Konjac noodles; 2 cups fat-free broths (bone broth excluded); 2 Tbsp. Ideal Protein dressings and sauces; 2 Cal-Mag chews only in place of 4 Cal-Mag tablets. Restricted food items, labelled "R" on the box, are optional and limited to one item per day.

### Whole Protein Sources *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, salmon, sea bass, shark, smelt, sole, swordfish, tilapia, trout, tuna, turbot, walleye, whiting. **Seafood** Clams, crab, crawfish, lobster, mussels, oysters, scallops, scampi, shrimp, squid. **Beef** Filet mignon, flank steak, ground beef (extra-lean), lean roast, round, rump steak, sirloin, tenderloin. **Poultry** Chicken (skinless), 6 eggs (2-4 whole, remainder must be egg whites), fowl, partridge, pheasant, quail, turkey, wild birds. **Pork** Lean ham, pork tenderloin. **Veal** Breast, cutlet, inside round scaloppini, rib, shank, shoulder, tenderloin. **Other** Wild game. **Tofu** Plain (3-4 oz.).

### Unlimited Raw Vegetables & Lettuces

Arugula, Bibb lettuce, bok choy, Boston lettuce, cactus (all), celery, chicory lettuce, endive, escarole lettuce, frisée lettuce, green- and red-leaf lettuce, iceberg lettuce, mushrooms, radicchio, radish, romaine lettuce, spinach and watercress lettuce.

### Select Vegetables *4 cups per day. Measure before cooking.*

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

### Occasional Vegetables *Maximum 4 cups per week. Measure before cooking.*

Beans (green and wax), Brussels sprouts, eggplant, heart of palm, jicama, leeks, rutabaga, snow peas, spaghetti squash, tomatillo and tomatoes (all).

### Seasonings

Apple cider vinegar, capers (2 Tbsp.), cinnamon, fine herbs, fresh herbs (basil, bay leaves, cilantro, chervil, chives, dill, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme), garlic, ginger, lemon/lime (total of 1/day), lemongrass, hot mustard, hot sauce, onion powder (1 tsp./day), sorrel, soy sauce, spices (MSG-free/no carbs), tamari sauce (1 Tbsp./day) and white vinegar.

### Select Oils

Avocado, canola, flaxseed, grape seed extract, hemp seed, mustard, olive, rice bran, safflower, sesame, sunflower and walnut.