Phase 1

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

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<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Ideal Protein Food</td>
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<td>8 oz of fish, seafood, beef, poultry, pork or veal</td>
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<tr>
<td>Optional Coffee/tea with 1 oz of skim milk</td>
<td>2 cups of select vegetables and unlimited lettuce</td>
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<td>2 Natura Cal-Mag</td>
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<tr>
<td>Sweetner permitted</td>
<td>1 Natura Multi-Vita</td>
<td>2 Natura Cal-Mag</td>
<td></td>
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<tr>
<td>1 Natura Multi-Vita</td>
<td>1 Natura Potassium Citrate</td>
<td>1 Natura Multi-Vita</td>
<td></td>
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<tr>
<td>1-2 teaspoons of olive oil or grape seed extract oil</td>
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<td>2 Omega 3 Plus</td>
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<tr>
<td>Throughout the day, use a minimum of ½ teaspoon of Ideal Salt with your meals</td>
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*Natura Anti-Oxy & Enzymes are strongly recommended in all phases.

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

**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 once per week), trout, turbot, whiting, walleye, wild salmon (once per week)

**Seafood**: Crab, crawfish, clams, lobster, mussels, oysters, shrimp, scallops (4 large), squid

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

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

**Poultry**: Chicken (skinless), fowl, quails, turkey, four (4) whole eggs and two (2) egg whites, 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 (cooked), sauerkraut, sorrel, spinach, swiss chard, turnip, watercress, zucchini

**Occasional (You may only choose two (2) items per week from this list.):** Brussels sprouts, beans (green and wax), eggplant, palm hearts, rutabaga, snow peas, tomato

**Not permitted**: Artichoke, avocado, beets, carrots, chick peas, corn, olives, parsnips, peas, potatoes (all), 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** *(You may choose only one (1) of the following Ideal Protein foods per day)*: All bars, soy puffs (sour cream and onion soy puffs are non restricted), chili, spaghetti, oatmeal, pancakes, soy nuts, salt and vinegar and BBQ ridges, southwest cheese curls, dill pickle zippers, white cheddar ridges, wafers.

**IMPORTANT** – Anything that is not included on this sheet is not allowed.

You can find additional meal ideas (with or without Ideal Protein foods) in the “My Ideal Recipes” book by Chef Verati