



## Not Allowed on Phase 1 and 2

- No pasta (other than Ideal Protein's), rice, potatoes (all), legumes, bread or cereal
- No vegetables other than the ones included on the Phase 1 and 2 sheets
- No sweet peas or corn
- No fruit or fruit juice
- No commercial vegetable juice
- No cheese or other dairy (with the exception of 30 ml (1 oz.) of milk in coffee or tea only)
- No nuts
- No soda
- No candy, chocolate bars, chips, etc.
- No alcohol (beer, wine, spirits etc.)
- No cheating!

Keep this reminder sheet handy and remember, these small restrictions are only temporary and are a small sacrifice for a short amount of time.

Once you have achieved your weight loss goal, you will enjoy them again in moderation!

**Good Luck!**