



Phase 2

To be followed for 14 days.

IMPORTANT: Only the items 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
1 Ideal Protein food Optional: Coffee/tea with 30 ml (1 oz.) of regular milk. Sweetener permitted (in limited quantity)* SUPPLEMENTS 1 Natura Multi-Vita 1 Natura Potassium	225 g (8 oz.) of 1 lunch protein and 2 cups of select vegetables Optional: Unlimited raw vegetables/lettuce	225 g (8 oz.) of 1 dinner protein and 2 cups of select vegetables Optional: Unlimited raw vegetables/lettuce SUPPLEMENTS 2 Natura Cal-Mag 1 Natura Multi-Vita 2 Omega-3 Plus	1 Ideal Protein food SUPPLEMENTS 2 Natura Cal-Mag	Drink a minimum of 2 L (64 oz.) of water 2 teaspoons of olive oil or grape seed extract oil ¼ teaspoon of Ideal Salt
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.

LUNCH/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, cauliflower, cabbage (all), 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 and my.idealprotein.com.