



## Phase 3

To be followed for 14 days.

**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
1 protein, 1 carbohydrate and 1 fat Or Ideal Complete meal replacement* Optional: Coffee/tea with 30 ml (1 oz.) of regular milk. Sweetener permitted (in limited quantity)** <b>RECOMMENDED</b> 1 Natura Multi-Vita	225 g (8 oz.) of 1 lunch protein and 2 cups of select vegetables Or Ideal Complete meal replacement* Optional: Unlimited raw vegetables/lettuce	225 g (8 oz.) of 1 dinner protein and 2 cups of select vegetables Optional: Unlimited raw vegetables/lettuce <b>RECOMMENDED</b> 2 Natura Cal-Mag 1 Natura Multi-Vita 2 Omega-3 Plus	1 Ideal Protein food <b>RECOMMENDED</b> 2 Natura Cal-Mag	Drink a minimum of 2 L (64 oz.) of water 2 teaspoons of olive oil or grape seed extract oil
Natura Anti-Oxy (2 capsules daily) and Natura Enzymes (1-2 at mealtimes) are strongly recommended in all phases.				

\*Ideal Complete must replace protein food and must be consumed once daily.

\*\*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.

### CARBOHYDRATES – Simple and complex sugars

Two slices of whole grain bread, 60 g (2 oz.) of whole grain sugar-free cereal.

**Fruits** (i.e. 1 serving): 1 apple, 2 apricots, 1 banana, 200 g (7 oz.) of fresh berries, 1/2 cantaloupe, 10 cherries, 1 fig, 1/2 grapefruit, 10 grapes, 1/2 honeydew melon, 1 large kiwi, 1 mango, 1 nectarine, 1 orange, 200 g (7 oz.) of papaya, 1 passion fruit, 1 peach, 1 slice of pineapple, 2 plums, 1 tangerine, 1 slice of watermelon.

**Fats:** Butter, cheese, margarine, milk, oils, yogurt.

### 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, sorrel, soy sauce, spices (MSG free/no carbs), tamari sauce (1 tablespoon), white vinegar.

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).