



Alternative Plan – Phase 1

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

IMPORTANT: Only the items indicated on this sheet are permitted. Serving size must be respected: eat no more/no less than indicated. Group Choice: 1 choice from each group must be consumed per day. You may not eat from a group more than once a day.

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BREAKFAST	LUNCH	DINNER	SNACK	ADDITIONAL DAILY REQUIREMENTS
1 Ideal Protein food 1 group choice Optional: Coffee/tea with 30 ml (1 oz.) of regular milk. Sweetener permitted (in limited quantity)* SUPPLEMENTS 1 Natura Multi-Vita	1 Ideal Protein food and 2 cups of select vegetables 1 group choice Optional: Unlimited raw vegetables/lettuce	225 g (8 oz.) of 1 dinner protein and 2 cups of select vegetables 1 group choice 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
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.

GROUP CHOICES

Group 1: Two slices of toast (whole grain, pumpernickel, rye, multigrain sourdough, stone ground whole wheat, oat bran, sprouted grain), 150 g (5 oz.) whole wheat pasta, 150 g (5 oz.) brown rice (non-instant), 1 sweet potato or small boiled potato, 60 g (2 oz.) oatmeal (non-instant), 150-200 g (5-7 oz.) couscous, 50 g (2 oz.) unsweetened cereal (bran, oat, whole grain, barley), 150 g (5 oz.) cooked legumes (chick peas, lentils, green, peas, kidney beans), 150 g (5 oz.) corn.

Group 2: Fresh fruit (i.e. 1 grapefruit, 1 apple, 2 kiwis, 150 g (5 oz.) pineapple, 1 banana, 200 g (7 oz.) of strawberries, blueberries, blackberries or raspberries).

Group 3: 1 sugar-free yogurt, 175 ml (6 fl. oz.) of milk (2% M.F. or less), 30 g (1 oz.) cheese (about 20% M.F.), 120 g (4 oz.) cottage cheese, 60 g (2 oz.) feta cheese.

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 – Measure before cooking.

Alfalfa, asparagus, bamboo shoots, bean sprouts, bell peppers, broccoli, cabbage (all), cauliflower, 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 – Measure before cooking.

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

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 my.idealprotein.com and LowFatLowCarb.com.