



## Phase 3

To be followed for 14 days.

**IMPORTANT: 1 Ideal Complete and Ideal Protein food to be consumed daily. Only the items indicated on this sheet are permitted. Serving size must be respected: eat no more/no less than indicated.**

**Log in to your MyIdealProtein account to view your daily coaching and recipe videos!**

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

**\*Ideal Complete must replace a protein and must be consumed once daily. When consuming Ideal Complete at lunch or dinner, you must still eat 4 ounces of your protein, always being mindful of your BMR.**

\*\*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 – If having both carbohydrates (fruits and grains) be mindful of your BMR.**

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

**Fruits** (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, 1/5 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, nuts.

**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, 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 - 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, 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 [my.idealprotein.com](http://my.idealprotein.com) and [LowFatLowCarb.com](http://LowFatLowCarb.com).