



Phase 2

To be followed for **14 days**.

IMPORTANT: Anything that is not included on this sheet is not allowed. Serving size must be respected with no more/no less than indicated.

View your <u>mandatory</u> daily coaching videos at my.idealprotein.com .			
BREAKFAST	LUNCH	DINNER	SNACK
1 Ideal Protein Food Optional Coffee/tea with 30 ml (1 oz) of skim milk Sweetener permitted	225 g (8 oz) of fish, seafood, beef, poultry, pork or veal 2 cups of select vegetables and unlimited lettuce	225 g (8 oz) of fish, seafood, beef, poultry, pork or veal 2 cups of select vegetables and unlimited lettuce	1 Ideal Protein Food
1-2 teaspoons of olive oil or grape seed extract oil Throughout the day, use a minimum of ¼ teaspoon of Ideal Salt with your meals			
Vitamins & Supplements			
1 Natura Multi-Vita 1 Natura Potassium Citrate		2 Natura Cal-Mag 1 Natura Multi-Vita 2 Omega-3 Plus	2 Natura Cal-Mag
Drink a minimum of 2 L (64 oz) of water per day			

Natura Anti-Oxy and Natura Enzymes are strongly recommended in all phases.

Suggested Options

Dinner Protein *No frying or breading permitted.

Fish: Anchovy, bass, catfish, cod, grouper, haddock, halibut, hake, mahi-mahi, monk fish, pike, perch, red snapper, redfish, sea Bass, shark, smelt, sole, sword fish, tilapia, tuna (red tuna once per week), trout, turbot, whiting, walleye, wild salmon (once per week)

Seafood: Crab, crawfish, clams, lobster, mussels, oysters, shrimp, scampi, scallops (4 large), squid

Beef: Flank steak, ground beef (extra-lean), roast, round, rump steak, sirloin, tenderloin, tournedos

Veal: Breast, cutlet, inside round steak, rib, shank, shoulder, tenderloin

Poultry: Chicken (skinless), four (4) whole eggs and two (2) egg whites, fowl, quails, turkey, wild birds

Pork: Fat-free cooked ham, pork tenderloin

Other: Bison, deer, elk, frog's legs, kidney, liver, ostrich, rabbit, tofu (plain)

Vegetables

Select: Algae, alfalfa, asparagus, arugula, bell peppers, broccoli, bean sprouts, cauliflower, cabbage (red, pak choi, bok choy), celery, celeriac, chicory, collards, cress, cucumbers, dill pickles, endive, fennel, field salad, green onions, jicama, kale, kohlrabi, leeks, mushrooms, okra, onions (raw only), hot peppers, radicchio, radish, rhubarb (raw), sauerkraut, sorrel, spinach, swiss chard, turnip, watercress, zucchini

Occasional - You may choose only 2 items per week from the following: Beans (green and wax), brussels sprouts, eggplant, palm hearts, rutabaga, snow peas, tomato

Not permitted: Artichoke, avocado, beets, carrots, chick peas, corn, olives, parsnips, peas, potatoes (all), pumpkin, sweet corn, squash, yams

Seasonings

Apple cider vinegar, fine herbs, garlic, ginger, hot mustard, hot sauce, lemon, lemon grass, soya sauce, spices (MSG free/no carbs), tamari sauce, white vinegar - No balsamic or redwine vinegar!

Restricted IP Foods

You may choose only 1 of the following Ideal Protein foods per day

All bars, chili, dill pickle zippers, oatmeal, pancakes, all ridges, southwest cheese curls, all soy puffs, all wafers.

You can find additional meal ideas (with or without Ideal Protein foods) in the "My Ideal Recipes" book by Chef Verati.