



## Phase 3

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 mandatory daily coaching videos at [my.idealprotein.com](http://my.idealprotein.com).

BREAKFAST	LUNCH	DINNER	SNACK
1 protein, 1 carbohydrate, 1 fat and 1 fruit  I.e. 2 slices of whole grain bread with butter, 1 egg, ham, yogourt and an apple Or <b>1 Ideal Complete Meal Replacement</b>  Optional Coffee/tea with 30 ml (1 oz) of skim milk Sweetener permitted	<b>225 g (8 oz)</b> of fish, seafood, beef, poultry, pork or veal  2 cups of select vegetables and unlimited lettuce  1-2 teaspoons of olive oil or grape seed extract oil Throughout the day, use a minimum of $\frac{1}{4}$ <b>teaspoon</b> of <b>Ideal Salt</b> with your meals	<b>225 g (8 oz)</b> of fish, seafood, beef, poultry, pork or veal  2 cups of select vegetables and unlimited lettuce	<b>1 Ideal Protein Food</b>
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), rump steak, roast, sirloin, round, tournedos, tenderloin

**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)

**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 gig, 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

**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, (all) potatoes, pumpkin, sweet corn, squash, yams

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

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