

YOUR FOOD CHOICES

Breakfast:

Herb tea in any quantity without sugar. Black tea and coffee are also permitted. You may sweeten these teas with Stevia, a natural sweetener which is available through health food stores, or any other sweetener you prefer.^

Lunch and Dinner:

- 1) 3 ½ ounces, (or 100 grams) of protein from the Allowable Foods Chart.
- 2) Choose one fruit from the Allowable Foods Chart.
- 3) Choose a vegetable from the Allowable Foods Chart.
- 4) One Melba toast or Grissini bread stick.

- Make sure that the meat is very lean with no fat. All visible fat must be removed before cooking. All meat must be weighed uncooked. A food scale will assist in getting weight correct. The meats can be cooked by broiling, grilling or boiling with no additional fat or oils. A George Foreman Grill works great. Some have been able to use white albacore tuna packed in water and have had no stall in their weight loss.*
- You may use 4 eggs (1 whole plus 3 whites) or ½ cup fat free cottage cheese occasionally as your protein
- One tablespoon of milk is allowed per day. We have used half and half or cream and have had no problems with our weight loss.*
- Some have mixed their vegetables with no stall to their weight loss.* It is definitely okay to combine lettuces for a salad.
- Measuring: You can track the calories from your protein and fruit and/or Melba toast then whatever remains to obtain the 500 limit can be filled with vegetables.

- ❑ Because vegetables are very low in calories, there are many who do not worry about counting the calories in vegetables, they just eat until they are full. You can measure your vegetables any way that you feel comfortable with.
- ❑ If you are gluten intolerant you can substitute your melba toast or grissini with a gluten-free product.
- ❑ Seasonings: With each meal the juice of one lemon or lime is allowed. Salt, pepper, vinegar, mustard powder, sweet basil, parsley, thyme, marjoram, and most other herbs and spices are fine to use as seasonings. No oil, butter or dressings of any kind can be used. (See the Allowable Foods Chart)
- ❑ The 8 items allowed per day may be eaten in 2 meals (1 of each: protein, veggie, fruit, Melba toast) or spread out through the day. But 2 of the same items (i.e., 2 fruits or 2 proteins) may not be eaten together at the same time.

*This is off protocol and can be a risk to your weight loss

^For health reasons it is best to use stevia. It won't affect your losses to use other sweeteners but please research other sweeteners to see why we don't recommend any but stevia.

PHASE 2 - ALLOWABLE FOODS CHART

<i>Meat & Fish</i>	<i>Fruit</i>	<i>Vegetables</i>	<i>Seasonings</i>	<i>Other</i>
Skinless Chicken Breast	Apple	Spinach	Lemon (juice of one daily)	Melba Toast
Steak	1/2 Grapefruit	Chard	White or Black Pepper	Grissini
Ground Beef (less than 7% Fat)	Strawberries	Chicory	Sea Salt	1 TBSP of milk daily
Veal	Orange	Beet-Greens	Garlic	Fat-free Cottage Cheese
Roast Beef		Asparagus	Bragg's Amino Acid	
Buffalo		Tomatoes	Parsley	
Crab		Celery	Thyme	
Lobster		Fennel	Marjoram	
Shrimp		Green Salad	Basil	
Halibut		Cabbage		
Sea Bass		Red Radishes		
Flounder		Cucumbers	*Any other herb or spice	
Sole		Onion [^]		
Orange Roughy				
Cod				
*All visible fat must be removed before cooking, and the meat must be weighed raw. It must be cooked without additional fat.				
[^] Many do not consider onion as a vegetable but a seasoning.				