

## Daily Macro Needs

Protein	Fats	Carbohydrates																																																												
<b>Servings / Day</b>	<b>Servings / Day</b>	<b>Grams of Net Carbs / Day</b>																																																												
The following represents 1 Protein serving	The following represents 1 Fat serving (10 grams or fewer, 100 calories or fewer)	Foundational Carbohydrates (Starting Daily Allowance between 15 – 40 Net Carbs)																																																												
<p><b>Ideal Protein</b> 1 Ideal Protein packet/item<sup>1</sup> (1 required daily during Stabilization)</p> <p><b>Poultry</b> Chicken, lean ground, 3 oz. Chicken, skinless, 3 oz. Eggs, 2-3 large Egg whites, 5 large Turkey, lean ground, 3 oz. Turkey, skinless, 3 oz.</p> <p><b>Fish</b> Cod, 3 oz. Haddock, 3 oz. Halibut, 3 oz. <i>etc.</i></p> <p><b>Shellfish</b> Lobster/crab, 3 oz. Scallops, 3 oz./5 large Shrimp, 3 oz./12 large</p> <p><b>Red Meat/Wild Game</b> Beef, lean, ground, 2.5 oz. Filet mignon, 2.5 oz. Lamb, 2.5 oz. Sirloin, 2.5 oz. <i>etc.</i></p> <p><b>Pork</b> Lean ham, 3 oz. Tenderloin, 3 oz.</p> <p><b>Veal</b> Cutlet, 3 oz. Rib chop, 3 oz. <i>etc.</i></p> <p><b>Dairy</b> Cottage cheese, plain, 1 cup Greek yogurt, plain, 1 cup</p> <p><b>Vegetarian</b> Edamame, 1 cup cooked Tempeh, ½ cup Tofu, plain, 1 cup</p>	<p><b>Oils</b> (Cooking, cold or both) Avocado oil (both), ½ Tbsp. Canola oil (cooking), ½ Tbsp. Flax seed oil (cold), ½ Tbsp. Grapeseed oil (cooking), ½ Tbsp. Olive oil (both), ½ Tbsp. <i>etc.</i></p> <p><b>Spreads</b> Butter, 1 Tbsp. Mayonnaise, regular, 1 Tbsp. Nut butters, all natural, 1 Tbsp. Pesto (basil &amp; sundried tomato), 1 Tbsp.</p> <p><b>Salad Dressings &amp; Pours</b> Cream (light or heavy), 1 oz. Full-fat salad dressings (≤ 2g carb) 1 Tbsp Half &amp; half creamer, 1 oz.</p> <p><b>Nuts &amp; Seeds</b> Almonds, 13 whole Cashews, 10 whole Macadamia nuts, 5 whole Pecan halves, 10 Pistachio nuts, 25 kernels Pumpkin seeds, 2 Tbsp. Sunflower seeds, 2 Tbsp. Walnuts halves, 7</p> <p><b>Pitted Fruits</b> Avocado, ¼ medium Black olives, 15 medium Green olives, 15 medium Olive tapenade, 2 Tbsp.</p> <p><b>Cheese</b> Crumbled soft cheese, 1oz. (<i>bleu, feta, goat, gorgonzola</i>) Hard cheese, 1 oz./1 slice (<i>Cheddar, Parmesan, Swiss, etc.</i>)</p>	<p><b>Phase 1 Vegetables: 4 cups/day minimum</b> P1 Vegetables do not count toward daily Net Carb total</p> <p><b>Net Carbs<sup>2</sup></b> Increased weekly as tolerated. Net Carbs to be chosen from the following:</p> <table border="0"> <thead> <tr> <th style="text-align: left;"><b>Starchy Vegetables &amp; Legumes</b></th> <th style="text-align: right;"><i>Net Carbs</i></th> </tr> </thead> <tbody> <tr><td>Beets, 1 cup sliced</td><td style="text-align: right;">14</td></tr> <tr><td>Black beans, ½ cup</td><td style="text-align: right;">13</td></tr> <tr><td>Butternut squash, 1 cup cubed</td><td style="text-align: right;">15</td></tr> <tr><td>Chickpeas, ½ cup</td><td style="text-align: right;">16</td></tr> <tr><td>Corn, ½ cup</td><td style="text-align: right;">14</td></tr> <tr><td>Green peas, ½ cup</td><td style="text-align: right;">8</td></tr> <tr><td>Kidney beans, ½ cup</td><td style="text-align: right;">14</td></tr> <tr><td>Lentils, ½ cup</td><td style="text-align: right;">12</td></tr> <tr><td>Potato, ½ medium</td><td style="text-align: right;">17</td></tr> <tr><td>Sweet potato, medium</td><td style="text-align: right;">20</td></tr> </tbody> </table> <table border="0"> <thead> <tr> <th style="text-align: left;"><b>Whole Grains, Cereals, Pasta</b></th> <th style="text-align: right;"><i>Net Carbs</i></th> </tr> </thead> <tbody> <tr><td>Brown rice, ½ cup cooked</td><td style="text-align: right;">21</td></tr> <tr><td>Low-carb wrap, 1 wrap</td><td style="text-align: right;">&lt; 10</td></tr> <tr><td>Quinoa, ½ cup cooked</td><td style="text-align: right;">17</td></tr> <tr><td>Rye bread, 1 slice</td><td style="text-align: right;">11</td></tr> <tr><td>Steel-cut oats, 1 cup cooked</td><td style="text-align: right;">24</td></tr> <tr><td>Whole grain bread, 1 slice</td><td style="text-align: right;">12</td></tr> <tr><td>Whole wheat pasta, ½ cup</td><td style="text-align: right;">21</td></tr> </tbody> </table> <table border="0"> <thead> <tr> <th style="text-align: left;"><b>Fruit</b></th> <th style="text-align: right;"><i>Net Carbs</i></th> </tr> </thead> <tbody> <tr><td>Apple, 1 medium</td><td style="text-align: right;">21</td></tr> <tr><td>Berries (all ) 1 cup</td><td style="text-align: right;">&lt; 17</td></tr> <tr><td>Cantaloupe, ¼ medium</td><td style="text-align: right;">10</td></tr> <tr><td>Cherries, 10 whole</td><td style="text-align: right;">11</td></tr> <tr><td>Grapefruit, ½ medium</td><td style="text-align: right;">11</td></tr> <tr><td>Grapes, 10 medium</td><td style="text-align: right;">8</td></tr> <tr><td>Orange, 1 medium</td><td style="text-align: right;">14</td></tr> <tr><td>Peach, 1 medium</td><td style="text-align: right;">12</td></tr> <tr><td>Pear, 1 medium</td><td style="text-align: right;">22</td></tr> <tr><td>Pineapple, 1 cup chunks</td><td style="text-align: right;">19</td></tr> </tbody> </table>	<b>Starchy Vegetables &amp; Legumes</b>	<i>Net Carbs</i>	Beets, 1 cup sliced	14	Black beans, ½ cup	13	Butternut squash, 1 cup cubed	15	Chickpeas, ½ cup	16	Corn, ½ cup	14	Green peas, ½ cup	8	Kidney beans, ½ cup	14	Lentils, ½ cup	12	Potato, ½ medium	17	Sweet potato, medium	20	<b>Whole Grains, Cereals, Pasta</b>	<i>Net Carbs</i>	Brown rice, ½ cup cooked	21	Low-carb wrap, 1 wrap	< 10	Quinoa, ½ cup cooked	17	Rye bread, 1 slice	11	Steel-cut oats, 1 cup cooked	24	Whole grain bread, 1 slice	12	Whole wheat pasta, ½ cup	21	<b>Fruit</b>	<i>Net Carbs</i>	Apple, 1 medium	21	Berries (all ) 1 cup	< 17	Cantaloupe, ¼ medium	10	Cherries, 10 whole	11	Grapefruit, ½ medium	11	Grapes, 10 medium	8	Orange, 1 medium	14	Peach, 1 medium	12	Pear, 1 medium	22	Pineapple, 1 cup chunks	19
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<sup>1</sup> Subtract all net carbs from Restricted Ideal Protein items only.

<sup>2</sup> Measured in grams. Net carbs are chosen from the Foundational Carbohydrates listed on this Daily Macro Needs Sheet.

### Beverages – Daily Requirements

Continue to drink a minimum of 64 ounces of water daily. The only unlimited beverages allowed throughout Stabilization are water, sugar-free carbonated waters, black coffee and herbal tea. **ALCOHOL IS NOT ALLOWED.**