

## Daily Optional Items Guidelines

The Daily Optional Items are offered to assist with managing common challenges, such as hunger, cravings, and adequate intake of daily essentials, such as water and vegetables. These are particularly helpful throughout the Phase 1 journey as well as during Stabilization and Maintenance. Below are highlights on the benefits of these items that may be found on your Phase 1 and Step-down sheets. **Remember, Optional Items are not "daily freebies," but troubleshooting tools to be used as needed to stay on track.**

### IP Water Enhancers:

- The variety of flavors and unlimited amounts of these refreshing enhancers are a great strategy for those who struggle to meet their daily water requirements!
- Flavored water offers a compliant swap for sweet drinks, helping curb sweet cravings and reinforce healthier hydration habits.



### IP Maple Syrup:

- The Maple Flavored Syrup complements Breakfast choices like IP oatmeals and pancakes. It can also be used in sauces and glazes and added to other IP foods for a maple twist.



### IP Restricted Products:

- Restricted products, which are higher in carbohydrates, are labeled with an "R" and should be consumed no more than once daily while in Phase 1, except for the Double Chocolate Brownie, no more than 3 times per week.
- To manage hunger and cravings, this suggestion should also be followed in Phase 2 and Phase 3.
- Restricted products are not required to be consumed in any Phase of the Protocol but are an excellent strategy in helping manage cravings for highly palatable sweets and dessert.



### Fat-Free Broth:

- Up to 2 cups of fat-free broth are allowed per day. Always check the ingredient list and enjoy this satiating Optional Item by adding it to Ideal Protein Entrees & Sides, vegetables, or enjoy it alone.

### Artificially Sweetened Beverages and Items:

- The protocol allows up to 4 non-nutritive artificially sweetened (zero sugar) items, such as gum and breath mints, and beverages, excluding diet sodas and colas, per day. Always check the ingredient list and be sure these items are 0/0/0 meaning zero calorie, zero carb, zero sugar.

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### Collagen Peptide Shots:

- **One shot daily** may be taken in any Phase.
- Each shot provides **15g of protein** and helps curb hunger, but is not a replacement for Ideal Protein foods required by the Protocol.



### Konjac and Shirataki Noodles & Rice

Konjac and Shirataki noodles/rice are derived from the root of the konjac plant, native to Japan. These products offer a unique strategy for managing hunger because they are high in glucomannan, a prebiotic fiber that absorbs water in the digestive process which slows digestion and delays hunger. In addition to the many health benefits that result from the adequate intake of soluble fiber, konjac and shirataki products also provide a prebiotic benefit for maintaining gut health. **Important to note**, however, it is possible to have "too much of a good thing". Too much fiber can cause GI upset which includes bloating, gas, cramps and other unpleasant side effects, which is why this item is **limited to 1 cup per day**.

Keep in mind that some of our products contain oligofructose and fructooligosaccharide (FOS) fiber. To prevent potential GI issues, we recommend choosing either Konjac/ Shirataki noodles/rice OR an IP product with those ingredients on any given day.

