

IMPORTANT:

Only the items indicated on this sheet are permitted. Serving size must be respected.

IDEAL PROTEIN

Step-down

Follow for 7 days

Breakfast	Lunch	Dinner	Snack	Daily Essentials
				
<p>Mandatory 1 Ideal Protein food 1 IP Multi-Vita + K2 2 IP Calcium</p> <p>Optional Coffee/Tea 1 oz. milk or half-and-half</p>	<p>Mandatory 4–6 oz. whole protein 2 cups select vegetables 1 IP Multi-Vita + K2 1 IP Omega-3 Plus 1 IP Potassium</p> <p>Optional Unlimited raw vegetables and lettuces</p>	<p>Mandatory 4–6 oz. whole protein 2 cups select vegetables 1 IP Omega-3 Plus 2 IP Magnesium</p> <p>Optional Unlimited raw vegetables and lettuces</p>	<p>Mandatory 1 Ideal Protein food</p>	<p>2 tsp. select oil 64 oz. water (minimum) ¼ tsp. of Ideal Salt or Sea Salt</p>

Highly Recommended

BCAA (1–2/day, weeks 1–4), IP Digestive Enzymes (1–2 capsules at meal time), IP Floralax (1/day at bedtime, 2–3 x per week)

Daily Optional Items

IP water enhancers (unlimited); 4 servings of artificially sweetened beverages and items (refer to the item's food label for serving size); 1 cup Shirataki or Konjac noodles; 2 cups fat-free broths (bone broth excluded); 2 Tbsp. Ideal Protein dressings and sauces. Restricted food items, labelled "R" on the box, are optional and limited to one item per day.

Whole Protein Sources *No frying or breading permitted. Weigh before cooking.*

Fish Anchovy, bass, catfish, cod, flounder, grouper, haddock, hake, halibut, mahi-mahi, monkfish, perch, pike, red snapper, redfish, salmon, sea bass, shark, smelt, sole, swordfish, tilapia, trout, tuna, turbot, walleye, whiting. **Seafood** Clams, crab, crawfish, lobster, mussels, oysters, scallops, scampi, shrimp, squid. **Beef** Filet mignon, flank steak, ground beef (extra-lean), lean roast, round, rump steak, sirloin, tenderloin. **Poultry** Chicken (skinless), 6 eggs (2–4 whole, remainder must be egg whites), fowl, partridge, pheasant, quail, turkey, wild birds. **Pork** Lean ham, pork tenderloin. **Veal** Breast, cutlet, inside round scaloppini, rib, shank, shoulder, tenderloin. **Other** Wild game. **Tofu** Plain (1 cup/6–8 oz.).

Unlimited Raw Vegetables & Lettuces

Arugula, Bibb lettuce, bok choy, Boston lettuce, cactus (all), celery, chicory lettuce, endive, escarole lettuce, frisée lettuce, green- and red-leaf lettuce, iceberg lettuce, mushrooms, radicchio, radish, romaine lettuce, spinach and watercress lettuce.

Select Vegetables *4 cups per day. Measure before cooking.*

Alfalfa sprouts, asparagus, bamboo shoots, bean sprouts, bell peppers, bok choy, broccoli, cabbage (all), cactus, cauliflower, celeriac, celery, chard (all), chayote, chicory, collards, cucumber (all), dill pickles, fennel, Gai Lan (Chinese broccoli), green onions, hot peppers, kale, kohlrabi, mushrooms, okra, onions (raw only), radish, rapini, rhubarb, sauerkraut, spinach, turnips and zucchini/yellow summer squash.

Occasional Vegetables *Maximum 4 cups per week. Measure before cooking.*

Beans (green and wax), Brussels sprouts, eggplant, heart of palm, jicama, leeks, rutabaga, snow peas, spaghetti squash, tomatillo and tomatoes (all).

Seasonings

Apple cider vinegar, black pepper, capers (2 Tbsp.), cinnamon, fine herbs, fresh herbs (basil, bay leaves, cilantro, chervil, chives, dill, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme), garlic, ginger, lemon/lime (total of 1/day), lemongrass, hot mustard, hot sauce, onion powder (1 tsp./day), sea salt, sorrel, soy sauce (1 Tbsp.), spices (MSG-free/no carbs), tamari sauce (1 Tbsp./day) and white vinegar.

Select Oils

Heat stable: Avocado, canola, grape seed extract, olive, rice bran, safflower, sesame, and sunflower. **Cold only:** Flaxseed, hemp seed, and walnut.