

**CNP Meal Plan**

**Breakfast:**

Tea or coffee in any quantity without sugar. Only one tablespoon of milk allowed in 24 hours, Saccharin or Stevia may be used.

**Lunch & Dinner:**

1. 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the weight must be weighed raw. It must be boiled or grilled without additional fat.
2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.
3. One breadstick (Grissino) or one Melba toast.
4. An apple or a handful of strawberries or one-half grapefruit.
* The juice of one lemon daily is allowed. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or dressing.
* Tea, coffee, plain water, or mineral water are the allowed

\*\*\*above is Original Protocol (OP), if you would like more options and additional calories (up to 800 daily) see the ‘shopping list’ for more options. ‘Alternative Protocol’ (AP) with additional options and calories may result in less weight loss per day when compared to the OP\*\*\*

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