

Daily Optional Items Guidelines

The Daily Optional Items are offered to assist clients in 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, all items are troubleshooting options and are not to be considered “daily freebies” that clients have the option of consuming.**

IP Garlic Parmesan Croutons:



IP croutons are a great **strategy** for helping our clients increase fiber intake (perfect topping for salads!) and/or to help clients incorporate more “meal appropriate” choices over bars and snacks (the perfect accompaniment to our soups!).

- **Limit to 1 packet daily if needed**
- **Croutons are not to be doubled to “equal” 1 of the 3 mandatory packets *these are a tool – not a partial meal replacement!***
- **One daily packet can be divided between meals**
- **Use these palatable croutons as a way to “bridge” healthier food choices and eating patterns essential for long-term maintenance!**

Konjac and Shirataki Noodles:

Konjac and Shirataki noodles are derived from the root of the konjac plant, native to Japan. These noodles offer our clients 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 noodles 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 other products contain oligofructose and fructooligosaccharide (FOS) fiber and we recommend clients choose Konjac/Shirataki noodles OR a product with oligofructose or FOS fiber once daily to prevent potential GI issues.



IP Dressings and Sauces:



- Clients can utilize dressings and sauces during any Phase of the Ideal Protein Protocol. In Phase 1 and Step-down week, we recommend limiting to two tablespoons daily and as needed in the remainder of Phase 2 and into Phase 3.
- Serve dressings over a salad, as a marinade, or use it as a dip with freshly cut vegetables. The Maple Flavored Syrup complements Breakfast choices including the oatmeals, pancakes, and waffles. Adding our delicious dressings and sauces to vegetables and salads is a great strategy for clients who struggle to meet the four mandatory cups of vegetables daily.

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IP Water Enhancers:

- This specialty item complements our low sodium diet by replacing this important electrolyte in the appropriate 3 part sodium, 1 part potassium ratio.
- 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!



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. 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 clients manage their cravings for highly palatable sweets and desserts.



Fat-Free Broth:

- Clients are allowed up to 2 cups of fat-free broth 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.
- Why is bone broth excluded from the optional daily allowance? 1 cup of bone broth can have close to 10 grams of protein. Ideal Protein is an adequate protein diet. For many, an additional 20 grams of protein per day could make this a high protein diet, which can impact glycogen stores and ketosis.

Artificially Sweetened Beverages and Items:

- Clients are allowed 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.