

## Guidelines & Helpful Strategies for Weight Loss



### Not Allowed During Phase 1

Keep this reminder sheet handy and remember, these small restrictions are only temporary. They are a small sacrifice for a short amount of time to help you see long-term results. Once you have achieved your weight loss goal, you can enjoy these foods again in moderation.

- No pasta or potatoes (other than Ideal Protein's), rice, legumes, bread or cereal
- No vegetables other than those included on the Phase 1 sheet
- No sweet peas or corn
- No fruit or fruit juice
- No commercial vegetable juice
- No cheese or other dairy (with the exception of 1 oz/30 ml of milk or half & half in coffee or tea only)
- No nuts
- No soda
- No candy, chocolate bars, chips, etc.
- No alcohol (beer, wine, spirits, etc.)
- No cheating! We wish you success in staying the course!

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### Tips, Ideas and Suggestions

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#### To help you fill up and add variety ...

- Add vegetables to your Ideal Protein soups to make them even more delicious. You can also use our soups as a sauce for your meat and vegetables.
- Add new vegetables to your selection weekly to reduce boredom and inspire new recipes.
- Check out recipes on our website ([IdealProtein.com](http://IdealProtein.com)) or the Ideal Protein app to help you prepare healthy and delicious meals.
- Hot drinks are satiating when you're feeling hungry. Drink all the hot, unsweetened tea you desire and it should make you feel full.

#### For safety and convenience ...

- NEVER shake a protein mix with hot water in a closed container. It may explode, make a mess, and could burn you. If you want to mix with hot water, use a small whisk instead of shaking.
- Be careful not to overcook or heat your products too quickly. Cook them gently and slowly. Microwave on a lower power setting and monitor every 30 seconds until you learn how each product responds. Note: This may vary with different microwave ovens.
- Carefully measure your water. Just a small change in the amount will change the consistency and cooking time. However, you are welcome to add more or less water for your desired consistency.
- Remember to always pour your water into the container before the contents of your packet to ensure a smooth texture.
- Rinse, soak or wash your dirty dishes right away. Protein residue is difficult to clean once it's had time to solidify.
- For convenience, prepare your weekly vegetables ahead of time. Put them in the fridge in resealable bags for a quick and easy lunch or dinner, or to satisfy a craving.
- Try not to eat two hours before going to bed. For your evening snack, choose lower carbohydrate packets like a pudding or drink.
- Sign up for a monthly health magazine to keep yourself motivated.

# Shopping List

|                       |                   |                   |
|-----------------------|-------------------|-------------------|
| <b>Whole Proteins</b> | <b>Vegetables</b> | <b>Seasonings</b> |
|-----------------------|-------------------|-------------------|

**Seafood**

- Clams
- Crab
- Crawfish
- Lobster
- Mussels
- Oysters
- Scallops
- Scampi
- Shrimp
- Squid

**Beef**

- Filet mignon /Tournedos
- Flank steak
- Ground beef (extra lean)
- Lean roast
- Round
- Rump steak
- Sirloin
- Tenderloin

**Poultry**

- Chicken (skinless)
- Eggs
- Fowl
- Partridge
- Pheasant
- Quail
- Turkey
- Wild birds

**Pork**

- Lean ham
- Pork tenderloin

**Veal**

- Breast
- Cutlet
- Inside round scaloppini
- Rib
- Shank
- Shoulder
- Tenderloin

**Other**

- Bison
- Deer
- Elk
- Frog legs
- Kidney
- Lamb loin
- Liver
- Moose
- Ostrich
- Rabbit
- Plain tofu

**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

**Select Vegetables**  
(2 cups per meal)

- Alfalfa sprouts
- Asparagus
- Bamboo shoots
- Bean sprouts
- Bell peppers
- Broccoli
- Cabbage (all)
- Cauliflower
- Celeriac
- Chard (all)
- Chayote
- Chicory
- Collards
- Cucumbers (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
- Zucchini/yellow summer squash

**Occasional Vegetables**  
(Max. 4 cups per week)

- Beans (green and wax)
- Brussels sprouts
- Eggplant
- Heart of palm
- Jicama
- Leeks
- Rutabaga
- Snow peas
- Spaghetti squash
- Tomatillo
- Tomatoes (all)

**Unlimited Raw Vegetables and Lettuce**

- Arugula
- Bibb lettuce
- Bok Choy
- Boston lettuce
- Cactus (all)
- Celery
- Chicory lettuce
- Endive
- Escarole lettuce
- Frisee lettuce
- Green and red leaf lettuce
- Iceberg lettuce
- Mushrooms
- Radicchio
- Radish
- Romaine lettuce
- Spinach
- Watercress lettuce

- Apple cider vinegar
- Capers
- Cinnamon
- Fine herbs and spices (MSG free and no carbohydrates)
- Fresh herbs (basil, bay leaves, cilantro, chervil, chives, dill, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme)
- Garlic
- Ginger
- Lemon/lime
- Lemongrass
- Hot mustard
- Hot sauce
- Onion powder
- Select oils (avocado, canola, flaxseed, grape seed extract, hemp seed, mustard, olive, rice bran, safflower, sesame, sunflower and walnut)
- Sorrel
- Soy sauce
- Tamari sauce
- White vinegar