






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><i>Mandatory</i></p> <ul style="list-style-type: none">1 Ideal Protein food1 IP Multi-Vita1 IP Potassium <p><i>Optional</i></p> <ul style="list-style-type: none">Coffee/Tea1 oz. milk or half-and-half	<p><i>Mandatory</i></p> <ul style="list-style-type: none">4–6 oz. whole protein2 cups select vegetables1 IP Multi-Vita1 IP Omega-3 Plus <p><i>Optional</i></p> <ul style="list-style-type: none">Unlimited lettuces	<p><i>Mandatory</i></p> <ul style="list-style-type: none">4–6 oz. whole protein2 cups select vegetables2 IP Cal-Mag1 IP Omega-3 Plus <p><i>Optional</i></p> <ul style="list-style-type: none">Unlimited lettuces	<p><i>Mandatory</i></p> <ul style="list-style-type: none">1 Ideal Protein food2 IP Cal-Mag	<ul style="list-style-type: none">2 tsp. select oil64 oz. water (minimum)¼ tsp. of Ideal salt

Highly Recommended

IP Anti-Oxy (2 capsules daily), Ideal Protein Digestive Enzymes (1–2 capsules at meal time), Ideal Protein Flora Health (1 capsule daily)

Daily Optional Items

IP water enhancers (unlimited); BCAA (1–2/day, weeks 1–4); 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; 2 Cal-Mag chews only in place of 4 Cal-Mag tablets. 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, sea bass, shark, smelt, sole, swordfish, tilapia, tuna, trout, turbot, walleye, whiting, salmon. **Seafood** Clams, crab, crawfish, lobster, mussels, oysters, scallops, scampi, shrimp, squid. **Beef** Flank steak, ground beef (extra-lean), lean roast, round, rump steak, sirloin, tenderloin, filet mignon. **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 (3–4 oz.), tempeh.

Unlimited Raw Vegetables & Lettuces *4 cups per day. Measure before cooking.*

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

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

Occasional Vegetables

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, 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), sorrel, soy sauce, spices (MSG-free/no carbs), tamari sauce (1 Tbsp./day) and white vinegar.

Select Oils

Avocado, canola, flaxseed, grape seed extract, hemp seed, mustard, olive, rice bran, safflower, sesame, sunflower and walnut.