

The Protocol Phase

Serving Definitions

Your diet will be approximately **500 calories per day**. Those calories will be divided between 2 vegetable servings, 2 fruit servings, 2 protein servings and 2 carbohydrate servings per day.

These servings are defined as follows:

Vegetable Servings

- 2 cups raw or 1 cup cooked vegetables (you may mix)
- Lettuce and spinach are unlimited
- Approved vegetable list: Asparagus, Broccoli, Brussel Sprouts, Beet-greens, Celery, Cucumbers, Cabbage, Chard, Cauliflower, Endive, Pumpkin, Mushrooms, Green Zucchini, Onions, Fennel, Yellow Summer Squash, Sprouts, Red Radishes, Green Beans, Tomato (1 medium is a whole vegetable serving), Green Beans (French Style and all visible pods removed)

Fruit Servings

- Approved fruit list: Apple (1 Medium), Strawberries (1 Cup Whole), Grapefruit (Half), Orange (1 Medium) and Kiwi (Two)

Protein Servings

- 3.5 ounce (100 grams) measured raw with all visible fat removed. If you purchase meat that is already cooked, the weight is generally 3 ounces (90 grams)
- Approved protein list: Beef Sirloin Cuts, Ground Beef (92%+ lean), Boneless/Skinless Chicken Breast, Ground Chicken, Seafood including Crab, Shrimp, Scallops, White Fish (Orange Roughy, Cod, Dover Sole, Tilapia, Lobster), Boneless/Skinless Turkey (white meat only), Bison/Buffalo, non-fat Cottage Cheese (3 ounces), and Eggs (1 whole egg + 3 egg whites)
 - NOTE: Please limit Eggs to once per week
- NO Salmon, Catfish, Seabass or Tuna

Carbohydrate Servings

- Approved carbohydrate list: 1 rectangle or 2 small rounds of Melba Toast (any flavor excluding sesame), 1 Grissini Breadstick (No Sesame Seeds or Oil), 1 serving amount of gluten free Pretzels
- **Note:** You may give up BOTH of your carbohydrate servings and enjoy a third fruit serving

Bonus Approved Items

- 1 Sugar Free Jello
- 1 Carbonated Beverage (Must be zero calories), Coffee and Diet Drinks
- Stevia, NutraSweet and Splenda.
- Salt
- Spices that are seed, sugar and oil free
- Organic Broths.
- The juice of one Lemon

NO SUGAR, HONEY, CANE JUICE, AGUAVE NECTAR OR ANY TYPE OF OIL