

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14

**Breakfast**

Protein: Quantity is not limited.  
 Vegetables: Minimum 1/2 cup.  
 Fat: 1 tsp olive oil (optional)

**Snack**

Choose from the Protein, Vegetables or Nuts list.

**Lunch**

Protein: Quantity is not limited.  
 Vegetables: Minimum 2 cups.  
 Fat: 1 Tbsp olive oil or from Fats list

**Snack**

Choose from the Protein, Vegetables or Nuts list.

**Dinner**

Protein: Quantity is not limited.  
 Vegetables: Minimum 2 cups.  
 Fat: 1 Tbsp olive oil or from Fats list.

*No fruit or fruit juice, starch (rice, bread, pasta, cereal), sugar, carrot, potato, beetroot, corn, alcohol, fatty meat or cheese, whole milk or dairy products.*

*Limit caffeine to 1-2 servings/day.*

*Read labels carefully for added sugar, starch and total carbohydrates.*

**PROTEINS****BEEF**

- Eye of Round
- Ground beef:
  - Extra Lean (96/4)
  - Lean (92/8)
  - Sirloin (90/10)
- Tenderloin
- Top Loin
- Top Round

**CHEESE**

(fat-free or low-fat)

- American
- Cheddar
- Cottage cheese, 1-2% or fat-free
- Cream cheese substitute, dairy-free
- Feta
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- String

**EGGS**

- Whole
- Substitute

**LAMB**

Remove visible fat:

- Center Cut
- Chop
- Loin

**LUNCHMEAT**

- Fat-free or low-fat

**MEAT SUBSTITUTES**

(soy based)

- Bacon - 2 slices/day
- < 3 gms fat/3 oz:
  - Burger
  - Chicken Patties
  - Chicken Nuggets
  - Hot Dogs
- Nat'l Peanut Butter - 2 Tbsp
- Sausage Patty 1/day

- Seitan
- Soy Crumbles
- Soy Nuts - 1/4 cup
- Tempeh
- Yuba

**PORK**

- Boiled ham
- Canadian bacon
- Loin
- Tenderloin

**POULTRY (skinless)**

- Cornish hen
- Turkey bacon 2 slices/day
- Chicken breast
- Turkey breast

**SEAFOOD**

- All fish and shellfish

**TOFU**

- Soft, low-fat or lite

**VEAL**

- Chop
- Cutlet, leg
- Top round

**VEGETABLES**

- Artichokes
- Asparagus
- Beans, Green
- Beans, Italian
- Beans, Wax
- Beans or Legumes:
  - Black Beans
  - Butter Beans
  - Chickpeas
  - Pigeon Peas
  - Red lentils
  - Soy Beans
  - Split Peas
- Broccoli
- Bok Choy
- Cabbage
- Cauliflower
- Celery
- Collard Greens

- Cucumbers
- Daikon
- Eggplant
- Lettuce
- Juice (6 oz/day)
  - Tomato
  - V-8
- Mushrooms
- Mustard Greens
- Okra
- Onion - Limit 1/2 day
- Peppers
- Pickles - Dill
- Radishes
- Rhubarb
- Sauerkraut
- Snow peas
- Spinach
- Sprouts, Alfalfa
- Squash, Spaghetti
- Squash, Summer
- Yellow
- Zucchini
- Tomato – 1/serving

**FATS**

- Olive Oil
- Canola Oil
- Sparingly:*
  - Corn
  - Enova
  - Grapeseed
  - Safflower
  - Soybean
- Other Fat Choices:*
  - Avocado - 1/3 whole
  - Guacamole - 1/2 cup
  - Margarine
  - Mayonnaise
  - Olives - 15
  - Salad Dressing - < 3 gm sugar/serv

**NUTS**

- (one serving per day)
  - Almonds - 15
  - Brazil Nuts - 4
  - Cashews - 15
  - Pecans - 15
  - Macadamia - 8

- Peanut Butter
  - Regular - 1 tsp
  - Natural - 2 Tbs
- Peanuts, 20 small
- Pine Nuts - 1 ounce
- Pistachios - 30
- Walnuts - 15
- Flax Seed - 3 Tbs

**SEASONINGS**

- Spices with no added sugar
- Broth
- Extracts (vanilla, etc)
- Horseradish sauce
- Lemon Juice
- Lime Juice
- Pepper
- Sparingly:*
  - Hot Sauce
  - Salsa – 2 Tbs/day
  - Soy Sauce - 1/2 Tbs
  - Steak Sauce - 1/2 T
  - Worcestershire - 1 T

**DAIRY**

- 1% milk or soy milk
- Plain low-fat yogurt 1/2 cup/day
- Fat-free half & half

**TREATS**

- (to 75 calories/day)
  - Sugar free products made with sugar alcohols (isomalt, lactitol, mannitol, sorbitol or xylitol)

**SUGAR SUBSTITUTES**

- Acesulfame K
- Fructose, to 75 cal/day
- Nutrasweet (Equal)
- Saccharin (Sweet'n'Low)
- Sucralose (Splenda)
- Stevia