

# PHASE I MEAL GUIDE

## PHASE I DAY PLANNER

<p><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>- squeeze 1/2 lemon in 1 cup warm water</li> <li>- 1 serving fruit</li> <li>- 1 serving protein</li> <li>- 3+ servings vegetables</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>- 1 cup of water</li> <li>- 1 serving fruit</li> </ul>	<p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>- 2 cups of water</li> <li>- 1 serving good fat**</li> <li>- 3+ servings vegetables</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>- 1 cup of water</li> <li>- 2+ servings vegetables</li> <li>- 1 serving fruit</li> </ul>	<p><b>DINNER</b></p> <ul style="list-style-type: none"> <li>- 2 cups of water</li> <li>- 1 serving protein</li> <li>- 1 serving good fat**</li> <li>- 3+ servings vegetables</li> </ul> <p><b>SNACK (OPTIONAL)</b></p> <ul style="list-style-type: none"> <li>- 1 cup of water</li> <li>- 1 serving vegetable</li> </ul>
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## PHASE I DIRECTIVE

- Isotonix OPC-3®\*
- Isotonix® Multivitamin\*
- Ultimate Aloe®\*
- No coffee, soda or other caffeinated beverages
- No dairy

\*As directed on label

\*\*unsaturated fats like omega-3 fatty acids (e.g. avocado, flaxseed, nuts, olive oil)

- No grains or starches
- No alcohol
- Avoid strenuous activities; rather, partake in yoga or gentle stretching

### DAILY FOOD SERVINGS

- Vegetables: Unlimited servings per day
- Fruit: 3 servings per day
- Protein: 2 servings per day (1 serving: 85 grams)
- Good Fats: 2 servings per day\*\*

## PHASE I POWER FOODS

### VEGETABLES: 1 SERVING, 1-2 CUPS, UNLESS OTHERWISE NOTED

<ul style="list-style-type: none"> <li>• Alfalfa sprouts</li> <li>• Artichokes</li> <li>• Asparagus</li> <li>• Bean sprouts</li> <li>• Beets</li> <li>• Bell peppers</li> <li>• Bok choy</li> <li>• Broccoli</li> <li>• Brussels sprouts</li> <li>• Cabbage (red or white)</li> <li>• Carrots</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Collard greens</li> </ul>	<ul style="list-style-type: none"> <li>• Cucumber</li> <li>• Dandelion greens</li> <li>• Eggplant</li> <li>• Endive</li> <li>• Ginger</li> <li>• Green beans</li> <li>• Green peas</li> <li>• Greens (beet, collard, dandelion, kale, mustard, turnip)</li> <li>• Hot peppers</li> <li>• Jerusalem artichokes</li> <li>• Kohlrab</li> <li>• Leeks</li> </ul>	<ul style="list-style-type: none"> <li>• Lettuce (any)</li> <li>• Mangetout</li> <li>• Mushrooms</li> <li>• Okra</li> <li>• Olives</li> <li>• Onions</li> <li>• Parsley</li> <li>• Pimientos</li> <li>• Radicchio</li> <li>• Radishes</li> <li>• Rhubarb</li> <li>• Rocket</li> <li>• Salsa</li> <li>• Sauerkraut</li> </ul>	<ul style="list-style-type: none"> <li>• Scallions</li> <li>• Silverbeet</li> <li>• Snow peas (no sugar)</li> <li>• Spinach</li> <li>• Squash leaves</li> <li>• Stir-fry vegetables (no sauce)</li> <li>• Swede, turnip</li> <li>• Taro root, 1/4 cup</li> <li>• Tomatoes (fresh)</li> <li>• Tomato juice (no salt), 1/2 cup</li> <li>• Tomato paste, 2 tbsp.</li> <li>• Tomato sauce, 1/2 cup</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable juice (no salt), 1/2 cup</li> <li>• Vegetable soup (low-fat), 1/2 cup</li> <li>• Water chestnuts</li> <li>• Watercress</li> <li>• Yam bean</li> <li>• Zucchini</li> </ul>
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### GOOD FATS: 1 SERVING, 1 TABLESPOON

- Oils (olive, avocado, coconut, grapeseed)
- Avocado, 1/2 medium\*

### FRUITS: 1 SERVING, 1 MEDIUM FRUIT OR 1 CUP, UNLESS OTHERWISE NOTED

<ul style="list-style-type: none"> <li>• Apple</li> <li>• Apricots, 4 medium</li> <li>• Banana</li> <li>• Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), 3/4 cup</li> <li>• Cantaloupe</li> <li>• Casaba melon</li> </ul>	<ul style="list-style-type: none"> <li>• Cherries, 12 large</li> <li>• Currants, 3 tbsp</li> <li>• Dates (fresh), 2</li> <li>• Figs (fresh), 2</li> <li>• Gooseberries, 3/4 cup</li> <li>• Grapefruit</li> <li>• Grapes</li> <li>• Guava</li> <li>• Honeydew melon</li> </ul>	<ul style="list-style-type: none"> <li>• Jackfruit</li> <li>• Kiwifruit</li> <li>• Kumquats, 4 medium</li> <li>• Lemon</li> <li>• Lime</li> <li>• Loganberries, 3/4 cup</li> <li>• Loquats</li> <li>• Lychees, 7</li> <li>• Mandarin orange</li> </ul>	<ul style="list-style-type: none"> <li>• Melon balls</li> <li>• Mulberries, 3/4 cup</li> <li>• Nectarine</li> <li>• Orange</li> <li>• Papaya, paw paw, 1/2 medium</li> <li>• Passion fruit</li> <li>• Peach</li> <li>• Pear</li> </ul>	<ul style="list-style-type: none"> <li>• Persimmon</li> <li>• Pineapple, 1/2 cup</li> <li>• Plum</li> <li>• Pomegranate, 1/2 small</li> <li>• Raisins, 2 tbsp</li> <li>• Starfruit</li> <li>• Tangelo</li> <li>• Tangerine</li> </ul>
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### PROTEINS: PHASE I — 1 SERVING, 85 GRAMS, UNLESS OTHERWISE NOTED

PHASE 2 — WOMEN: 113-170 GRAMS WITH BREAKFAST, LUNCH AND DINNER; 57-85 GRAMS WITH SNACKS

MEN: 170-227 GRAMS WITH BREAKFAST, LUNCH AND DINNER; 57-85 GRAMS WITH SNACKS

<ul style="list-style-type: none"> <li>• Canned tuna, salmon or sardines (packed in water)</li> <li>• Chicken or turkey (without skin)</li> <li>• Eggs (1-2)</li> <li>• Egg whites (3-4)</li> <li>• Lean veal</li> </ul>	<ul style="list-style-type: none"> <li>• Tofu</li> <li>• Fresh fish (salmon, sardines, tuna, flounder, snapper, trout, etc.)</li> <li>• Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)</li> <li>• Tempeh*</li> </ul>	<ul style="list-style-type: none"> <li>• TVP (texturized vegetable protein)*</li> <li>• Veggie or garden burger (grain-free)*</li> <li>• TLS® Nutrition Shake*</li> </ul> <p><i>*Only allowed during Phase 2</i></p>
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