Phase 1 Meal Template

Calorie Goal – 50% from fat, 25% from carbohydrates, 25% from protein

Higher Protein/Higher Fat

Lower Protein/Higher Fat

Higher Protein/Lower Fat

Base Protein

Fatty M

eat

–

4

to 6 oz.

Fatty Fish – 4 to 6 oz.

Poultry With Skin – 4 to 6 oz.

Tempeh or Tofu

–

4

to 6 oz.

Eggs – 3

Cheese – 3 oz.

Lean

M

eat

–

to 6 oz.

4

Lean Fish or Seafood – 4 to 6 oz.

Poultry Without Skin – 4 to 6 oz.

Lean Cold Cuts – 4 to 6 oz.

Protein Powder – 1 oz.

Seitan (Wheat Gluten) – about 4 oz.

Add Protein

Greek Yo

gurt

–

½ cup

Beans – ½ cup

Cheese -- 1 to 2 oz.

Nuts or Nut Butter – 2 to 3 Tbs.

Add Fat

Dressings and Sauces

–

1

to 2 Tbs.

Oils – up to 1 Tbs.

Heavy Cream – 1 to 3 Tbs.

Coconut Milk – 1 to 3 Tbs.

Nuts or Nut Butter – 1 to 2 Tbs.

Avocado – 1/4 whole

Dressings and Sauces

–

2

to

4

Tbs.

Oils – 1 to 2 Tbs.

Heavy Cream – 3 to 4 Tbs.

Coconut Milk – 3 to 4 Tbs.

Nuts or Nut Butter – 2 to 3 Tbs.

Avocado – 1/2 whole

Add Non-Starchy

Carbohydrate (if

needed)

Beans

–

½ cup

Bean Soup – 1 cup

Vegetable Soup – 1 to 1½ cups

Non-Tropical Fruit\* – 1 cup

Add Non

-

Starchy

Vegetables

Unlimited raw or cooked or salad, as desired.

\*No tropical or dried fruit.

No starchy vegetables like sweet potato, winter squash, peas or beets. OK to use spaghetti squash.

No alcohol until Phase 2.

No flour, sugar, potatoes or other simple carbohydrates are allowed. No artificial sweeteners are allowed,

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