

Phase 1 Meal Builder
Calorie Goal – 50% from fat, 25% from carbohydrates, 25% from protein

Start with your protein and read down



	Higher Protein/Higher Fat	Lower Protein/Higher Fat	Higher Protein/Lower Fat
Base Protein	Fatty Meat – 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 Meat -- 4 to 6 oz. 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 Yogurt – ½ cup Beans – ½ cup Cheese – 1 to 2 oz. Nuts/Seeds or Nut Butter – 2 Tbs.	
Add Fat	If your protein sources include Cheese, Nuts/Seeds or Nut Butter, or if your meat is very high in fat, like Lamb, do not add any additional fat. If your protein sources include Egg, Tempeh or Tofu, use the lower amount of added 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 – ¼ 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 – ½ whole
Add Non-Starchy Carbohydrate, if needed	For all meals, if your meal doesn't already include beans, add one of these:	Beans -- ½ cup Bean Soup – 1 cup Vegetable Soup – 1 to 1½ cups Non-Tropical Fruit – 1 cup	
Add Non-Starchy Vegetables	For all meals, add unlimited non-starchy vegetables, raw, cooked or in a salad, as desired.		

No tropical or dried fruit. No starchy vegetables like sweet potato, winter squash, peas or beets. (Spaghetti squash is okay.) Refer to Appendix A for allowable foods by phase. No alcohol until Phase 2. No grains, potatoes or other simple carbohydrates are allowed. No sugar or sweeteners of any kind, whether natural or artificial, other than the allowed portion of 70% or higher chocolate.