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

Start with your protein and read down

<table>
<thead>
<tr>
<th>Phase</th>
<th>Base Protein</th>
<th>Add Protein</th>
<th>Add Fat</th>
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</table>
| Higher Protein/Higher Fat | Fatty Meat – 4 to 6 oz.  
Fatty Fish – 4 to 6 oz.  
Poultry with Skin – 4 to 6 oz. | Greek Yogurt – ½ cup  
Beans – ½ cup  
Cheese – 1 to 2 oz.  
Nuts/Seeds or Nut Butter – 2 Tbs. | 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 |
| Lower Protein/Higher Fat | Tempeh or Tofu – 4 to 6 oz.  
Eggs – 3  
Cheese – 3 oz. | | 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 |
| Higher Protein/Lower Fat | 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 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.

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