**Phase 2**

BUILD YOUR PLATE

Based on Always Hungry?: Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently by David Ludwig MD, PhD

No processed grains, white potatoes or other simple carbohydrates are allowed. No sweeteners except for very small amount of honey or maple syrup (up to 3 teaspoons daily) or 70% chocolate (up to 1 oz daily). 1 to 2 alcoholic drinks a day as tolerated (ideally limited to weekends or special occasions). If alcohol interferes with your progress, cut back or avoid altogether.

**How Much?**

**Choose One:**
- 4-6 ounces meat or fish
- 3 eggs
- 6-8 ounces cheese (3 ounces)

*These are lower protein/higher fat items that might need additional protein such as 1/2 cup Greek yogurt, 1/2 cup beans, 1-2 oz cheese, or 2-3 tbsp nuts or nut butter.

**Start with Protein**

**Add Fat**

*If your protein source includes cheese, nuts/seeds, or nut butter, omit fat. If your meal is very high in fat, like lamb, do not add any additional fat.

**Add Non-Starchy Carbohydrate**

(If your meal doesn’t already include beans)

1/2 cup of beans or 1 cup bean soup
1 cup non-tropical fruit
1 cup tropical fruit, sparingly
1 cup vegetable soup

**See pages 112-113 for fruit list by phase**

**Add Unlimited Non-Starchy Veggies**

**How Much?**

About 1/2 cup
- Intact grains (brown rice, quinoa, millet, steel-cut oats, barley, buckwheat, bulgur wheat, etc.)
- Sweet potato, winter squash, peas, beets, etc.

See pages 110-111 for full list by phase

*Note: no more than 1 serving of fruit per meal

**Add Starchy Vegetable or Whole Grain**

(Second serving of non-starchy carb)

Salad greens, peppers, onions, broccoli, brussel sprouts, carrots, cabbage, kale, spinach, celery, tomatoes — for full list, see book pages 111-112