

BUILD YOUR PLATE

phase 2

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

In Phase 2:

No processed grains, white potatoes or other simple carbohydrates are allowed. No sweeteners except for a 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 | 1 ounce protein powder |
| 3 eggs* | about 4 ounces seitan |
| cheese - 3 ounces* | 4-6 ounces tempeh or tofu* |

**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 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.

HOW MUCH?

- FOR LOWER FAT, LEAN PROTEINS add:
- dressing and sauces (1-2 tablespoons)
 - oils (up to 1 tablespoon)
 - heavy cream or canned coconut milk (1-3 tablespoons)
 - nuts or nut butter (1-2 tablespoons)
 - 1/3 whole avocado

- FOR HIGHER FAT PROTEINS add:
- dressings and sauces (2-4 teaspoons)
 - oils (2-3 teaspoons)
 - heavy cream or canned coconut milk (2-4 tsp)
 - nuts or nut butter (2-3 teaspoons)
 - avocado - few slices (less than 1/4)

HOW MUCH?

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

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

add
NON-STARCHY CARBOHYDRATE

(if your meal doesn't already include beans)

add
UNLIMITED NON-STARCHY VEGGIES

INCLUDE AS MANY AS YOU LIKE

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

HOW MUCH?

about 1/2 cup:

intact grains (brown rice, quinoa, millet, steel-cut oats, barley, buckwheat, bulgur wheat, etc.)

or

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
(or second serving of non-starchy carb)*