

Daily Macro Needs

Protein	Fats	Carbohydrates																																																												
Servings / Day	Servings / Day	Grams of Net Carbs / Day																																																												
The following represents 1 Protein serving	The following represents 1 Fat serving	Foundational Carbohydrates																																																												
<p>Ideal Protein 1 Ideal Protein packet/item* (1 required daily during Stabilization)</p> <p>Poultry 3 oz. chicken breast (skinless) 3 oz. ground chicken 3 oz. turkey breast (skinless) 3 oz. ground turkey 3 whole eggs (large) 5 egg whites (large)</p> <p>Fish 3 oz. cod 3 oz. haddock 3 oz. halibut 3 oz. salmon 3 oz. sole 3 oz. swordfish 3 oz. tilapia 3 oz. tuna</p> <p>Shellfish 3 oz. lobster/crab 3 oz./12 large shrimp 3 oz./5 large scallops</p> <p>Red Meat 2.5 oz. sirloin 2.5 oz. filet mignon 2.5 oz. ground beef etc.</p> <p>Dairy 1 cup greek yogurt (plain) 1 cup cottage cheese</p> <p>Vegetarian 1 cup tofu 1 cup edamame (cooked) ½ cup tempeh</p> <p><small>* This does not include Ideal Complete products. Meal replacements are introduced in Maintenance.</small></p>	<p>Oils (Cooking, cold or both) ½ Tbsp. canola oil (cooking) ½ Tbsp. olive oil (both) ½ Tbsp. avocado oil (both) ½ Tbsp. flax seed oil (cold) ½ Tbsp. grapeseed oil (cooking) etc.</p> <p>Spreads 1 Tbsp. butter 1 Tbsp. nut spreads 1 Tbsp. regular mayonnaise 1 Tbsp. pesto</p> <p>Salad Dressings & Pours 1 Tbsp. full-fat/low-carb dressing 1 oz. half and half creamer 1 oz. cream</p> <p>Nuts & Seeds 14 whole almonds 10 cashews 5 macadamia nuts 10 pecan halves 25 pistachio nuts (1/3 cup shelled) 13 walnuts</p> <p>Pitted Fruits 15 medium black olives 10 medium green olives ½ cup sliced black olives ¼ cup sliced green olives 2 Tbsp. olive tapenade ¼ medium avocado</p> <p>Cheese 1 oz. crumbled soft cheese (<i>feta, bleu, goat, gorgonzola</i>) 1 oz./1 slice hard cheese (<i>cheddar, parmesan, swiss, etc.</i>)</p>	<p>Phase 1 Vegetables Including Select and Occasional are UNLIMITED. 4 cups/day minimum</p> <p>Net Carbs* Increased weekly as tolerated. First 40 net carbs to be chosen from the following:</p> <table border="0"> <tr> <td>Starchy Vegetables & Legumes</td> <td style="text-align: right;"><i>Net Carb*</i></td> </tr> <tr> <td>½ potato, medium</td> <td style="text-align: right;">17</td> </tr> <tr> <td>1 sweet potato, medium</td> <td style="text-align: right;">20</td> </tr> <tr> <td>½ cup sweet corn</td> <td style="text-align: right;">12</td> </tr> <tr> <td>1 cup green peas</td> <td style="text-align: right;">17</td> </tr> <tr> <td>1 cup beets, diced</td> <td style="text-align: right;">9</td> </tr> <tr> <td>1 cup butternut squash, cubed</td> <td style="text-align: right;">13</td> </tr> <tr> <td>½ cup chickpeas</td> <td style="text-align: right;">16</td> </tr> <tr> <td>1 cup lentils</td> <td style="text-align: right;">24</td> </tr> <tr> <td>½ cup kidney beans</td> <td style="text-align: right;">14</td> </tr> <tr> <td>½ cup black beans</td> <td style="text-align: right;">15</td> </tr> <tr> <td>Whole Grains, Cereals, Pasta</td> <td style="text-align: right;"><i>Net Carb*</i></td> </tr> <tr> <td>1 slice whole grain bread</td> <td style="text-align: right;">15</td> </tr> <tr> <td>1 slice rye bread</td> <td style="text-align: right;">11</td> </tr> <tr> <td>1 low-carb wrap</td> <td style="text-align: right;">< 10</td> </tr> <tr> <td>½ cup steel oats, cooked</td> <td style="text-align: right;">24</td> </tr> <tr> <td>½ cup brown rice, cooked</td> <td style="text-align: right;">21</td> </tr> <tr> <td>½ cup quinoa</td> <td style="text-align: right;">17</td> </tr> <tr> <td>½ cup whole wheat pasta</td> <td style="text-align: right;">16</td> </tr> <tr> <td>Fruit</td> <td style="text-align: right;"><i>Net Carb*</i></td> </tr> <tr> <td>1 apple, medium</td> <td style="text-align: right;">21</td> </tr> <tr> <td>1 orange, medium</td> <td style="text-align: right;">16</td> </tr> <tr> <td>½ grapefruit</td> <td style="text-align: right;">13</td> </tr> <tr> <td>¼ cantaloupe, medium</td> <td style="text-align: right;">11</td> </tr> <tr> <td>1 cup berries (all varieties)</td> <td style="text-align: right;">< 15</td> </tr> <tr> <td>1 cup grapes (all varieties)</td> <td style="text-align: right;">8</td> </tr> <tr> <td>1 cup cherries</td> <td style="text-align: right;">17</td> </tr> <tr> <td>1 pear, medium</td> <td style="text-align: right;">20</td> </tr> <tr> <td>1 peach, medium</td> <td style="text-align: right;">13</td> </tr> <tr> <td>1 cup pineapple chunks</td> <td style="text-align: right;">20</td> </tr> </table> <p><small>* Measured in grams.</small></p>	Starchy Vegetables & Legumes	<i>Net Carb*</i>	½ potato, medium	17	1 sweet potato, medium	20	½ cup sweet corn	12	1 cup green peas	17	1 cup beets, diced	9	1 cup butternut squash, cubed	13	½ cup chickpeas	16	1 cup lentils	24	½ cup kidney beans	14	½ cup black beans	15	Whole Grains, Cereals, Pasta	<i>Net Carb*</i>	1 slice whole grain bread	15	1 slice rye bread	11	1 low-carb wrap	< 10	½ cup steel oats, cooked	24	½ cup brown rice, cooked	21	½ cup quinoa	17	½ cup whole wheat pasta	16	Fruit	<i>Net Carb*</i>	1 apple, medium	21	1 orange, medium	16	½ grapefruit	13	¼ cantaloupe, medium	11	1 cup berries (all varieties)	< 15	1 cup grapes (all varieties)	8	1 cup cherries	17	1 pear, medium	20	1 peach, medium	13	1 cup pineapple chunks	20
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Beverages – Daily Requirements

Continue to drink a minimum of 64 ounces of water daily. The only unlimited beverages allowed throughout Stabilization are water, sugar-free carbonated waters, black coffee and herbal tea. Other beverages must be factored via your net carb allowance. **ALCOHOL IS NOT ALLOWED.**