

IDEAL PROTEIN DIETER SHOPPING LIST



VEGETABLES: SELECT (2 CUPS PER MEAL)

- Alfalfa
- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Bell Peppers
- Broccoli
- Cabbage (All)
- Cauliflower
- Celeric
- Celery
- Chayote
- Chicory
- Collards
- Cucumber
- Dill Pickles (NO SUGAR)
- Fennel
- Gai Lan (Chinese Broccoli)
- Green Onions
- Hot Peppers
- Jicama
- Kale
- Kohlrabi
- Mushrooms
- Okra
- Onions (RAW ONLY)
- Radish
- Rhubarb
- Sauerkraut
- Spinach
- Swiss Chard
- Turnip
- Yellow Summer Squash
- Zucchini

VEGETABLES: OCCASIONAL (MAXIMUM 4 CUPS/WEEK)

- Brussels Sprouts
- Green/Wax Beans
- Eggplant
- Palm Hearts
- Rutabaga
- Snow Peas
- Tomatillo
- Tomatoes

VEGETABLES: UNLIMITED (RAW ONLY)

- Arugula
- Bibb Lettuce
- Boston Lettuce
- Celery
- Chicory Lettuce
- Cucumber
- Endives
- Escarole Lettuce
- Frisée Lettuce
- Green & Red Leaf Lettuce
- Iceberg Lettuce
- Mushroom
- Raddichio
- Radish
- Romaine Lettuce
- Spinach
- Watercress Lettuce

SEASONINGS

- Apple Cider Vinegar
- Fine Herbs
- Fresh Herbs: Basil, Bay Leaf, Cilantro, Chervil, Chives, Dill, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme
- Garlic
- Ginger
- Hot Mustard
- Hot Sauce
- Lemon
- Lemongrass
- Mustard
- Sorrel
- Soy Sauce
- Spices (NO MSG, 0 CARBS)
- Tamari
- White Vinegar

OTHER ITEMS

- Coffee/Tea
- Stevia
- Walden Farms Products

FISH

- Anchovy
 - Bass
 - Catfish
 - Cod
 - Flounder
 - Grouper
 - Haddock
 - Hake
 - Halibut
 - Mahi-Mahi
 - Monkfish
 - Perch
 - Pike
 - Red Snapper
 - Redfish
 - Sea Bass
 - Shark
 - Smelt
 - Sole
 - Swordfish
 - Tilapia
 - Trout
 - Turbot
 - Walleye
 - Whiting
- 1X PER WEEK CHOICES:**
- Salmon (WILD ONLY)
 - Tuna (Red)

SEAFOOD

- Clams
- Crab
- Crawfish
- Lobster
- Mussels
- Oysters
- Prawns
- Scallops
- Shrimp
- Squid

PORK

- Lean Ham (NO SUGAR)
- Pork Tenderloin

BEEF

- Flank Steak
- Ground Beef (Extra Lean)
- Roast (Lean)
- Round Steak
- Rump Steak
- Sirloin
- Tenderloin
- Tournedos

POULTRY

- Chicken (Skinless)
- Eggs (6 total: 2-4 Whole + Egg Whites as remainder)
- Egg Whites
- Fowl
- Quail
- Turkey
- Wild Bird

VEAL

- Breast
- Cutlet
- Inside Round Scaloppini
- Rib
- Shank
- Shoulder
- Tenderloin

OTHER PROTEINS

- Bison
- Deer
- Elk
- Frog legs
- Kidney
- Lamb Loin
- Liver
- Moose
- Ostrich
- Rabbit
- Tofu (Plain)

OILS

- Olive
- Grapeseed



Ideal Protein ...YOU DESERVE IT!