

# Vegetarian Options for Phase II



The below options are only intended to replace the protein portions of the dietary protocol. With the exception of omitting starch, all other elements of the dietary protocols in your main manual are still relevant to you.

Protein Source	Serving Size
Beyond Sausage	1 link
Spinach, cooked	4 cups
Spinach, raw	Four (4) 10 oz bags
Beyond Burger	1 patty (4 oz)
Morning Star Chicken Strips	9 strips
Tofu, extra firm (made with nigari)	8 oz
Tempeh (soy), Lightlife Organic	4 oz
Tofu, regular (made with calcium Sulfate)	1 cup
Soy Milk, plain, unsweetened	3 cups
Total-5 Protein powder	2 scoops
Nutritional Yeast	1 cup
Spirulina Seaweed (dried)	3 cups
Fish: Flounder, Mahi-mahi, Tilapia, Wild Chilean Sea Bass, Sole, or Any Fresh White Fish	4 oz
Lobster	4 oz
Scallops	4 oz
Shrimp	4 oz
Eggs	1 whole and 2 whites
Soybeans, cooked*	1 cup
Black beans, canned*	1 cup
Lentils, cooked*	1 cup
Black-eyed peas, cooked*	1 cup
Chickpeas, canned*	1 cup
Pinto beans, canned*	1 cup
Kidney beans, canned*	1 cup
Broccoli, cooked*	4 cups

- \*If you would like to choose a protein from the highlighted portion, please remove 1 fruit that day.
- \*Do not consume more than 1 serving from the highlighted area in a day.
- While on the Vegetarian Protocol, no starch/crackers are allowed.
- Total-5 should be made with 8 oz of water.
- No more than 1 serving of Total-5 per day.
- Be sure to pay attention to portion size.