

Vegetarian Options for Phase III Maintenance



The below options are only intended to replace the protein portions of the dietary protocol. All other elements of the dietary protocols in your main manual are still relevant to you.

Protein Source	Approximate Serving Size
Beyond Sausage	2 link
Beyond Burger	1.5 patty (6 oz)
Morning Star Chicken Strips	12 strips
Total-5 Protein powder	2 scoops
Spinach, cooked	6 cups
Spinach, raw	Six (6) 10 oz bags
Tofu, extra firm (made with nigari)	10 oz
Tempeh (soy), Lightlife Organic	6 oz
Tofu, regular (made with calcium Sulfate)	1.5 cup
Soy Milk, plain, unsweetened	4.5 cups
Organic Flax seeds	8 Tbsp
Organic Nut butter (no added sugar)**	2 Tbsp
Sunflower seeds (roasted, no salt)	1/2 cup
Almonds	60 raw almonds
Nutritional Yeast	1.5 cup
Spirulina Seaweed (dried)	4.5 cup
Cashews (dry roasted, no salt)	1/4 cup
Fish: Flounder, Mahi-mahi, Tilapia, Wild Chilean Sea Bass, Sole, or Any Fresh White Fish	6 oz
Lobster	6 oz
Scallops	6 oz
Shrimp	6 oz
Eggs	2-3 whole
Soybeans, cooked*	1.5 cup
Black beans, canned*	1.5 cup
Lentils, cooked*	1.5 cup
Pumpkin Seeds (roasted, with salt)*	1.5 cup
Black-eyed peas, cooked*	1.5 cup
Broccoli, cooked*	6 cups
Chickpeas, canned*	1.5 cup
Pinto beans, canned*	1.5 cup
Kidney beans, canned*	1.5 cup

- *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.
- Total-5 can be made with 8 oz of unsweetened almond milk or water.
- No more than 1 serving of Total-5 per day.
- **Peanut butter is the least preferred of all nut butters. Test pulse after eating to check for sensitivity.

Correction Day



If your weight goes up 2 pounds or more above your Phase II end weight, a specific correction day is needed to reset your hypothalamus. This must be done on the exact day that you notice your weight increase for maximum results.

Correction Day Instructions:

Do not eat all day, only consume plenty of water and unsweetened tea during the day. That same night, prepare one of the Beyond Protein alternatives and one raw apple or tomato.

NOTE: Do NOT do more than 1 correction day in a row.

If you do not lose 2 pounds and get back to your maintenance weight, you can use the mini-protocol as outlined below.

Mini-Protocol

To be used for only 1-2 days following a correction day. Expect 1 lb. of weight loss for each day this mini-protocol is followed.

Instructions:

Drink ½ to 1 gallon of water during the day.

Skip breakfast OR, if you cannot do so, eat 2 whole eggs OR 1 protein substitute from the list.

For lunch, make a lettuce wrap with 5 oz protein substitute (option to include 1 tsp. of mayo if desired).

For dinner, prepare a large portion of protein with a small salad and MCT oil/ vinegar dressing.

- No starches
- No fruit
- Spices (without any added sugar) are allowed

If necessary, you can repeat the correction day and repeat the rotation as needed until you are back at your Phase II ending weight. DO NOT use this to lose weight beyond your Phase II progress.

Example: Day 1: Correction Day
Day 2: Mini-Protocol
Day 3: Mini-Protocol
Day 4: Correction Day