

TD Protocol 820 per day

<p>PROTEINS- 5 OZ before cooked per serving 2 ½ times per day-protein can be spread throughout the day</p>	<p>VEGETABLES 2-3 cups per day Lettuce, celery and cucumber is unlimited</p>	<p>FRUITS- 2 a day</p>	<p style="text-align: center;">STARCH <u>ONE SERVING</u> A DAY SNACKS 1-2 per day</p>	<p>FATS- Choose 1 per day (do not have any olive oil, canola or vegetable oil on plan) Dairy-You can have 1-2 per day</p>
<p>White Chicken Filet Mignon (or leaner cuts of steak) Tilapia Blue Fish Salmon Extra lean Ground beef or chicken Round Shrimp 2-3 slices of fat free or low sodium lunch meat Ocean Perch White Fish Clams (10) White Pork Crab (no artificial carb) Veal Sea Bass Venison Lobster Catfish Tuna or canned tuna 1 can packed in water (no oil) Flounder White Turkey 1 slice bacon 2-3 slices Turkey Bacon Salmon Shrimp Roast</p>	<p>Greens Celery Radishes Asparagus Beet Pumpkin Spaghetti squash Brussel Sprouts Cucumber Bean Sprouts Onion Broccoli Spinach Bell Peppers Tomato Cauliflower Lettuce Green Beans Mushrooms Carrots Cabbage Peas 2 Dill Pickles Zucchini Avocado 1/4 to 1/2</p>	<p>Apples Peaches Oranges Pears Cantaloupe Plums Nectarines Grapefruit ½ cup is one fruit: Strawberries Blueberries Grapefruit Raspberries Cherries NO: Banana, grapes, pineapple. You can try watermelon as a caution food</p>	<p><u>Breads</u> Ezekiel Bread / 2 slices- Ezekiel English muffin-1 Corn Tortillas – 2 tortillas- must be corn made with "lime" water, no wheat add (ideally look for 100 calories for 2) <i>ZERO CARB BREAD or Bagels, Flat-out wraps-1-1/2</i> <u>Pasta</u> Miracle, konjac or shirataki noodles 2 cups <u>Rice</u> ¼ cup brown rice or sprouted brown or white or shirataki rice (1 cup) <u>Snacks 1-2 per day (do not have Atkins, quest chips or skinny popcorn on the same day, choose only one of those)</u> 1-2 TBSP of almond flour Skinny popcorn - 1 cup or 100 calorie bag Quest Chips-1 bag 10 Almonds Atkins "indulge" snack bars, only 1 per day</p>	<p><u>Fats one per day:</u> Cream cheese 1 tablespoon Butter - 1 tablespoon Mayo- 1 tablespoon Peanut/Almond Butter- 1 TBSP Coconut oil: 1 TBSP <u>Dairy 1-2 per day</u> FF Sour cream / 2 tablespoons Lite Cheese - 2 oz Lite Cream cheese 2 oz 2 Lite laughing cow or lite baby bell Fat free sour cream- 1 tablespoon Low carb yogurt (Dannon lite and fit, fage 0)</p>

Eggs -2 eggs is one protein
1 cup fat free cottage cheese
Approved TD/HCG Protein Shake 1 full shake is 1 protein
Protein Shakes: Premier Protein, Atkins Advantage, EAS Advant Edge.

Protein bars
Dr Atkins products One Bar, Pure Protein, Quest, Detour, Atkins Morning Bars, Extend Bar, Russell Stover Sugar Free Bar, Think Thin Bar, KIRKLAND

MILKS

Almond Milk unsweetened ½ cup per day

FAIRLIFE LACTOSE & FAT FREE Skim
Skim Milk
Fat Free Lactaid ½ cup
SOY MILK
Coffee Cream
Coffee Mate original packet
Fat Free 1/2 & 1/2

Atkins meals-1 per day

Healthy Choice- 200 calories or less

Lily's sugar free chocolate chips
Low carb yogurt
Anything sugar free
Sugar free/Fat free Cool Whip 1 TBSP
Sugar Free pudding (make with unsweetened almond or skim milk)
Sugar Free Jell-O
Low sugar Fudgsicles, popsicles
Rebel Ice Cream or Halo ½ cup
Alcohol on the plan-ounce per week, drop 1 fruit when having for optimal results:

Alcohol choices-once per week:

Vodka, Tequila, Low Carb Beer: Michelob Ultra, Rolling Rock Green Lt, Bud Select 55, Busch Light, Miller Lite: all less than 3 net carbs
"Light Margaritas and Mojito's" from Skinny Girl,
Cuervo: 4 oz: 140 cal, 3-9 net carbs
Straight Alcohol- 0 carbs,
Wine (red & white): 3 net carbs/5 oz --careful with these

Condiments:
Sugar free
Ketchup or BBQ sauce (do not have if it has more than 2 grams of sugar and 2 grams fat)
Any Walden farms Opa dressing (in bagged salad section)
Skinny girl dressings
Lemon
Franks hot sauce
Braggs amino acid
Vinegar
Low sodium soy sauce (limit to 1-2 TSPs, due to sodium)
Mustard (no honey mustard)
Horseradish sauce
Use salt liberally

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEIGHT	1-Fat 2 ½ Protein 2 Fruit 2-3 cups Vegetable 1Starch 1-2 Snack	1-Fat 2 ½ Protein 2 Fruit 2-3 cups Vegetable 1Starch 1-2 Snack	1-Fat 2 ½ Protein 2 Fruit 2-3 cups Vegetable 1Starch 1-2 Snack	1-Fat 2 ½ Protein 2 Fruit 2-3 cups Vegetable 1Starch 1-2 Snack	1-Fat 2 ½ Protein 2 Fruit 2-3 cups Vegetable 1Starch 1-2 Snack	1-Fat 2 ½ Protein 2 Fruit 2-3 cups Vegetable 1Starch 1-2 Snack	1-Fat 2 ½ Protein 2 Fruit 2-3 cups Vegetable 1Starch 1-2 Snack
BREAKFAST							
LUNCH							
DINNER							
SNACKS-							
WATER-100 oz.							