



DIETER NAME: _____

WEEK OF: _____

DAY/ MEAL	BREAKFAST	LUNCH	DINNER	SNACKS	WATER	OLIVE OIL & SALT	VITAMINS & MINERALS
1			<i>See Phase 1</i>		8 glasses	1-2 Teaspn Olive Oil 1 Teaspoon Sea Salt	Multi-V: 2 Cal-Mag: 4 Pot-Cal: 1
2			<i>See Phase 1</i>		8 glasses	1-2 Teaspn Olive Oil 1 Teaspoon Sea Salt	Multi-V: 2 Cal-Mag: 4 Pot-Cal: 1
3			<i>See Phase 1</i>		8 glasses	1-2 Teaspn Olive Oil 1 Teaspoon Sea Salt	Multi-V: 2 Cal-Mag: 4 Pot-Cal: 1
4			<i>See Phase 1</i>		8 glasses	1-2 Teaspn Olive Oil 1 Teaspoon Sea Salt	Multi-V: 2 Cal-Mag: 4 Pot-Cal: 1
5			<i>See Phase 1</i>		8 glasses	1-2 Teaspn Olive Oil 1 Teaspoon Sea Salt	Multi-V: 2 Cal-Mag: 4 Pot-Cal: 1
6			<i>See Phase 1</i>		8 glasses	1-2 Teaspn Olive Oil 1 Teaspoon Sea Salt	Multi-V: 2 Cal-Mag: 4 Pot-Cal: 1
7			<i>See Phase 1</i>		8 glasses	1-2 Teaspn Olive Oil 1 Teaspoon Sea Salt	Multi-V: 2 Cal-Mag: 4 Pot-Cal: 1

* Only 1 of the following **IP foods** are permitted per day (and can NOT be a snack before bedtime - ok if you have your snack between lunch in dinner)

- All Bars
- All Soy Puffs
- All Soy Nuts
- All Ridges
- Cheese Curls
- Chili
- Oatmeal
- Pancakes
- Muffins
- Crepes

****Spaghetti**

**Only allowed 2 times per week

Don't forget your Ready-Mades!!