

IDEAL PROTEIN DIETER SHOPPING LIST



VEGETABLES: SELECT (2 CUPS PER MEAL)

- ☐ Alfalfa
- ☐ Asparagus
- ☐ Bamboo Shoots
- ☐ Bean Sprouts
- ☐ Bell Peppers
- ☐ Broccoli
- ☐ Cabbage (All)
- ☐ Cauliflower
- ☐ Celeriac
- ☐ 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!