

# PROTEIN FAST

## PROTEINS

### Poultry

Egg Whites  
Chicken  
breast,  
skin removed  
Chicken (ground)  
Turkey (Breast)  
Turkey Bacon

### Fish/SEAFOOD

Cod  
Flounder  
Grouper  
Haddock  
Halibut  
Orange Roughy  
Tilapia  
Perch  
Trout  
Tuna (fresh or low-sodium in can)  
Salmon  
Shrimp  
Scallops  
Mussels

## VEGETABLES

Alfalfa Sprouts  
Asparagus  
Broccoli  
Brussels Sprouts  
Cabbage  
Celery  
Cucumbers  
Eggplant  
Green beans  
Garlic  
Okra  
Onions  
Pea Pods  
Peppers  
Scallions  
Summer Squash  
Mushrooms  
Zucchini

## GREENS

Arugula  
Beet greens  
Collard greens  
Spinach  
Kale  
Lettuce, romaine  
Turnip greens  
Mustard greens  
Parsley

### YOU MAY ADD:

UP TO 2-10oz Protein Shakes a day (minimum 20g protein)

UP TO 2- ¼ cup servings of raw almonds

Use Lemon juice or Vinegar for dressing on salads

- **Do not deviate from this list at all. NO midnight snacks that are not on the list**
- **Pay strict attention to portion sizes**
- **Do NOT use oil, mayonnaise, salad dressings (except those allowed), butter margarine, or any other added oils. ONLY cook with FAT FREE cooking spray!**
- **AVOID: Carbonated Beverages, Cheeses, Egg Yolks, Peanut Butter, Canned Vegetables, Beef and Ham, Hot dogs, Lunch Meat, Salt (any kind), Puddings (Fat-Free, Sugar-Free), Catsup, Pickles, Tomato Juice, Bread (any kind) and ALL SWEETS (Except Sugar-Free Hard Candies!)**