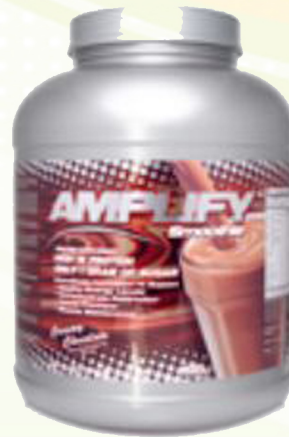
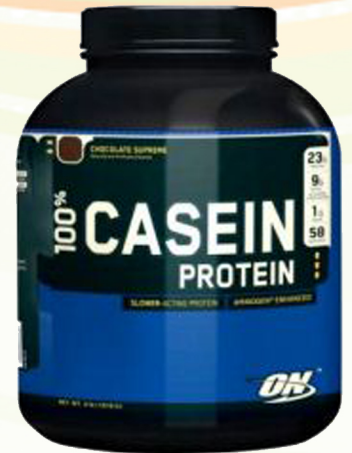


# PROTEIN CHOICES

- Skinless chicken or turkey breast
- tuna
- lobster
- crab
- egg whites/ egg substitute
- Shrimp



Amplify



ON 100%  
Casein

# VEGETABLES

- Spinach
- Broccoli
- various lettuce forms
- asparagus
- artichokes
- kale
- cauliflower
- celery
- cucumber
- red/ green/ yellow peppers



# CONDIMENTS

- Lemon Juice
- all spices
- vinegar
- mustard
- Walden farms no-calorie low carb condiments and dressings



# BEVERAGES

- Water
- coffee (no cream or sugar)
- Teas
- NO Alcohol (None. Yes, for 28 days)



# FISH OILS

- 5-6 grams of EPA/DHA (the good stuff)
- Enteric Coating (or Freezer)



wiseGEEK

**Add Ground Flaxseed to your Shakes**