



The Amino Accell™ Diet Plan

Summary of allowable 750 calorie diet foods (Phase2) with caloric values for those dieters who absolutely would not feel comfortable without more details:

Breakfast, Lunch and Dinner:

100 grams of Lean meat: 3 ½ ounces (raw) / 3 ounces (cooked)

Lean Beef, veal, chicken breast, turkey breast, fresh white fish, lobster, crab or shrimp.

Substitutions:

You may use 4 eggs (1 whole plus 3 whites), ½ cup fat free cottage cheese occasionally as your protein or 1 serving of pure, unsweetened whey protein.

Fruits: Pick 2 fruits per day

Vegetables: Pick up to 6 cups of non-starchy vegetables per day – mixing is allowed

Breakfast, Lunch and Dinner: (1) 3-4 ounces of one Lean meat or white fish: (weighed raw), Grilled or baked:

- 1). Beef
 - a) Steak
 - b) Extra Lean Ground Beef
 - c) Beef, Roast
 - 2) Buffalo
 - 3) Veal
 - 4) Chicken breast (skinless/boneless)
 - 5) Wild Chilean Sea Bass
 - 6) Wild Flounder
 - 7) Wild Sole
 - 8) Wild Halibut
 - 9) Lobster
 - 10) Crab
 - 11) Shrimp
 - 12) Tuna in water
 - 13) Tilapia
 - 14) Turkey Breast
 - 15) All Wild Game
- **(2) Fruits Allowed:**
Apples, Apricots (raw), Blackberries, Grapefruit, Lemons, Limes, Loganberries, Mulberries, Plums, Raspberries, Rhubarb, Strawberries, Tomatoes
 - **(3) Vegetables Allowed:**
Asparagus, Bamboo shoots, Bean sprouts, Cabbage, Celery, Chives, Cucumbers, Garlic, Leeks, Onions, Parsley, Pimentos, Radishes, String beans
 - **(4) All Lettuce and Greens Allowed**

Anything may be eliminated if desired. But remember to keep both body and mind healthy regarding food and eating. Prepare yourself physically and mentally for your future healthy lifestyle.

Seasonings: As long as there is no sugar or starches added to the seasonings it is allowed. (Walden Farms-best)

Drinks Allowed: Plain spring water, La Croix (carbonated water with natural flavors), mineral water, tea, coffee, are the only drinks allowed, but they may be taken in any quantity and at all times. **You should drink about ½ of your body weight plus about 20 oz. of water per day.**

Breakfast: 1 meat, 1 serving of vegetables

Lunch: 1 meat, 1 fruit, 1 serving of vegetables

Dinner: 1 meat, 1 fruit, 1 serving of vegetables