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Manufacturer: ReCosmo Canada

L = Lunch
D = Dinner1
1 = 1st Snack
2 = 2nd Snack

| | | Week One - Phase Two | | | | | | | Week Two - Phase Two | | | | | | | Week Three - Phase Two | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Weigh self | | | | | | | | | | | | | | | | | | | | | | |
| 10 Drops first thing in the morning | | | | | | | | | | | | | | | | | | | | | | |
| 10 Drops 30 mins before Lunch | | | | | | | | | | | | | | | | | | | | | | |
| 10 Drops 30 mins before Dinner | | | | | | | | | | | | | | | | | | | | | | |
| 2 Proteins (100 g/3.5 oz each) Remove all of the fat from the meat and weigh it before cooking. No oils may be used, and watch out for spices containing sugar. You can find a lot of delicious recipes on our website. | Chicken | | | | | | | | | | | | | | | | | | | | | |
| | Shrimp | | | | | | | | | | | | | | | | | | | | | |
| | White fish (tilapia, halibut) | | | | | | | | | | | | | | | | | | | | | |
| | Extra lean ground beef | | | | | | | | | | | | | | | | | | | | | |
| | Steak | | | | | | | | | | | | | | | | | | | | | |
| | Lobster | | | | | | | | | | | | | | | | | | | | | |
| | Crab | | | | | | | | | | | | | | | | | | | | | |
| | Veal | | | | | | | | | | | | | | | | | | | | | |
| 2 Veggies (only 1 per meal) The original protocol is not very specific about exactly how much a vegetable serving is, so use your best judgment. (One serving is approximately 2 cups of salad, 1 tomato, 1 cucumber, 1 onion, or 1/2 cabbage. Be sure not to mix vegetables.) | Green Salad | | | | | | | | | | | | | | | | | | | | | |
| | Cucumbers | | | | | | | | | | | | | | | | | | | | | |
| | Tomatoes | | | | | | | | | | | | | | | | | | | | | |
| | Celery | | | | | | | | | | | | | | | | | | | | | |
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| | Spinach | | | | | | | | | | | | | | | | | | | | | |
| | Chard | | | | | | | | | | | | | | | | | | | | | |
| | Fennel | | | | | | | | | | | | | | | | | | | | | |
| | Red radishes | | | | | | | | | | | | | | | | | | | | | |
| | Asparagus | | | | | | | | | | | | | | | | | | | | | |
| | Cabbage | | | | | | | | | | | | | | | | | | | | | |
| | Chicory | | | | | | | | | | | | | | | | | | | | | |
| | Beet-greens | | | | | | | | | | | | | | | | | | | | | |
| 2 Bread | Melba Toast | | | | | | | | | | | | | | | | | | | | | |
| | Grissini | | | | | | | | | | | | | | | | | | | | | |
| 2 Fruits | Apple | | | | | | | | | | | | | | | | | | | | | |
| | Orange | | | | | | | | | | | | | | | | | | | | | |
| | Grapefruit (1/2) | | | | | | | | | | | | | | | | | | | | | |
| | Strawberries (handful) | | | | | | | | | | | | | | | | | | | | | |
| Unlimited - Black coffee, Tea, Water (distilled is best) and Sparkling water (Pellegrino, Perrier, etc.) Try to consume at least 2 liters/67.63 oz of fluids per day | 250 ml /8 oz | | | | | | | | | | | | | | | | | | | | | |
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| Sweeteners - Only stevia and saccharin (sweet'n'low) are allowed during Phase 2. No aspartame, sucralose (Splenda), or sugar is allowed. | | | | | | | | | | | | | | | | | | | | | | |
| Spices/Seasonings - You can use any spice you want, again just be sure it doesn't contain sugar. Salt and Pepper are allowed. | | | | | | | | | | | | | | | | | | | | | | |
| You can have gum, but be sure it is flavored with xylitol (a natural sweetener). Most brands of gum use aspartame, which is not allowed. | | | | | | | | | | | | | | | | | | | | | | |