

PERMITTED PROTEINS FOR PHASE 2, 3A, 3B & 3C

From Phase 2 you will be able to eat meat, fish, vegetarian proteins as one of your own protein-based or balanced meals

1 protein-based meal means 1 of the following;

- 3 slices of finely sliced ham, chicken or turkey without fat
- 2 eggs
- 150g lean meat or poultry (skinless)
- 200g fish, seafood or shellfish
- 250g tofu, quorn or soya ✓
- 150g low fat cheese (paneer or cottage cheese) ✓

IMPORTANT

Always cook your protein without fat! You can prepare your meat in these ways: poaching; roasting; grilling; braising & always season.

