

Jorie Weight Loss Center

Eigram, Inc.

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MODIFIED PROTEIN DIET

Unlimited Proteins

Steak (lean)
Eggs or no cholesterol egg substitutes
Broiled lean or fat fish, shellfish
Broiled fowl (chicken or turkey) without skin
Fish canned in water (tuna or salmon)
Low fat cottage cheese, Colby cheese, farmers
Mozzarella, Armenian string cheese, Alpine lace or any low fat, skim milk
cheeses.
Cold cuts such as turkey breast, roast beef but, no other kind

Unlimited Vegetables

Asparagus	Collards	Mustard greens	Beet greens
Broccoli	Dandelion	Radishes	Brussel Sprouts
Endive	Sauerkraut	Cabbage	Escarole
Spinach	Celery	Kale	peppers
Chard	Lettuce	Turnip greens	String beans
Mushrooms	Watercress	Leek	Chicory
			Onions

Unlimited Condiments

Parsley, Cilantro	Vinegar, Mustard
Herbs and spices	Garlic. Onion Powder
Horseradish, Onion powder	Pepper, Paprika
Lemon, lime	Sugar substitutes

Non caloric carbonated beverages: all except brown,
Such as Coca-Cola, Pepsi-Cola, Dr. Pepper, etc.
One spoon of powdered creamer.

Follow minimum three days, maximum seven days. Absolutely nothing else should be eaten. No starches of any kind. Eat three meals or six smaller meals. Eat whenever hungry. Have proteins and vegetables pre-cooked and readily available for picking and taking with you. Essential you take one multiple vitamin daily and six to eight glasses of water daily.