

NO SUBSTITUTIONS, PLEASE

This list has been carefully created to include foods which fit the parameters of the Vegetarian Protocol. They contain the correct balance of carbs, fat & protein per serving so as not to interrupt Fat Burn or weight loss. None of these items would be allowed on protocol if we hadn't identified a specific **brand**, **item** and **quantity** that was right for our plan.

Therefore, no substitutions are allowed. The only exception would be if you identified an item that was **exactly equivalent or lower** in terms of carbs and fat, and **equivalent or higher in protein** – in which case you should tell us about it, and we may consider adding it to our list.

Please do your homework before suggesting or asking about substitutions. We won't be able to check the nutritional value of every product you're curious about. Plus, learning to determine equivalency yourself is GREAT PRACTICE for long-term maintenance. Ask your coach for the handout **entitled "How to Read a Food Label"** if you'd like guidance. Pay Attention to **servicing sizes** & whether or not a food is **Limited**.

PRODUCE

[Outer Aisle](#) Cauliflower Pizza Crusts

[Outer Aisle](#) Sandwich Thins (any flavor **except** 'EVERYTHING')

[Miracle Noodle](#) - Shiritaki (Konjak) 'Noodles' or 'Rice'

[Smart Baking Co](#) SmartBuns

[Palmini](#) - Hearts of Palm 'Pastas' or 'Rice'

[Hunts](#) Tomato Sauce

[Rao's Homemade](#) Tomato Basil Pasta Sauce

[Kirkland Organic](#) Roasted Seaweed Snack (.5 oz)

[Trader Joes](#) Roasted Seaweed Snack

DRESSINGS, SAUCES & MAYONNAISE

[G Hughes Sugar Free](#) Sauces and Dressings

- Salad Dressings: Sweet Vinaigrette, Italian, Honey Dijon

[Primal Kitchen](#)

- Salad Dressing: [Dreamy Italian](#)
- Mayo and Aioli: [Avocado Oil](#), Garlic & Pesto

[Chosen Foods](#)

- Mayo: Avocado Oil, Roasted Garlic, Lime Avocado and Classic

[Walden Farms](#) Salad Dressings - Zero carbs, zero fat! (any flavor)

FATS & OILS

[Trader Joes](#) Organic Coconut Cream

[Thai Kitchen](#) Unsweet Coconut Cream (**2 tbsp**) = **1/2 FAT**

[Philadelphia](#) Cream Cheese or Neufchatel Cheese

SEASONINGS

[Heinz](#) No sugar added Ketchup

E180 Weight Loss Protocol

Allowed Store-Bought Foods List



[Trader Joe's](#) Peri Peri Hot Sauce

BEVERAGES

[So Delicious](#) Organic Original (Unflavored ONLY)

[Milkadamia](#) Unsweet. Macadamia Creamer

[Nut Pods](#) Original Unsweetened Almond + Coconut Creamer

SWEETENERS & WATER ENHANCERS

[Trader Joe's](#) Organic Liquid Stevia

[Safeway](#) Select Liquid Stevia, Select Liquid Sucralose

[Sweet Drops](#) Liquid Stevia

[Lakanto](#) (Erythritol & Monk Fruit)

[Dasani](#) Water Enhancers (Sucralose)

[Stur](#) Water Enhancers (Stevia-sweetened)

PROTEINS

[Dymatize](#) Iso100 Whey Isolate Protein Powder

[Elite Casein](#) 100% Micellar Casein Protein Powder

[Isopure Nature's Best](#) Plant-Based Protein Powder (**Vegan**) (Pea & Rice)

["It's Just"](#) Egg White Protein Powder

[Optimum Nutrition](#) Gold Standard Casein Protein Powder

[Vega](#)® Essentials - Plant-Based Protein Powder (**Vegan**)

MEAT SUBSTITUTES

[Beyond Meat](#)

- 'Beef' Crumbles
- 'Beef' Patty
- Breakfast 'Sausage' Links
- Beyond 'Sausage' (Hot Italian, Sweet Italian, Brat Original)

[Quorn](#) Meatless Protein (Mycoprotein + Egg)

- Filets (Plain)
- Pieces (Plain)
- Strips (Plain)
- **Vegan Meatless Fillets** (plain)

DAIRY

[Valbreso](#) Feta (Sheep's Milk)

[: Ratio](#) Yogurt (any flavor)

[Yoplait](#) YQ by Yoplait - Yogurt (Plain ONLY)

[Two Good](#) Greek Yogurt

[Friendship Dairies](#) Keto Friendly Cottage Cheese

[Good Culture](#) 2% Keto Certified Cottage Cheese

OTHER FOODS

[Franz](#) Keto Bread

E180 Weight Loss Protocol

Allowed Store-Bought Foods List

[Franz](#) Keto Hamburger Buns

[Eden](#) Organic Black Soybeans (Canned)



SEA SALT

Salt (sodium) is one of the key electrolytes to support on a low-carbohydrate diet. Salt with extra minerals replaces both sodium and micro-minerals lost when the body uses up glycogen (back-up carbs stored in your muscles and liver) during ketosis.

- [Redmond](#) - 'Real Salt' Sea Salt (E180's Favorite!)
- [Costco](#) - Kirkland Signature Mediterranean Sea Salt
- [Costco](#) - Kirkland Signature Pure Sea Salt

SUPPLEMENTS

LIFE EXTENSION FOUNDATION

LEF is our main source for pharmaceutical-grade supplements. We consider them the best in terms of quality + price. We stock LEF supplements in-house for our clients.

- High Quality Multi Vitamin
- Potassium Citrate (99mg/day)
- Cal/Mag (1000/500 mgs/day)
- Omega EFAs (3000-4000 mgs/day)
- Vitamin D
- BCAAs - Capsules ONLY

BRANCHED CHAIN AMINO ACIDS - Powder

*Important for exercisers, vegetarians or vegans. For those who prefer BCAAs in a powdered form, here are some reliable, lab-tested brands with <1 g carb per serving. Look for BCAAs in ratio 2:1:1

- [Optimum Nutrition](#) Gold Standard BCAAs - Unflavored
- [Dymatize](#) BCAAs - Fruit Punch
- [Clean Machine](#) Vegan BCAAs* - Any Flavor
- [TRUTH Nutrition](#) Vegan BCAAs* - Any Flavor
- [RSP AminoLean Anytime Energy](#) (pre workout) - [Costco](#) - Any Flavor
- [RSP AminoLean Recovery](#) (post-workout) - on [RSP website](#) - Any Flavor

Branched-chain amino acids are essential nutrients that the body obtains from proteins found in food, especially meat, dairy products, and legumes. They include leucine, isoleucine, and valine. "Branched-chain" refers to the chemical structure of these amino acids. People use branched-chain amino acids for medicine.

ELECTROLYTE POWDER

Electrolyte supplementation is essential to feeling well on our protocol. You especially need sodium, potassium, calcium and magnesium. You receive these from your daily Sea Salt and Highly Recommended supplements, but you can also add them to your water!

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Allowed Store-Bought Foods List



- [Ultima](#) Hydrating Electrolyte Powder (Any Zero-Carb Flavor)

Note: the 90-serving cannisters are the most economical electrolyte supplement we've found.