

Fruit does not make dieters gain weight, but can prevent them from losing weight because of the glucose it provides the body upon consumption. Glucose is what we are trying to restrict while the body is in the weight loss phases. Fruit is, of course, packed with vital vitamins and nutrients and this is another reason for the Ideal Protein supplements that dieters take.

Fruit is restricted in Phases 1 & 2, but is reintroduced beginning in Phase 3. The fruit drinks provided by Ideal Protein are a delicious temporary substitute until Phase 3.