

Attack Phase Memento

Main Rules

1. Attack Phase takes from 1 to 10 days. During that time you are allowed to choose your meals only from the eight categories listed below.
2. Providing that you will eat only foodstuffs to be included in the categories below, there are no quantity or frequency limitations to your meals.
3. You can mix categories with no further restrictions.
4. Foods listed below are allowed. Foods not listed below are forbidden.
5. Attack phase will only take a few days.

Allowed Foods

Lean Meat

Beef, veal, horse meat, poultry (no skin + duck and goose excluded; chicken and turkey are the best candidates). Preferably boil the meat. You can also bake it or roast.

Offal / giblets

Liver, chicken liver, kidneys, ox tongue.

Fish

Every kind of fish: lean, fat, raw, roasted, boiled, sea/freshwater.

Seafood

Shellfish, mollusks, crustaceas.

Poultry

Except duck. No skin.

Cured meat.

Lean cured meat, if possible cured poultry meat or the leanest ham if you feel that you have to eat ham at all

Eggs

All kinds.

Dairy products.

Light, fat-free, fat-reduced.

Drinks / Other

Water: You should drink 50,7 fl. Oz = 1,5 L of water (preferably mineral, low-mineralized) a day

Condiments and spices: coffee, tea, herbal tea, vinegar, herbs, spices, sauerkrauts, lemon, salt, mustard (do not go crazy though).