



Lean Body Canada Guide – How to Master Maintenance

This guide covers the two phases of the Lean Body Canada Diet:

M1 (Maintenance 1) & M2 (Maintenance 2) (both are three-week phases)

Lean Body Canada Maintenance 1 (M1) Guide... keep the weight off for good

This phase lasts three weeks and is critical to your success. This is when your body will adjust to its new, higher metabolism, which will allow you to maintain your weight. You will not take Lean Body during M1; you will weigh yourself daily and eat from a specific list of foods. To maintain your weight loss, your body requires the number of daily calories equal to your BMR + activity level, including 100 or more grams of protein.

The most common cause of weight gain in M1 is not eating enough. Don't make the mistake of eating less to lose more weight in M1, as it will backfire. If your weight goes 2.0 pounds above your LDW (Last Dose Weight), you will do a correction day (details for a Correction Day on pages 14-15) that same day. Simply select ONE option from this guide and follow it.

This guide will take you through a six-week maintenance period that will allow your body to rest from dieting and stabilize at your new lower weight. When you have finished six weeks of maintenance you can start the Lean Body Canada Diet again if you would like to lose more weight. Each period of dieting must be followed by this six-week maintenance period for best long-term results.

Maintenance consists of two three-week phases: Maintenance 1 (M1) and Maintenance 2 (M2). Below you will find a list of foods you can eat on M1 while your body learns to stabilize at your new weight. This is the "Go-To" list for your meals and snacks in M1.

Your daily calorie intake is determined by your BMR. The more you weigh and the more active you are, the more calories you need to stabilize.

To discover your own BMR you can use any BMR calculator on the internet to pinpoint your DCI or call our Lean Body Canada Nutritional Councilors at (416) 613 - 5889

If you increase your activity level you will need to increase your daily caloric intake. The BMR calculator can help you make adjustments.

It may be tempting to eat less and try to lose more weight during Maintenance, but don't!

It's critical to your long-term success that your body rests and is allow to stabilize at its new weight before continuing to reduce.



Maintenance 1 (M1) “No Caution” Foods Chart

These are foods you can eat without restriction, up to your daily calorie limit.

ITEM	Calories/Oz.	ITEM	Calories/Oz.
Beverages			
Coffee (all types, no sugar)	0	Tomato Juice	5
Espresso	0	Vegetable Juice (V8)	6
Tea (all types, no sugar)	0	0 Water (all varieties)	0
Lemon or Lime Juice – fresh	7	Perrier, Club Soda	0
Almond Milk (unsweetened only)	*	Soy Milk (unsweetened only)	*
Fish (Calories listed are per ounce. Average serving = 4 oz. Farmed have different caloric value.)			
Bass (Sea and Striped)	27	Salmon	
Burbot	25	Atlantic (Wild)	40
Butterfish	41	Chinook	50
Carp	36	Chum	34
Catfish (Farmed)	33	Coho (Wild)	41
Cod (Atlantic & Pacific)	23 & 19	Pink	36
Croaker	29	Sockeye	40
Cusk	24	Shark	36
Devilfish (Alaskan)	27	Snapper	28
Drumfish	33	Sole	20
Flounder	20	Sturgeon	29
Grouper	26	Swordfish	40
Haddock	21	Tilapia	27
Halibut (Atlantic & Pacific)	25	Tilefish	27
Halibut (Greenland)	52	Trout	
Herring (Atlantic)	45	Brown	41
Ling, Ling Cod	24	Rainbow (Wild)	33
Mahi-mahi	25	Sea	29
Monkfish	21	Tuna	
Mullet (striped)	33	Bluefin	40
Northern Pike	25	Canned in Water*	32-38
Orange Perch (Atlantic)	22	Skipjack	29
Orange Roughy	21	Yellowfin	31
Pike (Walleye)	26	Turbot	27
Pollock (Atlantic)	26	Whiting	25

^ = check product label for calories

Rockfish (Pacific)	25	Whitefish	38
Sablefish	55	Walffish	27
Shellfish (Calories listed are per ounce. Average serving = 4 oz.)			
Crab (Blue, Dungeness, King, Queen)	24-25	Oysters	14-23
Crayfish (Wild)	22	Scallops	19
Lobster	22	Shrimp	20
Meat (Calories listed are per ounce. Average serving = 4 oz.)			
Beef		Lamb	
Bottom Round	35-54	Ground	79
Brisket	34-78	Loin	37-87
Chuck Roast	32-78	Ribs	45-81
Eye Round	33-49	Ostrich	
Filet Mignon	41-77	Ground	46
Flank Steak	38-46	Top Loin	33
Lean Ground	38-93	Pheasant	37
Ribeye	41-76	Pork	

ITEM	Calories/Oz.	ITEM	Calories/Oz.
Short Ribs	48-108	Chop or Roast	34-80
Top Sirloin	35-60	Chop Sirloin	35-40
T-bone	53-65	Ground	33-74
Tenderloin	41-77	Ribs	62-78
Top Roast	39-49	Rinds (1/2 oz)	76
Bison		Tenderloin	30-34
Ground	41-62	Quail	38
Roast	31-55	Veal	
Chicken (canned* or fresh)		Breast	58
Dark (no skin)	35	Ground	40
White (no skin)	32	Leg	29-32
Duck		Loin	22-45
Breast	34	Rib	33-45
Whole (Domestic)	113	Shank Roast	30-32
Emu (ground)	38	Shoulder	31-36
Goose w/skin	104	Sirloin	30-42
Goat	31	Turkey (white & dark, no skin)	31
		Venison	34
Eggs & Protein Shakes			
Egg (1 large / 1 extra large)	71 / 80	Tempeh (1 oz.)	54*
Protein Powder (0-5 carbs, sweetened w/stevia)	100-120*	TVP-Textured Vegetable Protein (1/4 cup dry)	80
Seitan (1 oz.)	30*	Tofu, firm (1 oz.)	35*
Fruit (Calories listed are per ounce. Average serving = 1/2 CUP.)			
Apricot	13	Gooseberries	12
Apple	15	Kiwi	17
Applesauce (unsweetened)	*	Lemon	8
Avocado	45	Lime	8
Blackberries	12	Loganberries	15
Blueberries	16	Mulberries	12
Cherries		Nectarine	12
Red Sour	14	Orange	13
Sweet	18	Papaya	12
Coconut (dried, unsweetened)	185	Peach	11
Cranberries (fresh)	13	Pear	16
Currants	16	Pineapple	14
Elderberries	20	Plum	13
Figs (raw)	21	Raspberries	15
Grapefruit		Rhubarb	6
Pink & Red	9	Strawberries	9
White	9	Tangerine (Mandarin Orange)	15

* = check product label for calories



ITEM	Calories/Oz.	ITEM	Calories/Oz.	
Vegetables (Calories listed are per ounce. Average serving = 1/2 CUP.)				
Alfalfa Sprouts	6	Mung Bean Sprouts	8	
Artichoke	13	Mustard Greens	7	
Asparagus	6	Mushrooms		
Bamboo Shoots	8	Brown, Cremini, Italian	6	
Beet Greens	6	Enoki	10	
Broccoli	10	Morel, Porcini, Portobello	6	
Brussels Sprouts	12	Onions	11	
Cabbage (Red or White)	7	Snow Peas	12	
Carrots	11	Peppers		
Cauliflower	7	Bell, Banana	6, 8	
Celery	4	Hot Green & Red	11	
Collard Greens	8	Radish	4	
Cucumber (Peeled)	3	Seaweed (Kelp)	12	
Eggplant	7	Snap Beans (Green, Yellow)	9	
Endive	5	Spinach	6	
Fennel	9	Squash - Zucchini	5	
Green Beans	9	Scallop, Summer, Straight Neck	5	
Kale	14	Spaghetti Squash	7	
Lettuce		Swiss Chard	5	
Bibb, Boston, Butter, Iceberg	4	Tomato (Red, Green, Orange)	5, 6, 4	
Romaine	5	Turnip	8	
Nuts, Nut Butters, Seeds, Oils				
Coconut (1 oz. dried, unsweetened)	185	Flax Seeds (1 oz)	150	
Coconut Milk, Canned (no added gums or sugars) (1 oz)	53	Olive Oil (1 TBSP)	124	
		Coconut Oil (1 TBSP)	121	
Condiments (Check labels; watch for added sugars.)				
Capers (1TBSP)	3	Vinegar (apple cider, balsamic, brown rice, champagne, distilled, garlic wine, golden balsamic, Italian herb, malt, organic red wine, rice, tarragon, white distilled, white wine)	3-25 Calories Per TBSP	
Horseradish (1TBSP)	7		Check label	
Mustard (1 TBSP, no sugars)	9-12			
Olives (1 oz, Black, Green)	32			
Pickles (1 oz dill, not sweet)	3		Wasabi Sauce (1 TBSP)	15
Salsa (2 TBSP, check for sugar)	10-25*		Worcestershire Sauce* (1 TBSP)	11
Soy Sauce (1 TBSP)	8			
Spices/Seasonings/Sweeteners (Check labels; watch for added sugars.)				
Allspice	Basil	Bay Leaf	Cayenne Pepper	
Celery Salt				
Chili Powder, Chili Seasoning				
Chinese Style Five Spice				
Cilantro (fresh)		Cinnamon		
Cocoa (unsweetened)				
Coriander		Creole Seasoning		
Cumin (ground)		Dill (fresh & seed)		
Garlic (cloves, granules, powder, salt)				
Ginger				
McCormick (Garlic Pepper Grinder, Italian Herb Seasoning Grinder, Steakhouse Seasoning Grinder, Broiled Steak Seasoning Salt, Rotisserie Chicken Seasoning, Herb Chicken Seasonings)				
		Mint Leaves (dried or fresh)	Nutmeg	
		Onion (powder or salt)		
		Oregano (dried)	Paprika	
		Parsley (fresh or dried)		
		Pepper (ground and peppercorns)		
		Poultry Seasoning		
		Reese All Purpose Steak Salt		
		Rosemary (fresh or dried)		
		Sage (dried)	Salt	
		Spice Islands (Herbes De Provence, Ground Chipotle)		
		Stevia (Sweetleaf brand has no additives)		
		Thyme, Thyme Leaves		
		Tony Chachere's Original Creole Seasoning		
		Turmeric	White Pepper	
		Weber Grill Creations N'Orleans Cajun Seasoning		
Sauces and Gravy* (Check labels; watch for added sugars.)				
Au jus gravy, Creole sauce, Curry sauce, Marinara, Mole verde, Mushroom, Oyster, Taco Sauce – Red or Green, Tamari				

* = check product label for sugar and calories



M1 “Caution” Foods

Here is a list of foods widely known as “Caution” foods for Maintenance 1 (M1). The trick to including them during Maintenance is not to have too many, but there is no set number for “too many.” This is our suggested schedule for adding caution foods to stabilize your new weight as quickly as possible:

M1 Week 1: 1 “Caution” food per day

M1 Week 2: 2-3 “Caution” foods per day. The additional caution foods are to be added only if your weight was stable in Week 1, meaning you did not have to do a Correction Day (explained in this guide). If your weight was not stable, within two pounds, during one week, continue with the Week 1 schedule until stable.

M1 Week 3: 3-4 “Caution” foods per day. Again, only add more “Caution” foods if your weight was stable in Week 2. Your goal is to gradually add “Caution” foods and stabilize while doing so, as that will make Maintenance 2 and beyond very easy for you! * = check product label for calories

ITEM	Calories/Oz.		ITEM	Calories/Oz.
Caution Meat – All processed meats are Cautionary during M1 (No sugar added is preferred.)				
Bacon* (2 slices)	105		Jerky* (2 oz beef, pork, turkey, venison)	120-180
Canadian Bacon* (1 serving)	60-90		Sausage (1 serving*)	120-250
Hot Dogs* (1 serving)	120-200		Deli/Lunch Meats (1 serving*)	80-200
Caution Nuts & Nut Butters (Limit to 1 ounce per serving.)				
Almonds			Hazelnuts	176
Butter	177		Macadamia Nuts	201
Flour	160		Mixed Nuts	173
Nuts	190		Peanut Butter* (no sugar added)	85-100
Paste	128		Peanuts	159
Brazil Nuts	190		Pecans	193
Coconut Flour (2 Tbsp.)	60		Walnuts	183
Caution Dairy Products (Limit to 1 ounce per serving.)				
Cheese* (1 oz): American, bleu, brie, camembert, cheddar, colby, feta, Swiss, fontina, goat, gouda, gruyere, ricotta, Monterey jack, mozzarella, muenster, parmesan, pepper jack, provolone, Romano, Roquefort, string, etc)	90-125		Cream Heavy	
			Heavy	97
			Light	55
			Sour	54
			Cream Cheese (regular / fat-free)	96 / 29
			Half & half	36
			Milk (skim, 1%, 2%, whole)	40-75
Cottage Cheese (1/2 cup)	97		Yogurt (1/2 cup plain only)	75
Caution Condiments (Check for sugars and use VERY sparingly.)				
BBQ Sauce*	50-70		Steak Sauce* (1 TBSP)	15-35
Ketchup*	10-20		Tartar Sauce* (1 TBSP)	60-80
Mayonnaise* (1 TBSP Light or Regular)	35-100		Vinaigrette* (balsamic, barbeque, basil, Greek, herb, Italian, red wine)	25-80
Salad Dressings*	40-90			
Caution Fats & Oils (Limit to 1 ounce per serving.)				
Bacon Grease	251		Oil (cod liver, salmon, flaxseed, ghee, margarine, almond, avocado, canola, soybean, cashew, cocoa butter, walnut, cottonseed, grapeseed, hazelnut, palm, peanut, safflower, sesame, wheat germ)	80-140
Butter	201			
Cooking Spray*	0-1			
Margarine (1 TBSP)	100			
Caution Beverages - limit to ONE 5 ounce serving per day, which must be consumed WITH a meal. One serving of wine counts as one of your daily caution foods. No dessert wines (port, sauternes, barsac, etc.)				
Red table wine (Burgundy, Cabernet, Zinfandel, Merlot, Pinot Noir, Shiraz, etc.)	127-145		White table wine (Chenin Blanc, Pinot Blanc/Grigio, Sauvignon Blanc, Chardonnay, Riesling, etc.)	121-150



Lean Body Canada Maintenance Notes

The switch to Maintenance can be the biggest challenge of the Lean Body Canada Diet. During these six weeks you will need to eliminate foods that have been allowed while you were losing weight and you will begin to weigh DAILY instead of weekly. You will start using a new life tool called a “Correction Day” and you will learn more about “caution foods.” Just as the LCD was a change, with new lessons to be learned, M1 will be also.

Weigh yourself daily. While we don’t want you to trade one addiction or obsession for another, it is critical that you weigh daily during Maintenance. You will have to watch the scale to make sure you do a “Correction Day” the **very same day** if you go more than two pounds over LDW. (LDW is your weight on the last morning of LCD with the Lean Body Canada supplement, not the morning after.) This rule applies even if you suspect that your gain is due to your menstrual cycle, too much physical activity, or other non-food related causes. (See Correction Day Information on page 23.)

You do not want to mess around with this! It is very difficult to correct a 2+ pound gain if you don’t do a Correction Day ON the day that you go more than two pounds over your LDW. You have worked hard to get to this point, so if this rule means that you have to pack your scale and take it with you on vacation, then do it!

Calorie Intake Breakdown:

While you are in Maintenance you will reach your BMR+Activity caloric needs by choosing foods portions/allowances from the charts above. You will start each meal and snack with a protein and a vegetable. Include fruits and other items from the “No Caution” food chart to reach your daily calorie total that has been established according to your BMR.

Now that you are in maintenance please pay attention to these changes:

- Grains/Seeds are not allowed in M1.
- Protein content needs to be 100-150 grams per day (increased from the 65-90 you were consuming while on the diet).
- Protein: You no longer have the requirement of removing the skin and fat from your protein foods. This means great NEW additions to your choices for protein! Utilize our food guide charts to make sure your protein choice is appropriate for the stage you are in.
- Fruit: No daily limitation on fruit servings
 - *Note:* If your weight becomes unstable and you are in the correct BMI +Activity level for Daily Caloric Intake (DCI), cutting back on fruit might be something to consider if you are eating more than 2 servings per day. Having free access to our help-desk will allow you to consult with a Lean Body Canada Certified Nutrition Coach for assistance if you are having any concerns.
- Oils/Fats: Butter is considered a “Caution Food” and must be accounted for as such.

Once you have completed seven (7) consecutive days with no need for a Correction Day, you will be free to progress to 2-3 Caution Foods per day. When your weight has been stable for seven days in a row with 2-3 daily Caution Foods and no Correction Days, you can begin to increase to 3-4 Caution Foods per day. Please pay close attention to serving size on the Caution Foods list.



With the new food list and the increase in calories in Maintenance 1, try not to get hung up on what you can't have, but instead focus on what you CAN eat.

The best plan of action is to 'protein up', enjoy some good-for-you fats, and eat lots of fresh vegetables and some fresh fruits. We recommend that you consume 100-150 grams of protein per day. 100 grams is the minimum, but this is a case where more IS better. You should use caution with dairy, nuts, and starchy vegetables like green beans. Most of all, you should enjoy Maintenance!

Keep in mind that most people who experience trouble during maintenance were not eating enough calories, specifically protein. Protein is a key factor in resetting and maintaining your new weight.

Another thing to remember is that eating fewer calories than your body needs may encourage your body to require less fuel, which in turn would support fewer calories as you move into the future. That is not a good thing if you enjoy food!

Later in this guide you will find sample meal plans with calorie and protein counts. You can use these as a guide and tailor them to fit your likes, dislikes, and lifestyle.

All Important "Correction Day" Information

During Maintenance 1 and Maintenance 2 you are to weigh yourself every morning after elimination and before eating. If your weight is more than 2 pounds over your last diet weight (LDW), you must do a Correction Day that same day. This is VERY important. Even if you are only 2.1 pounds over your LDW, or even if the gain is due to your menstrual cycle, you must perform a Correction Day.

On a Correction Day you are aiming for 65-90 grams of protein content for the entire day. You can choose ONE of the Correction Day options found below. Combining options from more than one day is not advised and will not result in the best possible outcome. You always want to be sure to drink plenty of water (2 liters minimum, up to ½ your body weight in ounces not to exceed 100 ounces).

The following morning, your weight should be back within two pounds of your LDW. You should then resume eating according to the rules of the Maintenance week you are currently following. Remember that you should not move into Week 2 of M1 until you have been stable/ no Correction Days, for one week. The same rule applies when transitioning from Week 2 to Week 3.



If your weight is not back within LDW range the next day, you should NOT perform a second Correction Day. Back-to-back Correction Days can be counter-productive and may cause gains. In this case, you would eat very clean for several days.

Eating clean means lots of protein, healthy fats, some green veggies and lots of water - **no Caution foods**. You should avoid dairy, nuts and fruit (avocados are fine on clean eating days). Eat the number of calories indicated by your BMR+Activity level - no cutting back on calories, as that will usually cause further gain.



Lean Body Canada Maintenance Correction Day Options

Maintaining your weight within the two-pound range is the key ingredient to success with any weight loss program. It is important to recognize that correction days are lifetime weight maintenance. This tool is intended to be used to keep your weight within two pounds and you must not become complacent in your efforts to maintain your weight loss progress.

The Correction Day is a tool that may be used for the rest of your life. By weighing daily and doing a Correction Day when you weight increases more than two pounds over your LDDW (Last Diet Day Weight), you can easily and successfully maintain your new weight long term.

There are three types of Corrections Days from which to choose. When you need to do a Correction Day, it is important to select ONE and follow the guidelines for it without changing options or foods.

PROTEIN DAY:

On this type of Correction Day, you may choose from any of the Protein foods listed in the AM M1 guide to reach a protein content of 65-90 grams for the day. You may eat whenever you wish, as long as the choices are found in the Protein section of the guide. Eat to satisfy hunger and no more.

Example Menu:

Breakfast: 3 eggs (cooked your favorite way) with 2 slices of bacon

Lunch: 7 oz. grilled chicken breast

Dinner: 6 – 8 oz. rib eye (or your favorite cut) steak

EGG DAY:

On this type of Correction Day, you will only eat eggs. Your total number of eggs for the day should be 8-12, cooked any way you wish as long as you do not consume any other foods.

Example Menu:

Breakfast: 3 eggs (cooked any way you like)

Lunch: 2-4 boiled eggs

Dinner: 4 egg omelet

STEAK DAY:

On this type of Correction Day, you will eat a steak and either a raw tomato OR raw apple for dinner. The steak should be eight ounces or larger. You may use seasonings, but check labels and avoid mixes with sugar.

Example Menu:

Breakfast: water*

Lunch: water*

Dinner: 1 huge steak, 1 apple
OR raw tomato, water*



* You may also have coffee, tea, herbal tea, or Perrier, but most of your fluids must be plain water.

**The use of Olive or Coconut oil is allowed on any of the Correction Days, limited to 1 TBSP 3x a day.



Lean Body Canada M1 Sample Meal Plans

M1 Week 1

Breakfast: 2 large eggs cooked in olive/coconut oil, 1 plum

Mid-morning snack: Whey protein shake (2 scoops) w/1/2 cup mixed berries & 1 tbsp Coconut oil

Lunch: Grilled chicken (4 oz.) on a salad of greens, bell pepper, onions, tomato and avocado, topped with sugar-free salsa or pico de gallo.

Mid-afternoon snack: one serving unseasoned pork rinds w/diced tomato & avocado dip

Dinner: Salmon drizzled w/olive oil, 1 cup green beans, salad w/oil & vinegar dressing.

Evening snack: 1 orange

Approximate calories - 1545 / Approximate protein - 117.6

M1 Week 2

Breakfast: 2 large eggs, 4 slices bacon

Mid-morning snack: 1 cup cottage cheese (full fat) w/1 whole mandarin orange

Lunch: Hamburger patty (4 oz.) topped with 1 tomato, chopped onion and mustard, green salad w/olive oil & vinegar dressing

Mid-afternoon snack: Whey protein shake (1 scoop), 1/2 cup mixed berries, 1 tbsp coconut oil

Dinner: Filet mignon (3 oz.), 1/2 cup cauliflower, 1/2 cup green beans

Evening snack: Apple w/2 Tbsp peanut butter

Approximate calories - 1560 / Approximate protein -111.6

M1 Week 3

Breakfast: 2-egg omelet with 1/2 c each zucchini, onion, chopped tomatoes, 1 tbsp parmesan cheese, 1 oz. mozzarella cheese; 1 orange

Mid-morning snack: almonds

Lunch: Grilled fish (4 oz.), 1/2 c onions, 1/2 c peppers, 1/2 c mushrooms sautéed in olive oil, 1 c green beans

Mid-afternoon snack: Whey Protein shake (1 scoop) w/1 cup strawberries & 1 Tbsp coconut oil

Dinner: Pork loin chop (4 oz.), broccoli, salad with olive oil & vinegar

Evening snack: 1 med (3.5 oz.) peach w/ 1/2 c Greek yogurt

Approximate calories - 1550 / Approximate protein - 106.6



Note: The higher your BMR calorie requirement, the higher your protein requirements.

Adding 1 ounce of beef, pork, poultry and fish will add 6-9 grams of protein.

Adding 1 egg will add about 7 grams of protein.

Adding 1 scoop will add about 18 grams of protein (check the label of your product).



Lean Body Canada Maintenance 2 (M2) Guide

Congratulations! Once your weight is stabilized for three weeks, and it has been a week since your last correction day, you can start M2, which lasts three weeks and is critical to maintain your weight loss. During M2, you will slowly add starches and sugars into your diet if you wish. Weigh daily and do a correction day if your weight goes more than 2.0 pounds over your LDW.

Start with adding one carb food per day for one week, such as brown rice, peanut butter, whole grain bread, melon, oatmeal, peas, or beans. The second week eat two-three carb foods per day, not at the same meal, such as popcorn, trail mix, cashews, sugar-free ice cream, or lentils.

On week three, ease into having two carb foods at a meal, with up to 4 carb foods per day, always combining with protein. Try juices, corn, or yogurt. After M2, you can start the Lean Body Diet again or continue to eat daily calories equal to your BMR to maintain your weight loss long term. You've made it through Maintenance 1, your weight is stable and it has been at least seven (7) days since your last correction day. Now it's time to start adding a few carbs. It won't be scary as long as you follow a few simple guidelines:

1. **Stick with whole/unprocessed foods.**

Our bodies tolerate whole foods better than processed foods. Processed foods are harder for our bodies to digest and, through processing, have been robbed of vital nutrients. Many people confuse "whole" with "organic" and the two are not mutually exclusive. Whole foods include unprocessed meat, poultry, and fish; fresh fruits and vegetables; and whole grains like wheat, oats, barley, maize, brown rice, and rye.

Whole grain products come in the form of foods like whole wheat flour, whole wheat bread, cracked or crushed wheat, bromated whole wheat flour, whole wheat millet, and whole wheat pasta; rolled oats; popcorn; whole durum flour; and graham flour. A clear indicator of a whole grain product is having whole wheat, whole meal, or whole corn as the first ingredient.

Many commercial breads appear to be "whole grain" but in fact are simply processed "wheat" colored brown by molasses so they appear to be "whole grain". If the "whole" grain is listed as the second grain (like after "wheat flour"), the whole grain can actually be a tiny fraction of the overall ingredients in the product, so buyer beware!

2. **Always try to include both protein and carbohydrates in your meals and snacks.**

Eating meals and snacks that combine proteins and carbs will slow down the digestion of the carbs to about two hours. This means you will feel full longer and your glucose levels will be more consistent than if you ate a meal or snack with just carbs OR protein.

Because the energy from your meal is released slower and longer, your metabolism will be more efficient. You did all that work on the diet to increase your metabolism, so your job is to keep it running at peak performance!

Also, when carbs accompany protein, the carbs will be used for energy, but the proteins, which take longer to digest, will be used for their intended primary function: building and repairing muscle tissue. This makes for a happy body!



3. **Maintain your proper calorie intake levels.**

This is a topic that you probably learned a lot about during M1 while you worked on maintaining your LDW (Last Drops Weight). This is about knowing how many calories your body needs daily to maintain your weight, taking into consideration your activity level (how many you actually burn).

The number of calories you burn without any activity at all (no smiling, fidgeting, or walking to the bathroom) is called your BMR (Basal Metabolic Rate). The TOTAL number of calories you need is your BMR times your appropriate activity factor.

You should use a BMR calculator (easy to find on the internet) to find out how many calories you need daily, taking into account your activity level. Anytime you change your daily habits (stop working out, start a job where you're on your feet all day, etc.) recalculate your BMR so that you're giving your body exactly what it needs to maintain. This will help keep your metabolism consistent, which means it's using, burning, and eliminating what it needs rather than storing it as fat.

4. **Weigh yourself daily.**

While we don't want you to trade one addiction or obsession for another, it is critical that you weigh daily during M2 like you did in M1. You will be adding carbs and sugars back into your diet in M2 and you will have to watch the scale to make sure you do a "correction day" the **very same day** that you go more than two pounds over LDW. This rule applies even if you suspect that your gain is due to your menstrual cycle, too much exercise/physical activities or, other non-food related causes.

You do not want to mess around with this! It is very difficult to correct a 2+ pound gain if you don't do a correction day ON the day that you go two pounds over your LDW. You have worked hard to get to this point, so if this rule means that you have to pack your scale and take it on the plane with you on vacation, then do it!

5. **Proceed with caution after a correction day.**

You may know exactly what put you over the edge that caused your correction day. If so, then you MUST put that food away until your weight is stable for at least a week with no correction days.

But if you aren't sure what caused the gain, what happens? Our advice is to proceed with caution. This isn't an exact science, but for example, if you ate two carb foods the day before your gain, then just eat one carb food per day for **two** days after your correction day. If you think it might have been serving size that put you over, then make your servings of carbs smaller for a couple of days and increase your proteins and veggies.

The point is to pay attention to what and how much you're eating, then when it results in a correction day you will have a better handle on how to proceed. This includes your water- significantly decreasing your water (or becoming dehydrated from activity) even one day will affect the scale.

You MUST use a food diary or progress tracker like we offer on our website. It's only three weeks and it's much easier than trying to remember every food you ate for the last 2-3 days. The food journal will also help you to see surprising patterns in your eating and how they relate to the scale.



6. **Use the following schedule for adding carbs into your diet.**

Because the body has been deprived of these foods for 6-12 weeks, many people need the help of a digestive aid - even those who have never been sensitive to food.

One rule here: If in any given week you have to do two correction days, we would consider your weight to be unstable and recommend that you go back to the previous week's restrictions until your weight has stabilized for a full week. This means if it happens in your first week of M2, you should go back to M1 until your weight is stable for a full week. If you want to maintain your weight loss long-term, this is important.

Week 1: You can eat one carb food per day, choosing a different food each day. Stick to whole, unprocessed foods and always include them with a protein-based meal or snack. Foods like, but not limited to: brown rice, melon, bananas, grapes, lentils, peas, garbanzo beans, honey, yogurt, whole wheat pasta, legumes, pancakes, popcorn etc. Alcohol may be consumed, no more than one serving per day is recommended, this counts as one carb serving.

Week 2: You can eat two carb foods per day, but not at the same meal. Again, it's best to include a variety of carbs, like, but not limited to: kidney beans, frozen yogurt, whole grain cereals, ice cream, sweet potatoes, whole grain bread, BBQ sauce, honey, gravy, steel-cut oatmeal, bananas, etc. Alcohol may be consumed, no more than one serving per day is recommended, this counts as one carb serving.

Week 3: Start combining carbs at the same meal once per day. Slowly add foods like, but not limited to: corn, potatoes, grits, cornbread, pancakes/waffles, hamburger/hotdog buns, ketchup, BBQ sauce, orange juice, honey, etc. Alcohol may be consumed, no more than two servings per day are recommended, this counts as two carb servings.

Once you have completed these three weeks, you can start another round of the diet. If no more rounds are to be done, or if you prefer to take a break, you will be in Life Phase.

CONGRATULATIONS!

The rules of Life Phase are quite simple: weigh yourself every day and if you surpass your LDW by more than 2 pounds, you must do a correction day. The rest is easy!

Over these past six weeks, you will have learned a great deal about how many calories you need in order to maintain your weight. You will have learned how your body responds to various foods. By applying these lessons to Life Phase, you will easily be able to maintain your weight and, be able to enjoy a very healthy and satisfying 'diet'.

