



Phase 4 – Maintenance

Dieter Handout

Once you have reached your ideal weight, you move onto to the 4th phase of our protocol. If you were to ask how long phase 4 lasts, the answer is: for life. Phase 4 is really the happy ending to perhaps a lifelong battle with your excess weight.

So how do we maintain our new healthy weight?

- **Choices.** Making good meal choices begins back at the grocery store with what you are putting in your carriage. Check labels, buy whole grains, fresh vegetables, and lean meats and avoid processed foods.
- **Eating for pleasure.** Food should not be a replacement for something else that is missing in your life. You should never feel guilty after you've eaten because you stuffed yourself with food you didn't have the chance to enjoy. Meals should be savory plates that challenge your taste buds. Good meals should be something you enjoy sitting down with your family or friends or even relaxing alone.
- **Food combinations.** *Fats & carbohydrates* should be treated like two children that disrupt the class. You cannot remove them completely, and both can be very good but just not together. Separate them and there is harmony. You can eat carbohydrates twice a day, just not with your fats.
- **Eat protein.** Everyone should be eating half their lean body mass in grams of protein. (ex: 130 lb. individual = $130/2 = 65$ grams). Remember this is the minimum your bodies require, yet it is okay to eat more. No more letting our bodies live "protein deprived!" Eat good quality protein throughout the day. Our heart, muscles, skin, nails and even hair are made of protein; let's keep our bodies healthy!
- **The CHEAT day!** It is not *recommended* but *mandatory* to take one day out of the week and indulge in your favorite foods with all the trimmings. This cheat day of course should never turn into a cheat week. What is considered a cheat? That's entirely up to you! What do you love to eat? And there is no guilty feeling afterwards or worry that the weight will be put back on. The following day you will eat as you did in phase 1 and restrict carbohydrates. We know that a carbohydrate and a fat is a bad food combination in the presence of insulin. Insulin is the key that stores the combination into the fat cell (weight-gain!). Therefore we restrict carbohydrates and we will have very little glycemia in our blood and the pancreas will produce very little insulin. No extra insulin means no key, so no fat storage! Our bodies will eliminate the "cheats" naturally.



Typical Day

Breakfast: 2 slices of whole grain toast, scrambled eggs & ham with berries and a glass of milk

Lunch: Chicken with baked eggplant with melted mozzarella cheese

Dinner: Spaghetti and meatballs in a tomatoes sauce

Snack: Fresh Berries or nuts an Ideal Protein Raspberry Jelly

Eat like a King for Breakfast
Eat like a Prince for Lunch
Eat like a Pauper for Dinner

***Above all we want you to enjoy your personal success, your new shape, your healthier body and be proud that you have just successfully completed...
Your Last Diet***