



MAINTAIN

July – September

Hold your new body composition at maintenance calories. Recover and rebuild after the cut.

MEAL 1: BREAKFAST

~30% OF DAILY TOTAL

- 3 whole eggs, any style
- 1 cup oatmeal with banana slices
- 1 slice whole wheat toast
- Coffee with a splash of cream

YOUR CHOICE: _____

MEAL 2: LUNCH

~30% OF DAILY TOTAL

- 6 oz grilled chicken or turkey burger (no bun or whole wheat)
- 1 cup brown rice or whole grain pasta
- Side salad with olive oil and vinegar
- 1 piece of fruit

YOUR CHOICE: _____

MEAL 3: DINNER

~25% OF DAILY TOTAL

- 6 oz steak, salmon, or chicken thigh
- 1 cup roasted potatoes or rice
- Grilled asparagus or green beans

YOUR CHOICE: _____

SNACK

~15% OF DAILY TOTAL

- Protein bar or shake
- Apple slices with almond butter
- Trail mix (small handful — calorie dense)

YOUR CHOICE: _____

YOUR DAILY TARGETS

CALORIES: _____ kcal
PROTEIN: _____ g
CARBS: _____ g
FAT: _____ g

PHASE 3 TIPS

- Don't spike calories overnight — reverse diet slowly (add 100–150 cal/week)
- Use this phase to lock in habits at your new weight
- Enjoy the phase — you earned it. Summer is for living.
- The habits you build here make the next Build phase effective

• HYDRATION TARGET •

Half your bodyweight (lbs)
in ounces of water daily
+16–24 oz on training days