



# 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

<b>CALORIES:</b>	-----	kcal
<b>PROTEIN:</b>	-----	g
<b>CARBS:</b>	-----	g
<b>FAT:</b>	-----	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