

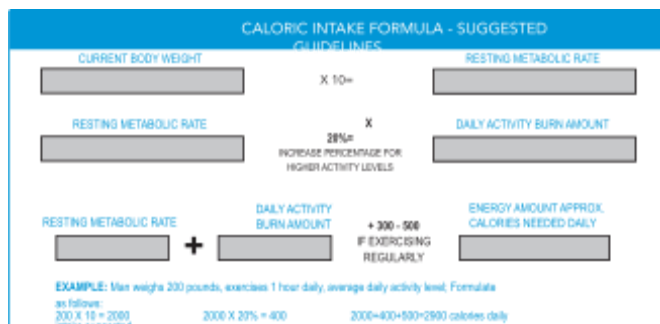


PHASE 3 STABILIZATION

PHASE 3: STABILIZATION MEAL PLAN PREPARATIONS

HOW MUCH DO I EAT?

Before you begin customizing your Meal Plan, you will need to know how many calories you should be consuming each day to maintain your Final Weight. As this is very individualized, use the chart below completing the formula as a basic guide. Put your numbers into the chart and see how many calories are suggested for you.



- To use an online tool to calculate go to - for PH3 use the “low carbs option”: <https://tdeecalculator.net>
- To find the nutritional information of your food choices go to: <https://www.calorieking.com>

Knowing your daily caloric needs is a great start. Next is to determine the amount of each food group that will best support your body and your activity level. There are a multitude of different dietary styles that would be too extensive to include here.

As you create your PHASE 3 MEAL PLAN, we’ll provide you with the basic nutritional guidelines you should follow at this time. Once you begin following it, listen to your body and adjust the quantities until you find what works best for you. The re:Define.com resource library has additional nutritional resources. Our library will continually be growing and can point you in the right direction to find your optimal balance.

NEW LIST OF ALLOWED FOODS

Here is the list of foods you will be able to add to the foods you’ve already been eating during PHASE 2.

Proteins	Fresh Fruits	Vegetables	Dairy and Fats
Steak	Berries	Broccoli	Eggs
Turkey	Pineapple	Cauliflower	Milk
Dark Chicken Meat	Kiwi	Brussel Sprouts	Cheese
Salmon	Peaches	Squashes	
Tuna	Nectarines	Green Beans	Olive Oil
Beef	Apricots	Bell Peppers	Coconut Oil
Buffalo	Plums	Leafy Greens Lettuce	Butter
Venison	Cherries	Cabbage	
Veal	Pomegranate	Onions	
Chicken Breast	Strawberries	Radishes	
Fresh White Fish	Orange	Tomato	
Shrimp	Grapefruit	Asparagus	
Lobster	Apple	Celery	
		Cucumber	

LIST OF FOODS TO AVOID:

These foods should be avoided completely as they are higher in sugar and starch. Even though it's naturally occurring, it still impacts your insulin levels. You will begin adding these foods gradually in PHASE 4.

- Vegetables: Corn, Potatoes, Peas, Carrots, Jicama, Beets.
- Fruits: Grapes, Bananas, Melons, Fruit juices, Canned fruit, Dried fruit.
- Breads and Grains: Pasta, Breads, Rice, Beans, Legumes, Lentils
- ANY AND ALL SUGAR as well as processed, canned foods!

New Daily Menu Basics

You'll be gradually adding variety to your daily menu as follows:

WEEK 1:	Your meals should remain fairly simple. These meals may look similar to PHASE 2 with the exception of increasing your portion sizes as explained below and meeting your individual caloric needs.
WEEK 2:	It's time to gradually begin introducing more varieties of food into your Meal Plan. We suggest adding one or two new items each day giving your body time to adjust.
WEEKS 3 AND 4:	Now that you're more comfortable with your new menu, try adding even more variety by trying some new recipes. You may discover you may really enjoy foods you have never liked before. You will learn to adjust your menu by staying with your target weight.
LIQUIDS	Continue to drink as close to one gallon of either water or herbal tea per day for best results.

Menu Ideas for Phase 3:

	Breakfast	Snack	Lunch	Snack	Dinner
DAY 1	Small 2 egg omelet with veggies	small fruit, nuts, OR low-fat cheese	Fantastic Baked Chicken, seasoned sliced cucumbers	small fruit, nuts, OR low-fat cheese	Beef and Cabbage Stir-Fry
DAY 2	protein shake with fruit	small fruit, nuts, OR low-fat cheese	Spinach Salad with Chicken and Strawberries and Steamed Asparagus	small fruit, nuts, OR low-fat cheese	Lettuce Wrap Burger
DAY 3	Small 2 egg omelet of choice	small fruit, nuts, OR low-fat cheese	Beef Fajitas Green Salad	small fruit, nuts, OR low-fat cheese	Steak, Chicken or Shrimp Kabobs
DAY 4	1/4 of a Spinach & Cheddar Frittata	small fruit, nuts, OR low-fat cheese	Chinese Chicken Salad	small fruit, nuts, OR low-fat cheese	Grilled Tilapia and Asparagus
DAY 5	2 eggs scrambled with fruit	small fruit, nuts, OR low-fat cheese	Sea Bass with Ginger and Scallions	small fruit, nuts, OR low-fat cheese	Beef Fajitas Green Salad

HEALTHY PORTION SIZES

As you begin customizing your Menu, be sure that you increase your protein size from what you've been eating in PHASE 2. When looking at the Sample Menu, realize that your portion sizes should be determined by the amount of calories your body needs.

Follow these basic guidelines to get started customizing your PHASE 3 MEAL PLAN:

PROTEINS:

You should consume 2-3 servings of protein per day. Protein portion sizes should remain reasonable. A simple method of measuring your protein portions is to keep them approximately the size of a deck of cards or the palm of your hand. Your dinner plate should be about 10-20% protein and 80-90% vegetables at this time.

According to the [Dietary Reference Intake report](#) for macronutrients, a sedentary adult should consume 0.8 grams of protein per kilogram of body weight, or 0.36 grams per pound. Average sedentary man weighing 200lbs should consume 72 grams of protein per day. An average woman weighing 150 lbs, should eat about 54 grams. As the body cannot digest more than 30 grams of protein nutritionally in a single meal, do not exceed 90 grams per day.

FRUITS & VEGETABLES:

Continue to make vegetables the largest part of each meal. Don't get lazy now that you are consuming calories from other sources. Continue to eat 2 servings of fruit per day and stay the healthy course.

FATS:

Eating healthy fats are nutritionally important to keep you hormonally balanced. How much fat you eat per day should be based on your calorie needs to stabilize your new weight. Here are a few examples of suggested daily fat ranges from on a moderate-fat diet, based on different calorie goals:

- 1,500 calories: about 58–67 grams of fat per day
- 2,000 calories: about 78–89 grams of fat per day
- 2,500 calories: about 97–111 grams of fat per day

Customizing Your PHASE 3 Meal Plan

Just as you did in PHASE 1, it will be very helpful for you to chart the full nutritional facts of the foods you are eating each day. This exercise will help you to learn more about the nutritional makeup of each food group. As you learn more about the nutritional facts about your favorite foods, you'll be able to make healthy choices WITHOUT counting calories for life!

Don't be overwhelmed by all of this information, just get started creating your Meal Plan. Follow the example of the SAMPLE menu and adjust as you desire. Then look up the nutritional facts to determine the portion size that will best fit your current caloric needs. It's that simple....ok, it'll take work. But once you get the hang of it, you'll see it's just a game of creating delicious meals that provide you with tons of energy to maintain a healthy weight!

The re:Define Cookbook

Once again you can find recipes for Phase 3 in our re:Define Cookbook. Your meals should NOT be bland or boring. They should be full of flavor and very satisfying. They should satisfy both your hunger and your taste buds.

<https://redefinefamily.com/recipes>

PHASE 3 SAMPLE MEAL PLANNER

Use www.calorieking.com to find nutritional values for your food

BREAKFAST	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
Omlette with 2 eggs	182	13	2	12
Slice ham	134	5	0	21
Slice cheese	114	9	0	7
Onions	32	0	7	1
	462	27	9	41
AM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
Apple	95	0	25	0
2 tbs. Creamy Peanut butter	188	16	6	8
TOTAL	283	16	31	8
LUNCH	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
Salad with mixed greens	25	0	4	2
Tomato	22	0	5	1
100g Salmon	156	6	0	23
Cesar dressing Lite	11	1	1	0
TOTAL	214	7	10	26
DINNER	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
125 g chicken breast	142	3	0	27
Parmesan cheese	111	7	1	10
Green Beans	106	0	19	7
TOTAL	359	10	20	44
MY DAILY NUTRITION GOALS: (Yours will be different*)	1306	58	65	131
*Go to https://tdeecalculator.net and find your stats.				



STABILIZATION 7 DAYS MENU PLANNER & GROCERY LIST

PHASE 3 MEAL PLANNER

Instructions: Look up the nutritional needs for your body. Add the nutritional information for each food item you list; then calculate the meals total for each column. Add additional food items until the recommended nutrition value is met.

Go to <https://tdeecalculator.net> and find your stats.

BREAKFAST	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
AM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
LUNCH	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
PM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
DINNER	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
MY DAILY NUTRITION GOALS:				
DAILY TOTALS CONSUMED:				
NOTES:				

BREAKFAST	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
AM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
LUNCH	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
PM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
DINNER	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
MY DAILY NUTRITION GOALS:				
DAILY TOTALS CONSUMED:				
NOTES:				

BREAKFAST	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
AM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
LUNCH	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
PM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
DINNER	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
MY DAILY NUTRITION GOALS:				
DAILY TOTALS CONSUMED:				
NOTES:				

BREAKFAST	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
AM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
LUNCH	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
PM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
DINNER	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
MY DAILY NUTRITION GOALS:				
DAILY TOTALS CONSUMED:				
NOTES:				

BREAKFAST	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
AM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
LUNCH	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
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DINNER	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
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BREAKFAST	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
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TOTAL				
DINNER	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
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DAILY TOTALS CONSUMED:				
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BREAKFAST	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
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TOTAL				
PM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
DINNER	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
MY DAILY NUTRITION GOALS:				
DAILY TOTALS CONSUMED:				
NOTES:				

PHASE 3: STABILIZATION GROCERY LIST

PROTEINS	VEGETABLES	FRUITS	DAIRY/FATS
___ Steak	___ Broccoli	___ Berries	___ Eggs
___ Turkey	___ Cauliflower	___ Pineapple	___ Milk
___ Dark Meat Chicken	___ Brussel Sprouts	___ Kiwi	___ Cheese
___ Lean Pork	___ Squashes	___ Peaches	___ Olive Oil
___ Salmon	___ Green Beans	___ Nectarines	___ Coconut Oil
___ Tuna	___ Bell Peppers	___ Apricots	___ Butter
___ Beef	___ Leafy Greens	___ Plums	___ Nuts
___ Buffalo	___ Lettuce	___ Cherries	
___ Venison	___ Cabbage	___ Pomegranate	
___ Veal	___ Onions	___ Strawberries	
___ Chicken Breast	___ Radishes	___ Orange	
___ Fresh White Fish	___ Tomato	___ Grapefruit	
___ Shrimp	___ Asparagus	___ Apple	
___ Lobster	___ Celery		
	___ Cucumber		
MISCELLANEOUS ITEMS			
___ Spices, Seasonings, Herbs			
___ Garlic, Jalapeño Peppers			
___ Mustard			
___ Herbal Tea - No Caffeine			
___ Lemons			
___ Skim Milk or 0 Fat Greek Yogurt			
___ Calorie Free Miracle Noodle			
___ Stevia, Monk Fruit, or Xylitol			
(Calorie Free Natural Sweeteners)			
___ Grissini Breadsticks/Melba Toast			
___ Dill Pickles, Etc.			
___ Apple Cider Vinegar			
___ Franks Hot Sauce, Tabasco, etc			