



PHASE 4 MAINTENANCE

PHASE 4: MAINTENANCE MEAL PLAN PREPARATIONS

You are encouraged to continue using these detailed Meal Planners for the first few weeks of Maintenance as you allow your body to adjust to adding grains, breads, and sugars.

WHAT CHANGES FOR PHASE 4?

In Phase 4 we will be adding in the types of foods that often derail “healthy eating” and cause people to “yo-yo”. Obviously we want to avoid that in the future.

Once again, 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 calculator below with “moderate carbs” and write down your numbers for daily intake of calories, fat, carbs and protein.

- To use an online tool to calculate go to - for PH4 use the “moderate carbs option”: <https://tdeecalculator.net>
- Continue to find the nutritional information of your food choices go to: <https://www.webmd.com/diet/healthtool-food-calorie-counter>

As you create your PHASE 4 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 & 3.

Proteins	Fresh Fruits	Vegetables	Misc.
Grains Breads Rice Beans Legumes Lentils Pasta	Fruit Juices Canned Fruit Dried Fruit Grapes Bananas Melons	Corn Potatoes Peas Carrots Jicama Canned Veggies	Coffee Alcohol (may be consumed in small amounts, occasionally)

LIST OF FOODS TO AVOID:

Processed foods and refined sugars should continue to be avoided. Even though some are naturally occurring, they still impact your insulin levels. You can eat these foods only occasionally.

- White Cane Sugar
- High Fructose Corn Syrup, Crystalline Fructose & Most forms of Agave Nectar
- Natural forms of sugar like: Unprocessed/Unrefined Sugar - sucanat, muscovado or rapadura, 100% Maple Syrup, Brown Rice Syrup & Honey

New Daily Menu Basics

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

1. 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.
2. 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.
3. Continue to drink as close to one gallon of either water or herbal tea per day for best results. Coffee may be added at this time.

RECOMMENDATIONS:

- Starchy foods react in the body just like sugar and therefore should be eaten in moderation. They should total about 15-20% of the content on your plate.
- Stevia or Monkfruit is still recommended as often as possible. Only 25 grams of sugar is recommended daily, including fructose naturally occurring in fruit.
- Whole grains provide many vital nutrients like essential vitamins and minerals. You will need to read the ingredient list on all packages to determine if it is a whole grain. Do not trust the advertised label. If it says "enriched" it is not a whole grain! You should include 3-5 servings of whole grains per day. A serving is equal to 6 ounces.

HEALTHY PORTION SIZES

Follow these basic guidelines to get started customizing your PHASE 4 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 55-65% vegetables and 10-15% starches 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 1-2 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 4 Meal Plan

Just as you did in PHASE 1 & 3, 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!

PHASE 4 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)
1 slice toast	89	1	17	3
2 tbs peanut butter	188	16	6	8
1 tbs strawberry jelly	50	0	13	0
TOTAL	327	17	36	11

AM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
Orange	62	0	15	1
TOTAL	62	0	15	1

LUNCH	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
2 tortillas	147	3	25	4
125g chicken	142	3	0	27
Red Pepper	23	0	4	1
Onions	32	0	7	1
TOTAL	344	6	36	33

PM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
Carrot	4	0	1	0
TOTAL	4	0	1	0

DINNER	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
Cheeseburger (ground beef, cheese & bun)	431	22	21	34
Lettuce	10	0	2	1
Tomato	22	0	5	1
Tater tots	170	9	21	2
TOTAL	633	31	49	38

MY DAILY NUTRITION GOALS: (Yours will be different*)	1306	51	114	98
<i>*Go to https://tdeecalculator.net and find your stats.</i>				

DAILY TOTALS CONSUMED:	1370	54	137	83
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NOTES: It is not necessary to get the exact numbers for your meals, just get as close as you can and it is better to go a little over on calories.



MAINTENANCE 7 DAYS MENU PLANNER & GROCERY LIST

PHASE 4 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.

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				
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:				

PHASE 4: MAINTENANCE GROCERY LIST

PROTIEN	DAIRY/FATS	FRUITS
VEGGIES	BREADS	NUTS/LEGUMES
GRAINS	PASTA	OTHER