



## The Freedom of Phase 4 (Maintenance Phase)!

Now that you have completed the first three Phases and achieved your weight loss goal, it is time to enjoy your freedom – while maintaining your new shape! Phase 4 is a very simple maintenance plan; you only need to understand a few simple ideas.

### Good food combinations are essential during the Maintenance Phase.

Carbohydrates and fats should be separated. Similar to two troublesome students, a teacher must put them at opposite ends of the classroom. Individually they may be good, but together they can be trouble.

Here's the basic rule: **a meal that is rich in carbohydrates should be low in fats and vice versa.**

**Note:** Although some proteins may contain a little fat (i.e. white fish), you do not need to separate them from a carbohydrate meal. A meal consisting of carbohydrates (i.e. rice, potato) and white fish will not make you gain weight.

### Carbohydrates for lunch or dinner?

Contrary to popular belief, you should eat complex carbohydrates for dinner, but that's not carved in stone.

It's wrong to think that if you have carbohydrates for lunch, you'll be able to burn them throughout the afternoon and that if you have complex carbohydrates for dinner, your body might store them. It's not that simple. Your body doesn't use up your lunch during the afternoon. It must digest your lunch, convert it and assimilate it before it can use it for energy. Active people and athletes have pasta for dinner, but they don't go out and run at night. Similarly, the Tour de France has never been held at night!

At night, your body goes through a long period of fasting while it rests and recharges its batteries for the next day (just like a cell phone). You'd be making a serious mistake if you eliminated or reduced your evening dinner. And above all, complex carbohydrates are filling and easy to digest.

### Dining Out

When you dine at a restaurant or cafe, you might have a hard time finding a meal with carbohydrate dishes (rice, pasta, potatoes etc.) prepared without fat. You will also find that most protein (meat and fish) dishes tend to be served with a sauce.

If that's the case, for lunch, it's best to choose a meal consisting of animal protein and raw or cooked veggies and prepared with only a small amount of fat (sauce). And you'll have to forget the extra carbohydrate foods like bread.

Then for dinner, have a carbohydrates dish with as many vegetables as you want.

It's much easier to control fat intake when you dine in. For example, you can prepare spaghetti with fresh tomato, garlic, basil and a touch of olive oil with as many vegetables as you like. You may also have protein (poultry, lean meat, etc.). Keep in mind that you must always be careful of fat content and your portion size!



## Phase 4

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BREAKFAST	LUNCH	DINNER	SNACK	ADDITIONAL DAILY REQUIREMENTS
<p><b>May include protein, carbohydrates and fat</b></p>	<p><b>Should be low in carbohydrates</b></p>	<p><b>Should be low in fats</b></p>		
<p><b>Sample 1:</b></p> <ul style="list-style-type: none"> <li>Cereal</li> <li>Fruit and dairy product</li> <li>Coffee/tea with milk (optional)</li> </ul> <p><b>Sample 2:</b></p> <ul style="list-style-type: none"> <li>Eggs</li> <li>Ham or piece of cheese</li> <li>Whole wheat or whole grain bread (lightly buttered)</li> </ul> <p><b>Sample 3:</b></p> <ul style="list-style-type: none"> <li>Ideal Complete (vanilla, chocolate, strawberry)</li> </ul> <p><b>Note:</b> Coffee or tea can be taken with milk/cream and sugar/sweetener if desired</p> <p><b>OPTIONAL</b> 1 Natura Multi-Vita</p>	<p><b>Include protein, vegetables and fats</b></p> <p>i.e. Chicken and broccoli with cheese sauce</p>	<p><b>Include protein, vegetables, complex carbohydrates</b></p> <p>i.e. Spaghetti Bolognese</p> <p><b>OPTIONAL</b> 1 Natura Multi-Vita</p>	<p>1 Ideal Protein food <b>or</b></p> <p>Healthy snack of your choice</p> <p>i.e. Almonds, fruit or hard cheeses such as Swiss, parmesan or pepper jack</p> <p><b>OPTIONAL</b> 2 Natura Cal-Mag</p>	<p>Drink a minimum of 2 L (64 oz.) of water.</p>

### Your Everyday Diet

Remember, at the end of the day you must have (at least) the minimum amount of protein intake to keep your vitality (half of your weight in grams of protein). For example: A 140 lb person should eat at least 70 grams of protein per day.

The following is an example of a typical day on Phase 4. You may however, choose the foods you like as long as they stay within our basic principles.

**Morning** – You may eat all 3 food groups (Carbohydrates, fats and protein)

- Coffee or tea
- Cereal and milk; or
- Eggs and a slice of ham and/or a piece of cheese (preferably a hard variety);
- Fruit and a dairy product (i.e. fruit and Greek yogurt or fruit and cottage cheese) or whole grain toast and butter or;
- Whole wheat or whole grain bread/toast, lightly buttered with or without jam.



**Noon** - This meal is low in carbohydrates

You can have a meal low in fats and switch your evening meal.

- Fresh meat or fish (All meats and fish are now permitted, but choose lean meats);
- 1 tablespoon of oil (or more) or sauce;
- One serving of yogurt or a piece of cheese;
- Unlimited vegetables

#### **Snack**

- Almonds, cheese, fruit, a protein envelope or a bar

**Note:** The perfect way to never feel hungry is to have 3 meals and 3 snacks throughout the day.

**Evening** – This meal is low in fats

- Fresh meat, fish, poultry or seafood
- A dish prepared with carbohydrates
  - I.e. rice, pasta, lentils, semolina, dried beans, quinoa, potatoes
- Use no more than 1 teaspoon of oil
  - Go easy on the fat when preparing this meal, as it is rich in carbohydrates
- Unlimited vegetables, in a soup, raw or steamed

**NOTE:** Soups are best in the evening

## **Managing Slip-ups**

There are minor, inconsequential slip-ups for which you don't need to make up, and major slip-ups for which you will have to make up the next day.

### **Minor Diet Slip-ups**

These usually occur when you're not eating at home, because it's difficult to avoid fats. However, you can easily avoid carbohydrates, or starchy foods and desserts. Have a first course and a main dish, and even a small glass of wine if you like. There will be no consequences, as long as these meals don't become a habit. Go back to your regular diet the next day.

### **Major Diet Slip-ups**

A major diet slip-up is a big meal with all the fixings. After all, you're entitled to it, aren't you?

You can make up for a major diet slip-up the next day by avoiding all simple and complex carbohydrates for that **ONE DAY ONLY**, by going back on Phase 1.

### **Why is that?**

Because when you eliminate all carbohydrates the day after a big meal, you reduce the amount of insulin secreted and block fat storage.

You might still gain up to two pounds the day after, but don't panic. You didn't gain two pounds of fat. Your body is unable to lose two pounds of fat in a day and it can't gain two pounds of fat in a day, either. If two pounds of fat equal 8,000 calories and a woman eats an average of 2,000 calories per day, how could your body possibly store the equivalent of four days of meals after just one meal? What do those two pounds represent, then? They represent the weight of the big meal, plus the water or fluid you had with it – none of which has been eliminated by the time you step on the scale the next day.



## **The Indulgence Day!**

What is the Indulgence Day? The Indulgence Day is an important and mandatory part of our Maintenance Phase and is essential for long-term success. It is a day when dieters can enjoy any type of food they feel like eating. Dieters who have struggled with their weight and believe that they can never enjoy certain foods again will understand, with the Indulgence Day, that this is simply not true. The notion of pleasure is a vital part of the Ideal Protein Weight Loss Method and in Phase 4, the dieters will learn to eat for pleasure and not from compulsion and/or emotion.

## **Exercising!**

If you plan to increase your physical activity, we recommend an evaluation by a physician.