



HCG Diet Canada Maintenance 1 & 2 Guides

MAINTENANCE 1 - "NO CAUTION" Foods

Here is a list of foods you can eat on the 21 days of M1 without endangering the resetting of your metabolism or the stabilization of your new weight. This is the "Go-To" list for your meals and snacks in M1.

Your minimum calories per day should be 1500 for women and 1800 for men. However, the more you weigh and the more active you are, the more calories you need. We recommend that you calculate your BMR to get the right amount of calories. If you increase your activity level you will need to increase your daily caloric intake. The BMR calculator can help you make necessary adjustments.

Here is the schedule we suggest you use to stabilize your weight as quickly as possible after the hCG Diet:

M1 - Week 1: eat as many "No Caution" foods as desired BUT 0 "Caution" foods (found on page 4)

M1 - Week 2: eat as many "No Caution" foods as desired BUT eat 1-2 "Caution" foods per day. These foods are to be added only if you are stable in Week 1, meaning you did not have to do steak day. If you have not been stable for one week, continue with the Week 1 suggestion until stable.

M1 - Week 3: eat as many "No Caution" foods as desired BUT eat 2-3 "Caution" foods per day. Again, only add more Caution foods if you were stable in Week 2. Your goal is to gradually add caution foods & stabilize while doing so. That will make Maintenance 2 & beyond very easy for you!

ITEM – NO CAUTION FOODS		Calories/Oz.	ITEM – NO CAUTION FOODS		Calories/Oz.
Beverages					
Coffee (all types, no sugar)	0		Tomato Juice	5	
Espresso	0		Vegetable Juice (V8)	6	
Tea (all types, no sugar)	0		0 Water (all varieties)	0	
Lemon or Lime Juice – fresh	7		Perrier, Club Soda	0	
Almond Milk (unsweetened only)	*		Soy Milk (unsweetened only)	*	
Fish (Calories listed are per ounce. Average serving = 4 oz.)					
Bass (Sea and Striped)	27		Salmon		
Burbot	25		Atlantic	40	
Butterfish	41		Chinook	50	
Carp	36		Chum	34	
Catfish (Farmed)	38		Coho	41	
Cod (Atlantic & Pacific)	23		Pink	32	
Croaker	29		Sockeye	47	
Cusk	24		Shark	36	
Devilish (Alaskan)	27		Snapper	28	
Drumfish	33		Sole	26	
Flounder	26		Sturgeon	29	
Grouper	26		Swordfish	34	
Haddock	24		Tilapia	27	
Halibut (Atlantic & Pacific)	31		Tilefish	27	
Halibut (Greenland)	52		Trout		
Herring (Atlantic)	45		Brown	41	
Ling, Ling Cod	24		Rainbow	39	
Mahi-mahi	25		Sea	35	
Monkfish	21		Tuna		
Mullet (striped)	33		Bluefin	40	
Northern Pike	25		Skipjack	29	
Orange Perch (Atlantic)	27		Yellowfin	31	
Orange Roughy	21		Turbot	27	
Pike (Walleye)	26		Whiting	25	
Pollock (Atlantic)	26		Whitefish	38	
Rockfish (Pacific)	26	Wolffish	27		
Sablefish	55				

* = check product label for calories

MAINTENANCE 1 'NO CAUTION' FOODS CONTINUED

Shellfish (Calories listed are per ounce. Average serving = 4 oz.)			
Crab		Crayfish	22
Blue	24	Lobster	25
Dungeness	24	Oysters	33
King	24	Scallops	25
Queen	25	Shrimp	30
Meat (Calories listed are per ounce. Average serving = 4 oz.)			
Beef		Lamb	
Bottom Round	54	Ground	79
Brisket	70	Loin	87
Chuck Roast	69	Ribs	104
Eye Round	46	Ostrich	
Filet Mignon	77	Ground	46
Flank Steak	43	Top Loin	33
Lean Ground	38	Pheasant	37
Ribeye	77	Pork	
Short Ribs	109	Chop or Roast	80
Top Sirloin	56	Chop Sirloin	59
T-bone	62	Ground	74
Tenderloin	77	Ribs	53
Top Roast	46	Rinds (1/2 oz)	76
Bison		Tenderloin	34
Ground	41	Quail	38
Roast	31	Veal	
Chicken (no skin)		Breast	58
Dark	35	Ground	40
White	31	Leg	33
Duck		Loin	46
Breast	34	Rib	45
Whole	113	Shank Roast	32
Emu (ground)	38	Shoulder	37
Goose w/skin	104	Sirloin	43
Goat	31	Turkey (white & dark, no skin)	32
		Venison	44
Eggs & Protein Shakes			
Egg (1 large / 1 extra large)	70 / 80	Whey Protein Powder (0-2 carbs)	100-120
Fruit (Calories listed are per ounce. Average serving = 1/2 CUP.)			
Apricot	13	Gooseberries	12
Apple	15	Kiwi	17
Applesauce (unsweetened)	*	Kumquat	20
Avocado	45	Lemon	7
Blackberries	12	Lime	7
Blueberries	16	Loganberries	15
Cherries		Mulberries	12
Red Sour	14	Nectarine	12
Surinam	9	Orange	13
Sweet	18	Papaya	11
Clementines	13	Peach	11
Coconut (dried, unsweetened)	185	Pear	16
Cranberries (fresh)	13	Pineapple	14
Currants	17	Plum	13
Elderberries	20	Raspberries	15
Figs (raw)	21	Rhubarb	6
Grapefruit		Starfruit	9
Pink & Red	12	Strawberries	10
White	9	Tangerine (Mandarin Orange)	15

* = check product label for calories

ITEM – NO CAUTION FOODS		Calories/Oz.	ITEM – NO CAUTION FOODS		Calories/Oz.
Vegetables (Calories listed are per ounce. Average serving = 1/2 CUP.)					
Alfalfa Sprouts	6		Mung Bean Sprouts	8	
Artichoke	13		Mustard Greens	7	
Asparagus	6		Mushrooms		
Bamboo Shoots	8		Brown, Cremini, Italian	8	
Beet Greens	6		Enoki	12	
Broccoli	10		Morel, Porcini, Portobello	7	
Brussels Sprouts	12		Onions	11	
Cabbage (Red or White)	7		Snow Peas	12	
Carrots	11		Peppers		
Cauliflower	7		Bell, Banana	6, 8	
Celery	4		Hot Green & Red	11	
Collard Greens	8		Radish	4	
Cucumber	3		Seaweed (Kelp)	12	
Eggplant	7		Snap Beans (Green, Yellow)	9	
Endive	5		Spinach	6	
Fennel	9		Squash		
Green Beans	9		Scallop, Summer, Straight Neck	5	
Kale	14		Zucchini	4	
Lettuce			Swiss Chard	5	
Bibb, Boston, Butter, Iceberg	4		Tomato (Red, Green, Orange)	5, 6, 4	
Romaine	5	Turnip	8		
Nuts, Nut Butters, Seeds, Oils					
Coconut (1 oz. dried, unsweetened)	18		Olive Oil (1 TBSP)	119	
Flax Seeds (1 oz)	129		Coconut Oil (1 TBSP)	117	
Condiments (Check labels; watch for added sugars.)					
Capers (1TBSP)	2		Vinegar (apple cider, balsamic, brown	3-25 Calories Per TBSP	
Horseradish (1TBSP)	7		Rice, champagne, distilled, garlic		
Mustard (1 TBSP, no sugars)	9-12		Wine, golden balsamic, Italian herb,		
Olives (1 oz, Black, Green)	30		malt, red wine organic, rice, tarragon,	Check label	
Pickles (1 oz dill, not sweet)	5		white distilled, white wine)		
Salsa (2 TBSP, check for sugar)	10-25		Wasabi Sauce (1 TBSP)	15	
Soy Sauce (1 TBSP)	8		Worcestershire Sauce* (1 TBSP)	11	
Spices/Seasonings/Sweeteners (Check labels; watch for added sugars.)					
Allspice		Mint Leaves (dried or fresh)			
Basil		Nutmeg			
Bay Leaf		Onion (powder or salt)			
Cayenne Pepper		Oregano (dried)			
Celery Salt		Paprika			
Chili Powder, Chili Seasoning		Parsley (fresh or dried)			
Chinese Style Five Spice		Pepper (ground and peppercorns)			
Cilantro (fresh)		Poultry Seasoning			
Cinnamon		Reese All Purpose Steak Salt			
Cocoa (unsweetened)		Rosemary (fresh or dried)			
Coriander		Sage (dried)			
Creole Seasoning		Salt			
Cumin (ground)		Spice Islands (Herbes De Provence, Ground Chipotle)			
Dill (fresh & seed)		Stevia (Sweetleaf brand has no additives)			
Garlic (cloves, granules, powder, salt)		Thyme, Thyme Leaves			
Ginger		Tony Chachere's Original Creole Seasoning			
McCormick (Garlic Pepper Grinder, Italian Herb		Turmeric			
Seasoning Grinder, Steakhouse Seasoning Grinder,		Weber Grill Creations N'Orleans Cajun Seasoning			
Broiled Steak Seasoning Salt, Rotisserie Chicken		White Pepper			
Seasoning, Herb Chicken Seasonings)					
Sauces and Gravy* (Check labels; watch for added sugars.)					
Au jus gravy, Creole sauce, Curry sauce, Marinara, Mole verde, Mushroom, Oyster, Taco Sauce – Red or Green, Tamari					

* = check product label for calories

MAINTENANCE 1 **"CAUTION"** Foods - proceed with caution



Here is a list of foods widely known as **"Caution"** foods for Maintenance 1 (M1). The trick to being able to eat them is **not to have "too many,"** but there is no set number for "too many." This is suggested guide to adding "caution" foods.

Again, here is the schedule we suggest you use to stabilize your weight as quickly as possible:

M1 - Week 1: eat 0 "Caution" foods

M1 - Week 2: eat 1-2 "Caution" foods per day. These foods are to be added only if you are stable in Week 1, meaning you did not have to do steak day. If you have not been stable for one week, continue with the Week 1 suggestion until stable.

M1 - Week 3: eat 2-3 "Caution" foods per day. Again, only add more Caution foods if you were stable in Week 2. Your goal is to gradually add caution foods and stabilize while doing so, as that will make Maintenance 2 and beyond very easy for you!

ITEM – CAUTION FOODS	Calories/Oz.	ITEM – CAUTION FOODS	Calories/Oz.
Caution Meat (No sugar added is preferred.)			
Bacon* (2 slices)	105	Jerky* (2 oz beef, pork, turkey, venison)	120-180
Canadian Bacon* (1 serving)	60-90	Sausage (1 serving*)	120-250
Hot Dogs* (1 serving)	120-200	Deli/Lunch Meats (1 serving*)	80-200
Caution Nuts & Nut Butters (Limit to 1 ounce per serving.)			
Almonds		Hazelnuts	176
Butter	177	Macadamia Nuts	201
Flour	160	Mixed Nuts	173
Nuts	190	Peanut Butter* (no sugar added)	85-100
Paste	128	Peanuts	159
Brazil Nuts	190	Pecans	193
Coconut Flour (2 Tbsp.)	60	Walnuts	183
Caution Dairy Products (Limit to 1 ounce per serving.)			
Cheese* (Per oz: American, bleu, brie, camembert, cheddar, colby, feta, fontina, goat, gouda, gruyere, Mexican queso, Monterey jack, mozzarella, muenster, parmesan, pepper jack, provolone, ricotta, Romano, Roquefort, string, Swiss)	90-125	Cream	
Cottage Cheese (1/2 cup)	97	Heavy	97
		Light	55
		Sour	54
		Cream Cheese (regular / fat-free)	96 / 29
		Half & half	36
		Milk (skim, 1%, 2%, whole)	40-75
		Yogurt (1/2 cup plain only)	75
Caution Condiments (Check for sugars and use VERY sparingly.)			
BBQ Sauce*	50-70	Steak Sauce* (1 TBSP)	15-35
Ketchup*	10-20	Tartar Sauce* (1 TBSP)	60-80
Mayonnaise* (1 TBSP Light or Regular)	35-100	Vinaigrette* (balsamic, barbeque, basil, Greek, herb, Italian, red wine)	25-80
Salad Dressings*	40-90		
Caution Fats & Oils (Limit to 1 ounce per serving.)			
Bacon Grease	251	Oil (cod, cod liver, salmon, flaxseed, ghee, lard, margarine, almond, avocado, canola, soybean, cashew, cocoa butter, cottonseed, grapeseed, hazelnut, mustard, palm, peanut, safflower, sesame, walnut, wheat germ)	80-140
Butter	201		
Cooking Spray*	0-1		
Margarine (1 TBSP)	100		

* = check product label for calories

Maintenance Notes

The switch to the maintenance phase can be the biggest challenge of the entire HCG protocol. It can be scary because you go from knowing exactly what to do and when to do it, to Dr. Simeons' one rule: Eat what you want when you are hungry except NO sugars and NO starches, but weigh every morning to make sure you stay within 2 pounds of weight as of last injection. If you do go over the 2 pound limit, perform a Steak Day.

Weigh yourself daily

While we don't want you to trade one addiction or obsession for another, it is critical that you weigh daily during M1. You will have to watch the scale to make sure you do a "steak day" the **very same day** in case you go more than two pounds over LDW. This rule applies even if you suspect that your gain is due to your menstrual cycle, too much exercise/physical activities or, other non-food related causes. (See Steak Day Instructions on p. 6.)

You do not want to mess around with this! It is very difficult to correct a 2+ pound gain if you don't do a steak day ON the day that you go two pounds over your LDW. You have worked hard to get to this point, so if this rule means that you have to pack your scale and take it on the plane with you on vacation, then do it!

After the restrictions of VLCD, the maintenance phase should be quite enjoyable. Try not to get hung up on what you can't have, but instead focus on what you CAN eat.

The best plan of action is to 'protein up', enjoy some 'good-for-you' fats, and eat lots of fresh vegetable and some fresh fruits. You should have caution with dairy, nuts and starchy vegetables. Most of all, you should enjoy maintenance.

Keep in mind most people that experience trouble during maintenance were not eating enough calories, specifically proteins. Protein is a key factor in resetting and maintaining your new weight.

We recommend that you consume 100-150 grams of protein per day. 100 grams is the minimum requirement but, this is a case where more IS better.

Another thing to remember is that eating fewer calories than your body is able to handle may encourage your body to require less, which in turn would support less calories as you move into the future.

Later in this guide, we have provided a few sample meal plans with calorie and protein counts.

You can use these as a guide and tailor them to fit your likes, dislikes, and lifestyle.



after
Jenn lost
140
pounds!!



Steak Correction Day Instructions

(see our website for other Correction Day options for those avoiding steak)

During Maintenance 1 and Maintenance 2 you are to weigh yourself every morning after elimination and before eating. **If your weight is more than 2 pounds over your last dose weight (LDW), you are to perform a Steak Day that very same day.** This is VERY important. Even if you are only 2 ounces over your LDW, or even if the gain is due to TOM, you must perform a Steak Day.

From Pounds & Inches:

'... they must on that same day entirely skip breakfast and lunch but take plenty to drink. In the evening they must eat a huge steak with only an apple or a raw tomato.'

Breakfast: Water. You may also drink coffee, tea, herbal tea, or Perrier, but your majority of fluids must be plain water.*

Lunch: Water. You may also drink coffee, tea, herbal tea, or Perrier, but your majority of fluids must be plain water.*

Dinner: 1 huge steak, 1 apple OR one raw tomato, water

The steak should be at least 8-10 ounces (bigger is fine).
You may use seasonings, but check labels and avoid mixes with sugar.

If you do not like or eat steak, you may substitute any lean protein, such as chicken, fish, pork loin, eggs (6 whites/3-4 yolks), or whey or pea protein shakes (0-2 carbs per serving).

*Dr. Simeons gives the direction that you are to "take plenty to drink." What that means is that 1-2 cups of coffee or tea should be ok. These beverages are a diuretic, and will require you to drink more water to counteract any dehydration affect.

No milk, no lemon, no other additions other than a dash of stevia.

The following morning, your weight should be back within two pounds of your LDW. You should then resume eating according to the rules of the maintenance week you are currently following. Remember that you may not move into week 2 of M1 until you have been stable/ no steak days, for one week. The same rule applies when transitioning from week 2 to week 3.



If you are not within LDW range, you must **not** perform a second Steak Day. Back-to-back steaks days can be very counter-productive and may cause gains. In this case, you would eat very clean for 1-3 days. By eating clean we mean lots of protein, some green veggies and lots of water—no Caution foods. You should avoid dairy, nuts and fruit. You must eat the calories indicated by your BMR, no cutting back on calories.

Please remember that a Steak Day is a tool that may be used for the rest of your life. By weighing daily, and performing a Steak Day when needed, you can easily maintain your new weight forever.



M1 Sample Meal Plans



M1, Week 1

Breakfast: 2 large eggs cooked in olive/coconut oil, 1 plum

Mid-morning snack: Whey protein shake (2 scoops) w/1/2 cup mixed berries & 1 tbsp Coconut oil

Lunch: Grilled chicken (4 oz) on a salad of greens, bell pepper, onions, tomato and avocado, topped with sugar-free salsa or pico de gallo.

Mid-afternoon snack: one serving unseasoned pork rinds w/diced tomato & avocado dip

Dinner: Salmon drizzled w/olive oil, 1 cup green beans, salad w/oil & vinegar dressing.

Evening snack: 1 orange

Approximate calories – 1545/Approximate protein – 117.6

M1 Week 2

Breakfast: 2 large eggs, 4 slices bacon

Mid-morning snack: 1 cup cottage cheese (full fat) w/1 whole mandarin orange

Lunch: Hamburger patty (4 oz) topped with 1 tomato, chopped onion and mustard, green salad w/olive oil & vinegar dressing

Mid-afternoon snack: Whey protein shake (1 scoop), 1/2 cup mixed berries, 1 tbsp coconut oil

Dinner: Filet mignon (3 oz), 1/2 cup cauliflower, 1/2 cup green beans

Evening snack: Apple w/2 tbsp peanut butter

Approximate calories – 1560 / Approximate protein -111.6

M1 Week 3

Breakfast: 2-egg omelet with 1/2 c each zucchini, onion, chopped tomatoes, 1 tbsp parmesan cheese, 1 oz mozzarella cheese; 1 orange

Mid-morning snack: almonds

Lunch: Grilled fish (4 oz), 1/2 c onions, 1/2 c peppers, 1/2 c mushrooms sautéed in olive oil, 1 c green beans

Mid-afternoon snack: Whey Protein shake (1 scoop) w/1 cup strawberries & 1 Tbsp coconut oil

Dinner: Pork loin chop (4 oz), broccoli, salad with olive oil & vinegar

Evening snack: 1 med (3.5 oz) peach w/ 1/2 c Greek yogurt

Approximate calories – 1550 / approximate protein – 106.6

Note: The higher your BMR calorie requirement,
the higher your protein requirements.

Adding 1 ounce of beef, pork, poultry and fish will add 6-9 grams of protein.

Adding 1 egg will add approx 7 grams of protein.

Adding 1 scoop will add approx 18 grams of protein (check the label of your product).

HCG Diet Health Maintenance 2 (M2) Guide

Congratulations!

You've made it through Maintenance 1, your weight is stable and it's been at least seven (7) days since your last steak day. Now it's time to start adding a few carbs. It's not that scary, as long as you follow a few simple guidelines:

Stick with whole/unprocessed foods.

Our bodies better tolerate whole foods. Processed foods are harder for our bodies to digest and, through processing, have been robbed of vital nutrients. Many people confuse "whole" with "organic" and the two are not mutually exclusive.

Whole foods include unprocessed meat, poultry, and fish; non-homogenized dairy; fruits and vegetables; and whole grains like wheat, oats, barley, maize, brown rice, and rye.

Whole grain products come in the form of foods like whole wheat flour, whole wheat bread, cracked or crushed wheat, bromated whole wheat flour, whole wheat millet, and whole wheat pasta; rolled oats; popcorn; whole durum flour; and graham flour. A clear indicator of a whole grain product is having whole wheat, whole meal, or whole corn as the first ingredient.

Many commercial types of bread appear to be "whole grain" but in fact are simply processed "wheat" colored brown by molasses so they appear to be "whole grain". If the "whole" grain is listed as the second grain (like after "wheat flour"), the whole grain can actually be a tiny fraction of the overall ingredients in the product, so buyer beware!

Always try to include both protein and carbohydrates in your meals and snacks.

Eating meals and snacks that combine proteins and carbs will slow down the digestion of the carbs to about two hours. This means you will feel full longer and your glucose levels will be more consistent than if you ate a meal or snack with just carbs OR protein.

Because the energy from your meal is released slower and longer, your metabolism will be more efficient. You did all that work on the HCG diet to increase your metabolism, so your job is to keep it running at peak performance!

Also, when carbs accompany protein, the carbs will be used for energy, but the proteins, which take longer to digest, will be used for their intended primary function: building and repairing muscle tissue. This makes for a happy body!

Maintain your proper calorie intake levels.

This is a topic that you probably learned a lot about during M1 while you worked on maintaining your LDW (Last Drops Weight). This is about knowing how many calories your body needs daily to maintain your weight, taking into consideration your activity level (how many you actually burn).

The number of calories you burn without any activity at all (no smiling, fidgeting, or walking to the bathroom) is called your BMR (Basal Metabolic Rate). The TOTAL number of calories you need is your BMR times your appropriate activity factor.

You should use a BMR calculator to find out how many calories you need daily, taking into account your activity level. Anytime you change your daily habits (stop working out, start a job where you're on your feet all day, etc.) recalculate your BMR so that you're giving your body exactly what it needs to maintain. This will help keep your metabolism consistent, which means it's using, burning, and eliminating what it needs rather than storing it as fat.

Weigh yourself daily.

While we don't want you to trade one addiction or obsession for another, it is critical that you weigh daily during M2 like you did in M1. You will be adding carbs and sugars back into your diet in M2 and you will have to watch the scale to make sure you do a "steak day" the **very same day** that you go more than two pounds over LDW. This rule applies even if you suspect that your gain is due to your menstrual cycle, too much exercise/physical activities or, other non-food related causes.

You do not want to mess around with this! It is very difficult to correct a 2+ pound gain if you don't do a steak day ON the day that you go two pounds over your LDW. You have worked hard to get to this point, so if this rule means that you have to pack your scale and take it on the plane with you on vacation, and then do it!

Proceed with caution after a steak day.

You may know exactly what put you over the edge that caused your steak day. If so, then you MUST put that food away until your weight is stable for at least a week with no steak days.

But if you aren't sure what caused the gain, what happens? Our advice is to proceed with caution. This isn't an exact science, but for example, if you ate two carb foods the day before your gain, then just eat one carb food per day for **two** days after your steak day. If you think it might have been serving size that put you over, then make your servings of carbs smaller for a couple of days and increase your proteins and veggies.

The point is to pay attention to what and how much you're eating, then when it results in a steak day you will have a better handle on how to proceed. This includes your water—significantly decreasing your water (or becoming dehydrated from activity) even one day will affect the scale.

You MUST use a **food diary** like the one at www.hCGDietCanada.com (under Directions and Information). It's only three weeks and it's much easier than trying to remember every food you ate for the last 2-3 days. The food journal will also help you to see surprising patterns in your eating and how they relate to the scale.

Use the following schedule for adding carbs into your diet.

Because the body has been deprived of these foods for 6-12 weeks, many people need the help of a _digestive aid – even those who have never been sensitive to food.

One rule here:

If in any given week you have to do two steak days, we would consider your weight to be unstable and recommend that you go back to the previous week's restrictions until your weight has stabilized for a full week. This means if it happens in your first week of M2, you should go back to M1 until your weight is stable for a full week. If you want to maintain your weight loss long-term, this is important.

Week 1

You can eat one carb food per day, choosing a different food each day. Stick to whole, unprocessed foods and always include them with a protein-based meal or snack. Foods like, but not limited to: brown rice, melon, bananas, grapes, lentils, peas, garbanzo beans, honey, yogurt, whole wheat pasta, legumes, pancakes, popcorn etc. Alcohol may be consumed, no more than one serving per day is recommended, this counts as one carb serving.

Week 2

You can eat two carb foods per day, but not at the same meal. Again, it's best to include a variety of carbs, like, but not limited to: kidney beans, frozen yogurt, whole grain cereals, ice cream, sweet potatoes, grapes, whole grain bread, BBQ sauce, honey, gravy, steel-cut oatmeal, bananas, etc. Alcohol may be consumed, no more than one serving per day is recommended, this counts as one carb serving.

Week 3

Start combining carbs at the same meal once per day. Slowly add foods like, but not limited to: corn, potatoes, BBQ sauce, gravy, oatmeal, cornbread, oatmeal, whole grain breads, ketchup, orange juice, brown rice, grits, honey, pancakes/waffles, sweet potatoes, cereal, hamburger/hotdog buns, popcorn, etc. Alcohol may be consumed, no more than two servings per day are recommended, this counts as two carb servings.

Once you have completed these three weeks and you have reached your target weight you will be in Life Phase.



Congratulations!

The rules of Life Phase are quite simple: weigh yourself everyday and if you surpass your LDW (last drops weight) by more than 2 lbs, you must do a steak day. The rest is easy!

Over these past six weeks, you will have learned a great deal about how many calories you need in order to maintain your weight. You will have learned how your body responds to various foods. By applying these lessons to Life Phase, you will easily be able to maintain your weight and, be able to enjoy a very healthy and satisfying 'diet'.

