

Weight Loss Phase 4

Breakfast	Lunch	Dinner	Snack	Additions
<ul style="list-style-type: none"> •5-8 Ounces Any Select Protein •No Carbohydrates Before Noon •Coffee/Tea •Real Cream Only (Half & Half) •2 Metagenics Chewables 	<ul style="list-style-type: none"> •5-8 Ounces Any Select Protein •2 Cups Select Vegetables •Carbohydrate or Fruit 	<ul style="list-style-type: none"> •5-8 Ounces Any Select Protein •2 Cups Select Vegetables •Carbohydrate or Fruit 	<ul style="list-style-type: none"> •Healthy Protein Snack OR •1 Protein Food 	<ul style="list-style-type: none"> •Use the Real Sea Salt as much as possible on food •64 oz. of Water (minimum) •Cook with Real Butter as much as possible

Snacks: The healthiest snacks to have besides vegetables are sea salted nuts, cheese, peanut butter, black beans, hummus, low carbohydrate yogurt, jerky (no sugar added), Beanitos chips, and various Paleo snack brands, one serving of fruit or the Protein Pantry products. **Other Facts:** Oils (Olive, Coconut) & Certain Dressings (Caesar, Ranch or Blue Cheese).

Note: Ideally you want to have no more than 100 grams of carbohydrates a day and no more than 35 grams of carbohydrates in a single sitting. This is to make sure that you never spike blood sugar which will spike insulin. Maintaining your muscle mass is as important as maintaining your weight. You need to have half your lean weight in grams of protein to maintain your muscle mass. **Ex: If your lean weight is 160 lbs then you need to have 80 grams of protein a day.**

Vegetable to Fruit Ratio: It is always recommended that you eat two servings of vegetables to every serving of fruit intake per day. This will keep your fruit intake in-check. Often times people overdue their fruit intake and this will cause weight gain.

Multiple Cheat Days: If you happen to have multiple cheat days due to vacations, holidays, etc. Go back to eating like you would on the weight loss phase for at least two weeks, this length of time will depend on how many bad days in a row you had. This will eliminate the damage done on those multiple cheat days. Consult your diet coach for direction on this.