

3 Step Weight Loss Plan

STEP THREE Success For Life!

Congratulations, you have changed your eating habits. Here is the success for the rest of your life!

Instructions: *To be followed daily - ask your coach about your "Reward Day"*

- 1 You must eat 4 meals a day, breakfast, lunch, dinner & snack
- 2 Do not skip meals
- 3 Vegetables should be fresh or frozen (measured raw)
- 4 All of your meat should be broiled, boiled, baked, grilled or steamed
- 5 Drink your water. A minimum of 64 oz of water per day
- 6 Supplements: You may continue the supplements or go back to your own supplements. Use your sea salt
- 7 Keep a detailed food diary (this helps you to stay focused)
- 8 Supplements are no longer mandatory but suggested
- 9 Contact your coach if you have any questions
- 10 You can have higher carb foods for lunch or dinner, not both, and be careful not to have a high carb and high fat foods together
- 11 Check in with your coach monthly so you stay on track
- 12 You can have a carb or fat at lunch or dinner. Not one of each at both meals!
- 13 Make sure that you have enough protein every day
- 14 Your coach will be giving you some support documents
You may utilize CFF foods at anytime as a meal replacement or as a treat (better than eating a candy bar)

Adding a Whole Protein to your Meal Plan

BREAKFAST	LUNCH	DINNER	SNACK
<p>PROTEIN/CARB/FAT</p> <p>1 protein choice</p> <p>1 grain choice 1 fat/dairy choice 1 fruit choice (see Success For Life for Foods List) (*note they do not all need to be eaten at breakfast)</p> <p>BEVERAGES Start the day by drinking water coffee or tea</p> <p>HINTS/ EXAMPLES Protein such as 2 eggs, ham or 3 slices lean turkey bacon 1 slice whole grain bread fat free yogurt with berries</p>	<p>PROTEIN</p> <p>5 - 8 oz of meat. Should be broiled, boiled, baked or grilled</p> <p>VEGETABLES All vegetables unlimited green leafy salad</p> <p>FATS/CARBS (see Success For Life Food Groups List)</p> <p>BEVERAGES Water, coffee or tea (See Beverage List in Food Groups)</p> <p>HINTS/ EXAMPLES Add some of the vegetables to your salad or grilled chicken or turkey Careful of salad dressing, use Walden Farms or make your own with lemon juice, vinegar and herbs</p>	<p>PROTEIN</p> <p>5 - 8 oz of meat. Should be broiled, boiled, baked or grilled</p> <p>VEGETABLES All vegetables unlimited green leafy salad</p> <p>FATS/CARBS (see Success For Life Food Groups List)</p> <p>BEVERAGES Water, coffee or tea (See Beverage List in Food Groups)</p>	<p>PROTEIN</p> <p>1 ITG protein food (any product) optional nuts, yogurt, fruit</p> <p>HINTS/ EXAMPLES Do not have a high carb, high fat food for your snack</p>

On your Success for Life plan you can spread your meals out throughout the day. Make sure you have adequate amount of protein each day, the correct amount of calories for your body metabolism and exercise needs. See your coach for your meal suggestions and food category choices.

* All Food Groups do not need to be consumed at Breakfast, you can have them throughout the day.

Before starting any diet or weight loss program you should consult with a physician.