

Week 11: Maintain Your Weight!

The Maintain Phase

It's time to start preparing yourself to maintain your weight for good!

The Maintenance phase is the full whole foods diet phase.

There are still nutrition goals for you to reach each day. Talk to your doctor about how many calories, grams of protein, and grams of fiber you should aim to have each day.

You can use the Maintain "Make-Your-Own-Meal and Snack" guides to help you decide what to eat. Meal plans are also available for this phase.

Take Ownership of Your Diet

The maintain phase gives you the opportunity to make your own healthy choices for breakfast. Have a small yet filling breakfast of about 250-350 Calories. What are some examples of this?

1. 2 eggs, pan-fried in an oil spray. With 1 slice whole grain toast and 1 tsp jelly and an apple on the side.
2. 1 cup of oatmeal made with milk. Add 1 tsp peanut butter and $\frac{3}{4}$ cup blueberries on top.
3. $1\frac{1}{2}$ cups of whole-grain cereals with 1 cup of milk. Served with $\frac{1}{2}$ sliced banana and $\frac{1}{2}$ cup of chopped strawberries.

If you don't like breakfast or are not hungry in the morning, ask your healthcare provider if you can have a Celebrate meal replacement shake for breakfast instead.

Tips for success in the Maintain phase

- Keep a food journal. This helps you stay mindful of the things you eat throughout the day.
- Use your hunger scale to determine if you are hungry and when you are full.
- Prepare meals and snacks ahead of time so your prepared when life get busy.
- Talk to your doctor about making a plan for regain.
- Talk to your doctor if you have new signs or symptoms on the program.

Meal	Product / Grocery Meal
Breakfast	Choose 1: <ul style="list-style-type: none">• A small yet filling breakfast (about 250-350 Calories)• Celebrate Meal Replacement
Morning Snack	Make Snack From: <ul style="list-style-type: none">• "Make-Your-Own-Snack" Guide• Celebrate Cookbook
Lunch	Make Meal From: <ul style="list-style-type: none">• "Make-Your-Own-Meal" Guide• Celebrate Cookbook
Afternoon Snack	Make Snack From: <ul style="list-style-type: none">• "Make-Your-Own-Snack" Guide• Celebrate Cookbook
Dinner	Make Dinner From: <ul style="list-style-type: none">• "Make-Your-Own-Meal" Guide• Celebrate Cookbook
Evening Snack (Optional)	A small snack, about 100-200 Calories, depending on recommendations from your healthcare provider.