

# MAINTAIN Overview

The MAINTAIN phase of Path to Success is based on eating a whole foods diet, continuing physical activity, and incorporating behavior change techniques into a long-term lifestyle to maintain weight loss. This dietary plan continues to be high in fiber rich fruits, vegetables, and grains as well as high in protein. In addition, it aims to shift caloric intake and macronutrient distribution to that of the recommendations for healthy adults.

Maintain Nutrition Information Overview*				
	Calories	Fiber (g)	Protein (g)	Macronutrient Distribution (CHO: PRO: fat)
Maintain 1	1400-1600	30-40	105-120	~45:27:28
Maintain 2	1600-1800	30-40	120-135	~45:30:25
Maintain 3	1800-2000	30-40	135-150	~45:30:25

\*Estimations based on average 7-day meal plans and nutrition goals for each option. Variations in actual intake and macronutrient distribution may be seen.

Patients have the option to include a supplement or protein bar in their dietary plan, as meal replacements often help individuals meet their goals. Recommending meal replacement for breakfast or a protein bar as a snack may help individuals who face barriers such as portion control, time constraints, etc.

An evening snack allows patients to apply what they have learned throughout the program and determine their own snack option within an appropriate caloric range. This small step aims to help individuals transition out of the program by bringing awareness to their caloric intake. Recipes for snacks within these calorie ranges are offered in the Celebrate Cookbook as well.

The following is the basic meal plan structure during the MAINTAIN Phase:

- 3 Grocery Meals
  - Utilize a “Make Your Own Meal” Template to choose ingredients from protein, starch, vegetables, and fat. Portion sizes for these ingredients may vary by option.
  - Make a recipe from our Celebrate Cookbook to find delicious recipes that meet nutrition recommendations.
- 2 Grocery Snacks
  - Utilize a “Make Your Own Snack” template to choose ingredients to make a snack. Portion sizes for these ingredients may vary by option.
  - Make a recipe from our Celebrate Cookbook to find delicious snacks that meet nutrition recommendations.
- 1 Evening Snack
  - Patients determine their own snack using the pre-established calorie goal.
    - Maintain 2: ~100 Calorie snack
    - Maintain 3: ~200 Calorie snack
  - Make a recipe from our Celebrate Cookbook to find delicious snacks that meet nutrition recommendations.