

## Phase IV Lifestyle Week 1

Congratulations! You have lost weight and stabilized your results! Lifestyle is the final phase of the program and is where you learn how to maintain your weight loss permanently. This phase is not a green light to gorge on foods you have not been eating, but rather a time to start food testing carbohydrates to determine possible sensitivities.

### Sample Menu

#### Breakfast:

1 Tbsp. grass fed butter **OR** 1 Tbsp. oil to cook with  
2 medium whole eggs **OR** 3-4 oz. protein  
½ cup veggies  
½ cup sweet potatoes

#### Lunch:

2 cups veggies  
3-4 oz. protein / meat  
¼ cup of black beans **OR** lentils  
2 Tbsp. dressing made with olive oil **OR** avocado oil to cook with

#### Snack: (optional)

1 cup fruit

#### Dinner:

1 Tbsp. grapeseed oil **OR** 1 Tbsp. coconut oil  
3-4 oz. protein / meat  
2 cups vegetable

#### Evening Bedtime Drink:

Hot water with herbal tea such as Chamomile or Sleepy Time Tea, cinnamon, nutmeg, and 1 Tbsp. MCT Oil (remove tea bag and blend everything together using a coffee frothier).

The recommended evening drink is for the purpose of stabilizing blood sugar during time of sleep. In order to do this, we suggest using MCT Oil because the fatty acids burn slowly in the body which also helps to regulate blood sugar.

It is advised that our creams be used in combination with this eating plan in order to achieve maximum results.