



## Ideal Protein Weight Loss Method

- Easy 4-Phase Medically Designed Protocol
- Lose an Average of 3 to 7 Pounds Per Week
- Promotes Fat Loss while Maintaining Muscle
  - Naturally Suppresses Appetite
  - Supports Cellulite Reduction
  - Promotes Vitality & Energy



## Freedom of Phase 4

**Now that the first 3 Phases have been completed and weight loss has been achieved, it's time to enjoy the freedom that you have while maintaining your new shape! Phase 4 is a very simple maintenance plan; you need only to understand a few simple principles. Good food combinations are essential during the Maintenance Phase.**

Carbohydrates and Fats should be separated. Like two troublesome students, a teacher must put them at opposite ends of the classroom. Individually they may be good, but together they can be trouble.

**\*\* BASIC RULE: a meal that is RICH in Carbohydrates should be POOR in Fats and vice versa. \*\***

Note: Though some proteins may contain a little fat (i.e. white fish), you do not need to separate it from a carbohydrate meal. A meal consisting of Carbohydrates (i.e. rice, potato) and white fish will not make you gain weight.

### Your Everyday Diet

**Remember, at the end of the day you must have at least the minimum amount of protein intake to keep your vitality. (1/2 your weight in grams of protein, i.e. 140 lb person should eat at least 70 grams of protein per day)**

The following is an example of typical day on Phase 4. You may however, chose the foods you like as long as they stay within our basic principles.

**BREAKFAST:** You may eat all 3 food groups (Carbs, Fats, Protein) if you would like for breakfast

- Coffee / Tea
- Whole wheat or whole grain bread, lightly buttered or with jam
- Cereal
- Fruit and a dairy product
- An egg, a slice of ham or a piece of cheese (preferably hard)

**LUNCH:** **This meal is poor in Carbohydrates** (or you can have a meal poor in Fats and switch your evening meal to one that is poor in Carbohydrates)

- Fresh meat or fish. All meats and fish are now permitted, but choose lean meats
- Unlimited vegetables
- 1 tablespoon of oil (or more) or sauce
- One serving of yogurt or a piece of cheese

**DINNER:** **This meal is poor in Fats**

- Unlimited vegetables, in a soup, raw or steamed. *Note: Soups are best in the evening.*
- A dish prepared with Carbohydrates; i.e. rice, pasta, lentils, semolina, dried beans, quinoa, potatoes
- Go easy on the fat when preparing this meal, as it is rich in Carbohydrates. Use no more than 1 tsp of oil.
- Fresh Meat, Fish, Poultry or Seafood

**SNACK:** *Note: 3 meals and 3 snacks throughout the day is perfect way to never feel hungry.*

- Fruit, almonds, cheese or a protein envelope or bar.

## **Do you eat Carbohydrates for lunch or dinner?**

Contrary to popular belief, you should eat complex carbohydrates for dinner, but that's not carved in stone.

It's wrong to think that if you have carbohydrates for lunch, you'll be able to burn them throughout the afternoon and that if you have complex carbohydrates for dinner, your body might store them. It's not that simple. Your body doesn't use up your lunch during the afternoon. It must digest your lunch, convert it and assimilate it before it can use it for energy. Active people and athletes have pasta for dinner, but they don't go out and run at night. Similarly, the Tour de France has never been held at night!

At night, your body goes through a long period of fasting, rests and recharges its batteries for the next day (just like a cell phone). You'd be making a serious mistake if you eliminated or reduced your evening dinner. And above all, complex carbohydrates are filling and easy to digest.

## **Dining Out**

When you dine at a restaurant or cafeteria, you might have a hard time finding a meal with Carbohydrate dishes (rice, pasta, potatoes etc.) prepared without fat. You will also tend to find most Protein (meat and fish) dishes are served with a sauce.

If that's the case, for lunch it's best to go with a meal consisting of animal protein and raw or cooked veggies that's prepared with only a small amount of fat (sauce). And you'll have to forget the "extra" Carbohydrate foods like bread.

It's much easier to control fat intake when you dine in. For example, you can prepare spaghetti with fresh tomato, garlic, basil and a touch of olive oil with as many vegetables as you like. You may also have protein (poultry, lean meat, etc.). Keep in mind that you must always be careful of Fat content and your portion size!

## **Managing Slip-ups**

There are minor, inconsequential slip-ups for which you don't need to make up and major slip-ups for which you will have to make up the next day.

### **Minor Diet Slip-ups**

These usually occur when you're not eating at home, because it's hard to avoid fats; however, you can easily avoid carbohydrates, or starchy foods and desserts. Have a first course and a main dish and even a small glass of wine if you like. There will be no consequences, as long as these meals don't become a habit. Go back to your regular diet the next day.

### **Major Diet Slip-ups**

A major diet slip-up is a big meal with all the fixings. After all, you're entitled to it, aren't you? You can make up for a major diet slip-up the next day by avoiding all simple and complex carbohydrates for that ONE DAY ONLY, by going back on Phase 1 of the Ideal Protein Protocol. Why is that?

Because when you eliminate all carbohydrates the day after a big meal, you reduce the amount of insulin secreted and block fat storage. You might still gain up to two pounds the day after, but don't panic. You didn't gain two pounds of fat. Your body is unable to lose two pounds of fat in a day and it can't gain two pounds of fat in a day either. If two pounds of fat equal 8,000 calories and a woman eats an average of 2,000 calories per day, how could your body possibly store the equivalent of four days of meals after just one meal? What do those two pounds represent then? They represent the weight of the big meal plus the water or fluid you had with it and that had not been eliminated by the time you stepped on the weigh scale the next day.

## **The Fun Day!**

What is the Fun Day? The Fun Day is an important and mandatory part of our Phase 4, Maintenance Phase and essential for long term success. It is a day where the Dieter goes "all-out" and enjoys whatever foods they feel like eating! Dieters who have struggled with his/her weight and believe that they can never enjoy certain foods again will understand with the Fun Day that this is simply not true! The notion of pleasure is a vital part of our protocol and in Phase 4; the Dieter will learn to eat for pleasure and not from compulsion and/or emotion.