

# Phase 3 – Your Diet Now

Phase 3 states that you can now introduce dairy, cheese, milk, eggs back into the diet, but **NO SUGAR and NO STARCH**. That is, **sugar, rice, bread, potatoes, pastries** etc ... they are by far the MOST DANGEROUS!

**Breakfast cereals, whole grain breads**, and all the general stuff that you think is still good for you cannot be consumed. Everything else is on the table. All the vegetables that you want (that you weren't able to eat before) like mushrooms and some of the foods you weren't able to eat before like fats, can now be eaten but you still need to control how many calories you're taking in.

If you do that, you won't struggle so much in this maintenance phase (Phase 4) or go two pounds (.900 grams) up or two pounds (.900 grams) down.

If you go over two pounds (.900 grams) in the 21 days of phase 3, you have to do what's called the "**steak day or apple day**." The steak day looks like this ... you have to fast throughout the entire day and then eat a steak along with either a raw tomato or an apple. (See Steak day section in this MODULE)

This will take your weight set point back to where you were when you finished the diet. It works very magically and it works every single time but the point is it's not very pleasant if you have to do it every other day.

**Eat something five - six times per day.** It is very important to eat a full breakfast, lunch and dinner and have three snacks, ideally consisting of a minimum of two apples and a grapefruit/orange per day! Only have carbs from low sugar fruits (no plums, raisins, mangoes, pineapples, bananas, dried fruit). **No legumes, root vegetables, corn or grains!**

For example our case study of a woman with her LDW being 60 kg would in week 1 increase her calorie intake to 900 (an extra 250) and in the Week 2 increase it another 250 calories then in Week 3 increase her intake to the total required to maintain her new "set weight" based on her Basal Metabolic Rate of 1400 calories per day!

In the **first week** increase have cream in your coffee, butter, salad dressing with oil, increase your protein and vegetable portions!

The **second week** add in more vegetables, cheeses, nuts and any other low carbohydrate food.

The **third week** of Phase 3, increase to the total daily calorie requirement for your individual target BMR.

**Weigh yourself daily** as it takes about three weeks before the weight reached at the end of Phase 2 becomes stable (i.e. does not show violent fluctuations after an occasional excess!) This will also give you an indication of what foods do and don't work for your body!

**Try to just introduce ONE different food daily**...let your body talk to you about what works and doesn't! The scales will certainly tell you if it doesn't work!

The third week of Phase 3, increase to the total daily calorie requirement of your BMR.

What is really important about this phase is that once you stabilize your hypothalamus and reset your weight "set point" and your metabolism, you're going ready to go into Phase 4. But you'll be able to actually reintroduce normal foods back into your life.

You are going to find out things about yourself you really didn't know. It's going to expose your triggers. You're going to expose the things that make you eat when you're not hungry.

As you take all this knowledge and you actually implement it and learn it and learn about yourself then you will have to ask yourself that question. "Look, I've done such a great job. I worked so hard to get this new body. I feel great. Do I really want to start putting this poison back into my system?"

You will ask yourself "Do I want to start eating empty calories, processed foods and refined sugar?" If you can't read the label or the label has three or four words on it that you can't pronounce, don't eat it.

You have to eat fresh food, fresh fruit, fresh vegetables, lean proteins, and occasional fatty desserts. Indulge yourself ... you're learning how to implement new habits in your life to maintain your weight. There is no magic cure here to keep the weight off for the rest of your life unless you're equally committed to maintaining some of these lessons that you have learned throughout the process.

It is extremely important in this Phase when you are resetting your “new body weight” that you increase your protein intake to at least double of that consumed in Phase 2. Also, avoid High Carbohydrate Fruits and Vegetables.