

# **BestChoiceChanges**

## **Phase 4- Keeping It Off**

---

- 1.) After you finish the 3 week Stabilization Phase, be sure that you begin to add your carbs back in SLOWLY. Keep weighing yourself daily and take note of what makes you gain weight. Start with healthy carbs that have a lower glycemic index. This can include oatmeal, brown rice, sweet potatoes, low carb whole grain breads, even popcorn (less the movie theater butter). You can also print out a list of foods that have a low glycemic index at [www.glycemicindex.com](http://www.glycemicindex.com) which can assist you to know your foods even better.
- 2.) Keep drinking your water, half your body weight in ounces and continue with good tea. This is a good lifetime habit and always advisable. Your continued good water intake will help you and your body with knowing and working to maintain your set weight.
- 3.) Be sure to continue to use your trusty scale. Your goal is to master staying within 3 lbs. of your last program weight. If at ANY point you are above 2 lbs., it is recommended you immediately do an apple/steak day.
- 4.) You can now eat or drink any foods you wish. You have cleansed your system, you have lost weight and now you can work to achieve good habits and better food choices. Continue to weigh daily and see how various foods you introduce into your diet affect your weight.