

BestChoiceChanges

Phase Three Stabilization 3 Weeks

Welcome to Stabilization!

Congratulations on completing Phase 1 and Phases 2 of your BestChoiceChanges Plan. I know you are eager to enter the first day of Phase 3 so that you may return to more food choices! First, we'll cover the simple explanation of Stabilization, and then we will go over it in more detail.

Eat a **MINIMUM** of **1500 calories** daily, without carbs, sugary foods and minimal fats. Do this for the next 21 days. Weigh yourself **every day**. Stay within **2 pounds** of the lowest weight you achieved during Phase 2 of your plan.

A few simple rules:

- You **MUST** weigh yourself every morning just as you did throughout the diet.
- You **MUST** remain within **2 lbs.** of your weight on the last day of your VLCD.
- You are **not** allowed Carbs or Sugars during this phase.
- You will introduce only small amounts of good fats.
- You must eat sufficient calories and protein during this phase.
- The recommended **MINIMUM** calorie intake is approx. **1500 calories** with no carbs. So the minimum daily requirement is **3 times** what you were eating while on the very low calorie portion of the plan, but you can add many more foods.
- Continue your new water intake plan of half your body weight in ounces.

The details:

The Stabilization Phase is crucial to the success of your diet and all your efforts. You are encouraged to review **Pounds and Inches** to read Dr. Simeon's explanation of stabilization. Here is an excerpt:

'When the three days of dieting after the last drops are over, the patients are told that they may now eat anything they please, except sugar and starch, provided they faithfully observe

One Simple Rule: This rule is they must have their own portable bathroom scale always at hand, particularly while traveling. They must without fail weigh themselves every morning as they get out of bed, having first emptied their bladder. Patients must weigh before breakfast.

It takes about 3 weeks before the weight reached at the end of the treatment period becomes stable, i.e. does not show violent fluctuations after occasional excess. During this period patients must realize carbohydrates, such as, sugar, rice, bread, potatoes, pastries and pasta are by far the most dangerous. If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally and even small quantities of alcohol, such as a glass of wine with meals, does no harm, but as soon as fats and starch are combined are very liable to get out of hand. This has to be observed very carefully during the first 3 weeks after treatment is ended otherwise disappointments are almost sure to occur.'

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Stabilization goal and philosophy

Phase Three Stabilization feels like a well-deserved break as you add foods back to your daily menus. But this phase is critical and is not to be taken lightly. There is still work to do. During this phase your body will replenish your nutritional stockpiles, fill in cells to avoid sagging skin, and work to run efficiently as it “sets” to a new lower weight.

Your goal during this phase is not to lose weight but to maintain and “set” your weight. If you have additional weight to lose, you may want to consider repeating the BestChoiceChanges plan in 3-6 weeks. During Stabilization, you will create a new weight “set” point, a weight that your body will automatically maintain, close to your last **ADVANCE MAX** formula weight. Left to itself, your body may try to recover the weight you lost because of years of being at a higher weight. You need Stabilization to create and lock in a new set point. This is a critical success factor in the diet. This is the Triumph period!

You begin Stabilization following your last three days of the BestChoiceChanges plan. You stop taking drops the final three days, but you remain on the 500-750 calorie diet. Your weight on the morning of the last day of the **ADVANCE MAX** diet is the weight we will work to ‘set’, or lock in during Stabilization. The next day is the beginning of the critical 3 week Stabilization period to truly set your new weight. You continue to weigh every morning as you did in Phase 2 and record your weight. You may see fluctuations – this is not abnormal. **Be certain you are eating a minimum of 1500 calories daily during this phase.** Food servings and food mixes should be very liberal (but with no carbs!) to manage your lock-in or set weight for 3 weeks. Don’t try to continue your low calorie diet from **Phase 2**. Consuming low calories without the **ADVANCE MAX** formula will counteract your previous efforts. This is a time of stabilization, not intentional weight loss. Your weight will fluctuate especially the first week, and then it will stabilize. Watch carbs and sugars very carefully! This is a time of healing for your metabolism. You are going to reset how your body handles fats and carbohydrates. For now, we must eliminate the carbs that are listed in the “**Carbs Do Not Eat List**” document. **If this ‘healing’ and resetting of the metabolism is not strictly followed, you can quickly turn carbs into unwanted, abnormal fat again.**

Your scale will help you track foods that help you stabilize and those that don’t. Use healthy foods – organic when you can. You can add dairy products, eggs and other choices of protein, vegetables and nuts. You can now mix your vegetable servings and have more than one per meal. You can increase your protein serving size. Make sure you continue to drink plenty of water.

What and When is a Steak Day?

In the Pounds & Inches manuscript, Dr. Simeon states:

“Eat what you want when you want, (preferably when you are hungry and listen to your body for indications you have had enough) except no sugars and NO starches, and weigh EVERY DAY. If you are 2.1 lbs over your last weight, perform a steak day.”

Steak Day: skip breakfast and lunch but drink plenty of fluids. In the evening eat a huge steak with only an apple or raw tomato.”

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BestChoiceChanges prefers a Modified Steak Day: Eat 3-4 apples during the first half of the day and nothing else. Then for dinner have a small to moderate steak, include apple or tomato if you like. You will drop 1.5 to 3.5 pounds by the next day.

Support your set weight. The more days you spend in your lowest weight range, the better and quicker your body will settle in on your new weight set point.

Things to consider: During the 3 weeks of stabilization, if you miss the mark on a weekend and gain 3-5 lbs and then are good during the week and lose 3-5 lbs with strict dieting or steak days, your weight is **not set**. If however you have small variances of only 2 lbs. up or down due to water retention days or days you ate heavier such as dining at a restaurant, you will not interfere with the setting of the new weight. The goal is to learn to stay during within 2lbs of your last weight on **ADVANCE MAX** Natural Weight Loss Support. **Be focused as you add the many foods back to your diet but be strict not to add sugars and carbs. You will be most successful if you are intentional with your efforts at stabilization.**

Focus on what you CAN have, not on what you cannot have (sugars and starches). The best plan is to 'protein up'! Enjoy a variety and mix of vegetables and fruits of your choice, and good fats such as olive oil or small amounts of nuts and avocados. Additional caution should be taken as you add peanut butter, nuts, cheese, dairy, and starchy vegetables like corn. **Read Labels!** Know what a serving size is. Become familiar with how large a serving size **really** is.

***Eat a minimum of 1500 calories. Eating less than what your body and metabolism is capable of will encourage your system to require less. This would lead you to only require a low calorie intake in your future. So eat a minimum of 1500 calories without the carbs and sugars for this 3 week period.**

Stabilization Tips and Guidance

I am providing some documents that are approaches I used to meet or exceed 1500 calories without eating carbs while on the Stabilization Phase. While I am a nurse and the nutritional aspect of food was not new for me to work with, I needed something to make it easy for others to know what you could or couldn't eat. This information can help you achieve eating at least 1500 calories, know how to make good choices and what to avoid.

This need not be the only approach. You can keep it pretty simple and just don't eat the foods on the **Carbs Do Not Eat List**. That is basically your list of what not to eat over the next 3 weeks.

One way to keep it simple is by eating almost three times the quantity of food you ate while on the **ADVANCE MAX** diet protocol. You need to eat at least 1500 calories, higher in protein and **no carbs**. If you need help counting calories, use on-line calorie counters. Examples that I like are www.Fitday.com, www.skinnydiets.com, and www.pyramid.gov.

The ATKINS Diet, and the South Beach Diet, are similar to the Stabilization phase. The principles of the induction phase of Atkins can apply as they allow no carbs at that time. The big difference is that we don't want to eat the high amounts of fat that are recommended on Atkins during stabilization. So if you are familiar with Atkins Induction or the South Beach Diet, you

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will need to eat very small portions of healthy fats if you chose those methods. Allow good fats in small quantities such as olive oil, nuts, avocados, and olives.

- **Eat fresh foods not processed foods.**
- **Avoid too much restaurant food and avoid fast food restaurants.**
- **Avoid all processed foods such as lunch meats and canned foods.**
- **Continue to drink plenty of water. Water is quite possibly the single most important catalyst in losing weight and keeping it off.**
- **READ LABELS!**
- **Use your tracking sheet to make notes and manage your success.**
- **Vegetables you should avoid during stabilization are mostly beans (such as kidney beans, pinto beans, and lima beans - green beans are allowed), potatoes, corn, and peas.**
- **Avoid starchy fruits such as bananas.**
- **Avoid grapes, mangos and sugary sweet melons.**

So manage by the scale, with no carbs or concentrated sugars. If you get confused or concerned, CALL or e-mail BestChoiceChanges, or contact the person who is working closely with you.

- support@bestchoicechanges.com

You are learning new food habits and have done a great job changing your pounds and inches. You are a newer, better, healthier version of yourself!

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