



Phase 2

Phase 2 is different from the first in that it will last as long it takes you to lose your desired weight. This phase will last different lengths of time depending in each individual person, how well they follow the diet, and how their body reacts.

Do not forget that by the time you start this phase, you will already be 8 to 13 pounds lighter! Other changes you will notice when starting Phase 2 is that your outlook on eating will be changed. During the past two week, the way in which your body was reacting to foods making you overweight was corrected. Those old, nagging cravings have been squelched and the bad eating habits of the past are gone.

The secret is not that you are eating less food, but eating fewer foods that start cravings and store excessive fat. Once the first phase ends, the weight will continue to come off by staying on the plan. Some of the indulgences you took out of your diet during Phase 1 will be added back in, but less often.

As you go through Phase 2, your weight loss will not be as dramatic, but it will be consistent, on average, you can expect to lose from one to two pounds. While these numbers are lower than what you achieved in the first phase, losing slowly is healthier and you will keep the weight off.

Milk Choices (with suggested serving sizes)

Light soy, ½ cup

Fat-free or 1%, ½ cup

Yogurt

Plain, low-fat or fat-free, ½ cup

Fat Choices (with some suggested serving sizes)

Oil, canola

Oil, olive

Polyunsaturated

Mayonnaise (do not use fat-free)

Nuts

Almonds, 6 whole

Brazil, 2 medium

Cashews, 6 whole

Peanut butter, 1 tsp

Peanuts, 20 small

Pecan halves, 15

Pine nuts, (pignolia) 2 tsp

Pistachios, 30

Macadamia, 4

Walnuts, 2 whole

How to adapt to your meal plan – Phase 2

In phase 2, you'll gradually begin to reintroduce healthy starches and carbohydrates in to your diet, starting with low-glycemic index ones like oatmeal and couscous, and eventually moving on to high-glycemic ones like fruits and whole-grain bread. The goal is to eat healthy carbs while continuing to lose weight, so pay attention to how they affect you. If your weight loss stalls or cravings return, cut back or try some different carbs and monitor the results. Here's a look at general eating guidelines, plus substitution ideals.

BREAKFAST					
Protein	Vegetables	Fruit	Starch	Milk	Fat
Quantity is not limited	Minimum ½ Cup	1 fruit serving allowed daily (with this meal or other)	1 serving allowed daily (with this meal or other).	1 – 1 ½ cups allowed daily (including yogurt)	1 tsp mayonnaise or oil (optional)
<u>See Choices</u>	<u>See Choices</u>	Gradually increase to 3 total servings for the day. <u>See Choices</u>	Gradually increase to 2 or 3 total servings for the day. <u>See Choices</u>	<u>See Choices</u>	<u>See Choices</u>

LUNCH					
Protein	Vegetables	Fruit	Starch	Milk	fat
Quantity is not limited	Minimum 2 Cup	1 fruit serving allowed daily (with this meal or other)	1 serving allowed daily (with this meal or other).	1 – 1 ½ cups allowed daily (including yogurt)	1 Tbsp mayonnaise or oil (optional)
<u>See Choices</u>	<u>See Choices</u>	Gradually increase to 3 total servings for the day. <u>See Choices</u>	Gradually increase to 2 or 3 total servings for the day. <u>See Choices</u>	<u>See Choices</u>	<u>See Choices</u>

DINNER					
Protein	Vegetables	Fruit	Starch	Milk	fats
Quantity is not limited	Minimum 2 Cup	1 fruit serving allowed daily (with this meal or other)	1 serving allowed daily (with this meal or other).	1 – 1 ½ cups allowed daily (including yogurt)	1 Tbsp mayonnaise or oil (optional)
<u>See Choices</u>	<u>See Choices</u>	Gradually increase to 3 total servings for the day. <u>See Choices</u>	Gradually increase to 2 or 3 total servings for the day. <u>See Choices</u>	<u>See Choices</u>	<u>See Choices</u>

SNACKS
 Snacks are optional: Choose from the Protein, Vegetable, or Fruits list, or eat nuts from the Fats list. Plain, low-fat or fat-free yogurt is also allowed in Phase 2

Phase 2 Foods

Fruit

Apples

Apricots- dried, fresh

Blueberries

Cantaloupe

Cherries

Grapefruit

Grapes

Kiwi

Mangoes

Oranges

Peaches

Pears

Plums

Strawberries

Dairy

Milk

Light soy

Fat-free or 1%

Starches (USE SPARINGLY)

Bagels, small, whole grain

Bread

Multi-grain

Oat and brand

Whole wheat, Rye

Cereal

- Fiber One
- Kellogg's Extra-Fiber All Brand
- Oatmeal (not instant)
- Other high fiber
- Uncle sam

Muffins, brand

Pasta, whole wheat

Green peas

Pita

Stone-ground

Whole wheat

Popcorn

Potato, small, sweet

Rice- brown, wild

Vegetables

Barley

Pinto beans

Black-eyed peas

Miscellaneous

Chocolate (use sparingly), bittersweet, semisweet

Pudding, fat-free

Red Wine

PROTEIN CHOICES

BEEF Lean cuts, such as:

- Sirloin (including ground)
- Tenderloin
- Top round

Poultry (skinless)

Cornish hen

Turkey bacon (2 slices per day)

Seafood

All types of fish and shellfish

Pork

Boiled ham

Canadian bacon

Tenderloin

Veal

Chop

Cutlet, leg

Top round

Lunch meat

Fat-free or low-fat only

Cheese (fat-free or low-fat)

American

Cheddar

Cottage cheese 1-2% or fat-free

Cream cheese substitute, dairy-free

Feta

Mozzarella

Parmesan

Provolone

Ricotta

String

Eggs

The use of whole eggs is not limited unless otherwise directed by your doctor. Use egg whites and egg substitute if desired.

Tofu

Use soft, low-fat or lite varieties

Vegetable choices

Artichokes

Asparagus

Beans (black, butter, chickpeas, green, Italian, kidney, lentils, lima, pigeon, soy, split, peas, wax)

Broccoli

Cabbage

Cauliflower

Celery

Collard greens

Cucumbers

Eggplant

Lettuce (all varieties)

Mushrooms (all varieties)

Snow peas

Spinach

Sprouts, alfalfa

Tomato (limit 1 whole or 10 cherry per meal)

Turnips

Water chestnuts, Zucchini

In moderation:

Beets, carrots, corn, potatoes, yams

Fruit choices (with suggested serving sizes)

Apples, 1 small

Apricots, 4, or 7 dried halves

Blueberries, $\frac{3}{4}$ cup

Cantaloupe, $\frac{1}{4}$ or 1 cup chunks

Cherries, 12

Grapefruit, $\frac{1}{2}$

Grapes, 15

Kiwi, 1

Mangoes, $\frac{1}{2}$

Oranges, 1

Peaches, 1 medium

Pears, 1 medium

Plums, 2,

Strawberries, $\frac{3}{4}$ cup