

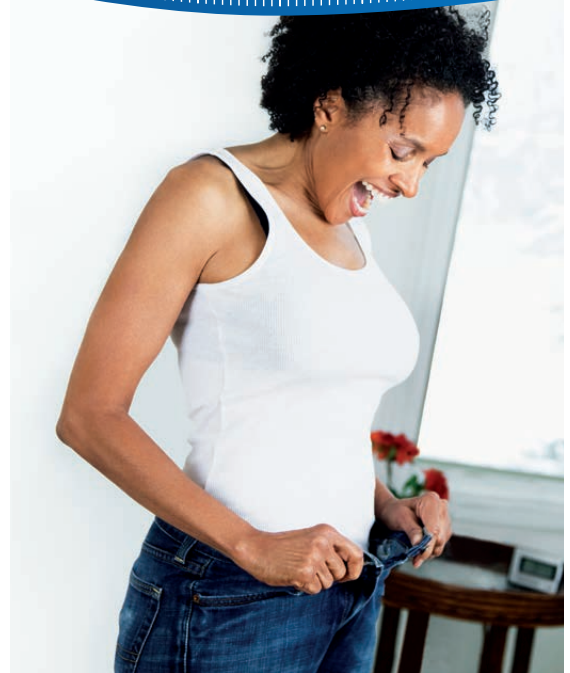


TRULY SATISFYING
Weight Loss

Phase 3 – Pre-maintenance

What you can eat in Phase 3

In Pre-Maintenance, you add 10 grams daily Net Carbs per week – The Power of 10 makes it easy. These low carb foods, in these portion sizes, all equal about 10 grams of Net Carbs – remember, total carbs minus fibre.



The Power of 10

Starchy Vegetables*	Serving Size	Grams of Net Carbs
Acorn Squash (baked)	120g	7.8
Carrots	1 medium	5.6
Potato (baked)	½ potato	10.5
Yams	75g	16.1

Legumes*	Serving Size	Grams of Net Carbs
Black Beans	45g	6.5
Chickpeas	45g	6.5
Great Northern Beans	45g	6.3
Kidney Beans	45g	5.8
Lentils	50g	6
Lima Beans	90g	14.2
Navy Beans	90g	18.1
Pinto Beans	90g	14.6



TRULY SATISFYING
Weight Loss

Fruit	Serving Size	Grams of Net Carbs
Apple	½ of whole	8.7
Banana	1 small	21.2
Cherries	35g	4.2
Grapefruit (red)	½ of whole	7.9
Grapes (red)	75g	13.4
Guava	85g	5.3
Kiwi	1	8.7
Mango	85g	12.5
Peach	1 small	7.2
Plum	1 small	3.3
Watermelon	75g	5.2

Grains*	Serving Size	Grams of Net Carbs
Oatmeal (rolled)	50g	19.0
Oatmeal (steel cut)	50g	19.0
Rice (brown)	100g	20.5

* All figures reflect if the vegetable, legume, or grain is cooked.