

COOLER PLAN #2

→ **Strict eating for best long-term results and year-round maintenance**

WHAT IT'S FOR:

- ✔ Steady weight loss
- ✔ Maintenance once your goal weight is reached

WHAT IT IS:

This IS Eating Clean. Do this year round for steady, healthy weight loss. But this plan can also be used for maintenance. Here's why: when your body begins approaching its set point (its genetically predetermined healthy weight) you will find weight loss will slow or stop.

The occasional treat (glass of wine, piece of chocolate, etc.) is permitted in limited amounts. Unhealthy sugars and fats are not recommended.

HOW IT WORKS:

Follow the Eat-Clean Principles on page 21. (for a menu-plan example, see page 270)

COMPLEX CARBOHYDRATES FROM FRUIT AND VEGETABLES:

6 portions each day. A portion is:

- ♦ 1 cupped handful or piece of fruit, such as berries, grapefruit, melon, apples and mangoes
- ♦ 2 cupped handfuls of vegetables including broth-based/vegetable purée soups

COMPLEX CARBOHYDRATES FROM WHOLE GRAINS AND STARCHY CARBOHYDRATES:

2-4 portions each day. A portion is:

- ♦ 1 scant handful of high-protein, sugar-free cold cereals, such as Clean muesli or granola

- ♦ 1 handful of cooked cereal (see Cooler 1 for examples)
- ♦ 1 piece of whole-grain bread or wrap (seven-inch)
- ♦ 1 handful-sized serving of sweet potato, yam, banana, corn, carrots or squash

LEAN PROTEIN:

6 portions each day. A portion is:

- ♦ 1 cup / 1 handful of dairy products (low-fat soy, almond, hemp, rice or skim milk, cottage cheese, kefir, yogurt cheese or plain, fat-free, sugar-free yogurt)
- ♦ 1 scant handful of raw, unsalted nuts (also a healthy fat)
- ♦ 2 tablespoons of all-natural nut butters (also a healthy fat)
- ♦ 1 palm-sized portion of lean meats
- ♦ Good-quality, sugar- and chemical-free protein powder (hemp, soy or whey)
- ♦ For vegetarian options please see page 280

BEVERAGES:

- ♦ 2-3 liters per day of fresh water with no sodium
- ♦ Clear herbal tea (unsweetened)
- ♦ Black coffee (in moderation)
- ♦ Green / black tea

SWEETENERS: USE THESE IN MODERATION. AVOID ARTIFICIAL SWEETENERS.

- ♦ Honey
- ♦ Maple sugar flakes
- ♦ Sucanat
- ♦ Rapadura sugar