

ABOUT THE LIFESTYLE PHASE

This is the phase designed to keep you at your current weight and to keep your hormones in balance. This phase usually lasts 14 days and is designed to teach you how to sustain a healthy lifestyle.

Some people do not have much weight to lose so after one round of the Transformation Phase will go on to the Lifestyle Phase and stay here whilst others may need multiple rounds to lose more weight. If you wish to lose more weight and complete another round of Transformation you **MUST** do a minimum of 10 days on Lifestyle before starting again! If you do not do this your body will go in to shock and weight loss will cease.

Again, in order to have the most success on this program we strongly advise you only eat from the attached Food List and stick to **1200-1400 calories per day**. You will find that there is a lot more variety than the Transformation Phase.

As this program is a lifestyle change, not a diet, we understand that there are times in life that you will stray from the program e.g. weddings, holidays and that's ok! You have now healed your gut and know how to make healthier choices. So go out and enjoy those special moments! But remember, to keep that weight off the best thing to do is follow this plan!

Please note: You want to try and maintain your gut health so in order to do this you need to make sure you do not overload it with hard to digest foods. For this reason, please limit yourself to 1 protein and 1 carbohydrate per meal.

LIFESTYLE FOOD LIST

PROTEIN (WEIGH RAW) ONLY ONE SERVE PER MEAL		VEGETABLES (Unlimited)
Egg (1) = 82 Cal Beef lean, 100g = 137 Cal Turkey/Chicken breast, 100g = 106 Cal Pork 100g = 143 Cal Kangaroo, 100g = 102 Cal Lamb, 100g = 134 Cal Venison/deer steak, 100g = 150 Cal Beef liver 100g = 165 Cal Chicken liver 100g = 116 Cal Lamb liver 100g = 139 Cal Abalone (Paua) 100g = 149 Cal White fish per 100g = 92 Cal Prawns per 100g = 105 Cal Crab per 100g = 87 Cal Lobster 100g = 116 Cal Mussels, 100g = 70 Cal Squid 100g = 92 Cal Scallops 100g = 132 Cal Salmon 100g = 182 Cal Tuna 100g = 133 Cal White Bait, 100g = 153 Cal Moong Dal Sprout Only 100g = 30 Cal	Tofu, 100g = 147 Cal Tempeh, 100gm = 250 Cal Lentils, 100gm = 188 Cal Chickpeas, 100gm = 594 Cal Beans, 100gm = 188 Cal Soybeans/Edamame 100gm = 149 Cal Veggie Burger Patty, 124 Cal	Asparagus raw 10 stalks (or 1 cup) = 27 Cal Avocado (1) = 160 Cal Bamboo Shoots 100g = 27 Cal Bok Choy/ Pak choy 100g = 13 Cal Broccoli 100g = 34 Cal Brussels Sprouts 4 = 25 Cal Cabbage white raw 100g = 30 Cal Capsicum 80g = 26 Cal Carrot 100g = 41 Cal Cauliflower 100g = 19 Cal Celery raw 100g = 14 Cal Chicory 1 cup = 7 Cal Chard raw 1 cup = 5 Cal Chillies 1 tbsp = 5 Cal Cucumber 100g = 15 Cal Eggplant 100g raw = 20 Cal Fennel raw 100g = 31 Cal Green Beans 100g = 31 Cal Lettuce (all types) 100g = 14 Cal Mushroom 100g = 22 Cal Okra 100g = 33 Cal Onions raw 28g = 10 Cal Radishes 1 medium = 1 Cal Snow Peas 10 pods = 10 Cal Spinach raw 100g = 25 Cal Sprouts 100g = 20 Cal Summer Squash 100g = 37 Cal Zucchini 100g = 16 Cal
CARBOHYDRATES (ONLY ONE SERVE PER DAY)		
1 x Pure Harvest Rice Cake = 41 Cal ½ Cup Brown Rice = 108 Cal ½ Cup Wholegrain Pasta = 80 Cal Sweet Potato 100g = 86 Cal Pumpkin 100g = 26 Cal		
FRUIT (ONLY 2 PER DAY)		NUTS (ONLY ONCE PER DAY)
Apple = 110 Cal Blueberries (1 cup) = 60 Cal Cherries 100g = 63 Cal Cranberries 100g = 46 Cal Grapefruit 1 medium = 82 Cal Honeydew Melon 100g = 34 Cal Olives bottled 100g = 145 Cal Orange large raw peeled = 62 Cal Peaches 1 medium = 42 Cal Plums 1 medium = 36 Cal Raspberries 1 cup = 60 Cal Strawberries 100g = 46 Cal Tomato 100g = 18 Cal Cherry Tomatoes 100g = 18 Cal Banana = 89 Cal Rock Melon 100g = 34 Cal Nectarine 100g = 44 Cal		¼ Cup Almonds – 132 Cal ¼ Cup Walnuts – 45 Cal ¼ Pecans – 180 Cal ¼ Macadamia – 240 Cal
		DAIRY
		Cottage Cheese (low fat) 1/2 cup = 90 Cal Milk (skim) nonfat 1 cup = 110 Cal Yoghurts (low fat, low sugar) 113g = 110 Cal Unsweetened Almond Milk 1 Cup = 30 Cal
		OILS (PER 1 TABLESPOON)
		Extra Virgin Olive Oil = 120 Cal Coconut Oil = 120 Cal
		COFFEE
		Regular coffee –skim milk, = 128 Cal Flat white-full cream milk = 179 Cal Flat white-Skim milk = 93 Cal Skim Chai latte = 276 Cal Soy latte = 171 Cal Chai latte = 352 Cal White chocolate Mocha = 330 Cal Black coffee = 9 Cal
FLUIDS		
You must drink 3 litres water per day – Fresh lemon and Lime is fine! Unflavoured Soda Water is fine Unlimited tea: Chamomile, Dandelion, Ginger, Green Tea, Peppermint, No Herbal Fruit Teas		