

Core-22 Maintenance Plan

Introduction

Now that you have reached and stabilized your ideal weight, you must learn how to keep from gaining back the weight you lost.

Three things will determine if you keep the weight off or slowly gain it back.

1. Always consider your food's sugar and calorie content (glycemic load) so you don't need to burn more calories than necessary, and you don't cause a sugar spike followed by a drop in your blood sugar.
2. Keep taking your supplements and choosing food based on its nutritional value. This is the only way to ensure you get the nutrients needed to prevent hunger and keep your metabolism burning the most calories.
3. Weigh yourself every morning:
 - This is the only way to know if something you ate the day before caused your weight to jump 3 to 5 pounds. If so, you are allergic and need to figure out what it was and avoid it.
 - This is the only way to know if your weight is climbing. The sooner you know, the sooner you will apply the weight loss principles to keep it within the maintenance graph lines. It becomes automatic if you always know your weight.
 - Only eat things that will cause weight gain when your weight is down and eat more like you are trying to lose weight when your weight is up.

General Recommendation

Now that you have achieved your goal, it's time to eat different types of food. In many cases, it will have a lower nutritional value than the food you have been eating during the weight loss and stabilizations phase of the program. You may also be inclined to stop or skip taking all your supplements. Both make maintaining your weight much harder. Supplements, and the nutrition from your diet, are the only things that prevent hunger and keep calorie-burning metabolism high. Your cells also need nutrients to function, so your health depends on them.

Cheat on an Up Day - Eating based on your Graph

Let's face it, at times, we all want to eat things we shouldn't. Food loaded with calories, large portions, even junk food loaded with chemicals. If you know when it's OK, you can do it without gaining weight. Your maintenance graph has two lines. Your goal is to keep your weight within these lines. If you are taking your supplements, getting enough salt and water, and most of the food in your diet has decent nutrition, your metabolism will be high and excessive hunger will not make you overeat. If your weight is climbing towards the top of your graph, eat like you did to lose weight. If, on the other hand, your weight is trending toward the lower part of your graph, eating badly is fine. Your weight will climb the next day, but as long as you don't keep eating badly, your metabolism and hypothalamus will activate the right hormones to help bring it back down. Apply more of the weight loss principles and eat weight loss-approved foods until you see it trending toward your ideal weight. Just don't put it off for more than a few days. If you do, your hypothalamus will stabilize and accept your higher weight as the weight it will maintain.

Look over the types of food below and familiarize yourself with our suggestion. You might also find it beneficial if you review some of the maintenance cooking videos to expand your food choices and ability to create great meals.

Food Allergies

Almost everyone is allergic to a particular food. Unfortunately, many don't know which to avoid. For example, 90% of all food allergies come from wheat, dairy, soy, fish, shellfish, tree nuts, and peanuts. Still, you may be allergic to something else. While moving from stabilization to maintenance, you have one chance to find out what food you might need to avoid. To do this, keep everything the same except the food you choose to eat. Keep taking your supplements, your portion sizes the same, and eat at the same times you did in stabilization. Monitor your response and reaction each time you introduce something new. If you are allergic, your weight will be noticeably higher the next day. If that doesn't happen, that item is acceptable. This is the only time you can do this because you have been eating "clean" and are not already bloated with the water from the inflammation caused by food you shouldn't be eating. Take advantage of this one-time opportunity.

Avoid or limit wheat even if you don't seem to be allergic to it. The more grain you consume, the more you are likely to damage your intestinal lining and become allergic. Your intestinal lining is supposed to prevent everything other than nutrients from passing into your bloodstream. The proteins in wheat, and many other grains, will damage the gut lining and eventually allow undigested food and food byproducts into the bloodstream. This will cause whole-body inflammation and

make you allergic to anything that leaks into the blood. Sugar, alcohol, corn, gelatin, seeds, spices, and some medications may also produce an allergic reaction. When you introduce any of these, watch for the signs to determine if there might be an issue.

Continue to weigh yourself every morning. If you see a sudden change, consider yourself allergic to something you consumed the day before. Then, to narrow it down. Wait until your weight returns to normal and try one new thing each day. This makes it easy to pinpoint what caused the reaction and the food to avoid in the future.

Remember, eating something that you are allergic to does not depend on the amount you eat. Even a small amount can cause inflammation, cellular damage, and adverse health effects.

The reactions to a food allergy can sometimes take a day or two. Mild reactions include fatigue, nervousness, mood swings, cold or flu-like symptoms, tingling in the throat, stuffy nose, indigestion, acid reflux, rashes, belching, and gas. The following day you will likely gain a few more pounds than makes sense. Even if you didn't eat that much the day before, up to five pounds is possible. If one or more of these symptoms occur, you should suspect you are allergic to the food you added the day before. You can re-test your allergic response in the future to be sure, but when you are confident, remove that food from your diet.

Processed Food

Food that is processed or has additives of any type should be avoided. They are unhealthy and have few if any, nutrients. If you don't recognize an ingredient, e.g., Blue 1, sodium nitrite, etc. It's likely to be a synthetic vitamin, processed protein, food color, preservative, flavor enhancer, neuro-excitotoxin, or artificial sweetener. If you would not eat or drink an entire cup of any one of the ingredients, does it make sense to eat any of it.

Dr. Michael Gaeta, a renowned nutritional expert, states that it's not the amount that matters as much as the fact that if it is not food, it is poison. Jack LaLanne, the godfather of fitness, said, "If man made it, don't eat it ." That's good advice.

If you do want to eat processed food, do it when your weight is lower on your graph. Avoid them when your weight is up.

Meat and seafood

You can eat any beef, poultry, or seafood you like. However, some will contain a higher percentage of fat than others. When the fat content is high, pay closer attention to how much you eat. The amount of protein you had during weight loss is the appropriate amount for your health. More is overeating. Consider keeping your portions the same as during weight loss and eating more vegetables if you want to feel fuller. Avoid farm-raised seafood, especially shrimp. If you must eat farm-raised food, watch for an allergic reaction. If you don't have one it does not mean you are free to eat it in the future. Each time you eat farm raised seafood you risk a reaction.

Vegetables & Salad Greens:

You can eat any vegetables you like. They have the fewest calories and the highest nutritional value of anything you can eat. The more you eat, the greater your nutritional intake, which means less hunger, higher metabolism, and fewer calories. The greater the amount and variety, the better. The more vegetables you eat, the less you will eat of anything else, which will help you maintain your ideal weight. Vegetables are critical to losing weight and are equally crucial to maintaining it.

Final note. Avoid loading salads with creamy dressings that are high in calories. Organic salad dressings are not expensive. Please find a few and use them.

Grains:

You can eat grains but keep your portions small and don't eat it too often. Like the gluten in wheat, all grains have protein that can damage your intestinal lining or cause an allergic reaction. Use caution when eating any grain by watching for a reaction. Grains have nutritional value but are also 65% carbohydrate, high in calories. Carbohydrates are converted to glucose (sugar) when digested, so eat them sparingly. I would not eat them if your weight is up.

Rice:

You can eat rice but keep your portions small and don't eat it too often. Rice is primarily a carbohydrate, which makes up almost 80% of its total dry weight. Most of the carbohydrate in rice is starch which is converted to glucose (sugar) as soon as it is digested. The best way to know if it's OK to eat rice, like anything else that is loaded with calories, is your current weight. If your weight is in the lower part of the graph, eat away. If, on the other hand it is crawling to the higher side, don't eat it at all.

Fruit:

All fruits contain fructose. Fructose is sugar, and you know what that does to your weight. Fructose is the only sugar processed by the liver; the organ that deals with the toxins introduced into our body. Because it's sugar and treated like a toxin, limit your consumption, or stick to the list and portions used in the weight loss phase. (Unlimited Lemon or lime, 1 cup of strawberries, raspberries, blueberries, or blackberries, ½ grapefruit, 1 small apple.) I would not eat fruit if your weight is up.

Condiments: (all-natural, additive-free only)

Pink Himalayan, Celtic Salt (Avoid white table salt)
Dressing without preservatives or additives of any kind
Extracts (almond, vanilla)

Fluids:

Unfortunately, soda, fruit, alcoholic drinks, or any drink that tastes sweet will be high in calories and tax your pancreas. They will cause a drop in blood sugar and stimulate hunger, so avoid them as much as possible. And remember, don't drink diet drinks. They are terrible for your health.

Best Bets: Water with or without Lemon, Zevia natural sodas (no more than 2/day), Natural Teas, and Kombucha.
Avoid or limit: coffee or caffeinated tea.

If you must drink something sweet, do it when your weight is low on your graph.

Nuts and Seeds:

Limit or avoid Peanuts or Peanut butter. Peanuts are incredibly high in Omega-6 fatty acids, which are already too high in our diet. So, to maintain your health and avoid long-term cell damage, don't eat them.

Best Bets: Pumpkin seeds, Almonds, Macadamias, Pecan halves, Pistachios, Cashews, and Pecan halves.

Oils:

Olive oil breaks down at higher temps, so only use it for salads. For cooking, use coconut or avocado oil. It's fine at higher temps.

Don't use canola, vegetable, or corn oil, as most, if not all, are genetically modified.

Dairy:

Plain Greek Yogurt (no sugar added),
Natural cheese, Cottage cheese, Mozzarella
Milk (Raw unpasteurized if you can get it)

Watch for reactions to be sure you are not allergic.

Dairy Substitutes: Almond milk, Coconut milk, Oat milk, Rice milk (no sugar added)

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Just in case

If you fail to follow the above recommendations and find yourself weighing much more than you would like, log back into your portal, use the button to restart the program from the preparation step. If you need a supplement subscription, use the link to [Supplements](#) to get them before you start.