



# MedSlim Phase 3

## 3 Week Maintenance!

Eat small meals from the food list below every 3 hours and control your weight by weighing yourself daily and making sure that if you go up in weight even in the slightest, cut back until you get back to your maintenance weight of \_\_\_\_\_ lbs

For best results take "VITA LEAN PLUS" 3 times a day with 12 oz of water half hour before Meals.

(ALTERNATIVE QUICK, HEALTHY MEAL REPLACEMENT IS A POWER PANCAKE FROM [WWW.MYPOWERPANCAKE.COM](http://WWW.MYPOWERPANCAKE.COM))

### Proteins:

All fish including:

Flounder  
Herring  
Salmon  
Sardines  
Sole  
Tuna  
Trout

### All fowl including:

Cornish Hen  
Chicken - Eggs  
Duck  
Goose  
Pheasant  
Quail  
Turkey

### All shellfish including:

Clams  
Crab Meat  
Shrimp  
Scallops  
Squid

### All meat including:

Lean Beef  
Lean Bison  
Bacon\*  
Ham\*  
Lamb  
Pork  
Veal  
Venison

### Vegetables & Salad Vegetables:

Alfalfa Sprouts - Arugula - Bok Choy - Celery -  
Chicory - Greens - Chives - Cucumber - Endive -  
Fennel - Iceberg Lettuce - Mushrooms -  
Parsley - Peppers - Radicchio - Radishes -  
Romaine Lettuce

\*Some processed meat, bacon, and ham are cured with sugar, which will add to the carbs and calorie count. - Avoid cold cuts and other meats with added nitrates.

## Non Salad Vegetables:

Artichokes - Artichoke Hearts - Asparagus - Avocados - Bamboo Shoots - Broccoli  
Brussels Sprouts - Cabbage - Cauliflower - Swiss Chard - Collard Greens - Eggplant  
Hearts of Palm - Kale - Leeks - Okra - Olives (green & black) - Onion - Pumpkin  
Rhubarb - Sauerkraut - Peas - Spaghetti squash - Spinach - Summer Squash - Tomato  
Turnips - Water Chestnuts - Zucchini

*These vegetables are slightly higher in carbs so do not overuse but they provide important nutrients and add variety to your daily foods.*

## Fruits:

Blueberries (fresh)  
Cantaloupe or Honeydew  
Raspberries (fresh)  
Strawberries (fresh)

## Vegetable Oils & Other:

Canola - Walnut - Grape Seed  
Sesame - Sunflower - Safflower

## Fats (Oils):

Butter (REAL not imitation or margarine)  
Mayonnaise – make sure it has no added sugar  
Olive Oil  
Avocado Oil  
Coconut Oil

# Phase 4

**After your Maintenance continue with “VITA LEAN PLUS” 3 times a day with 12 oz of water half hour before Meals. (ALTERNATIVE QUICK, HEALTHY MEAL REPLACEMENT IS A POWER PANCAKE FROM WWW.MYPOWERPANCAKE.COM)**

you can include some of the items below and see how they affect you. If at any time you gain more than 3 pounds then you need to do a Steak Day and also cut out the foods that may be causing you to gain. A steak day is where you would fast all day except for water. Nothing else to drink and at Dinner time you would get a very large steak and grill or fry it to eat with one Tomato. Next morning you should have lost 2 to 3lbs.

Another good rule is limiting dairy and really watching how your digestive system reacts. Add all foods back slowly into your diet preferably one at a time to better judge if they are working for you or not. The idea here is to develop your personal list of foods that make you feel great and maintain your weight.

## Dairy:

Cottage Cheese  
Heavy Cream  
Mozzarella Cheese  
Ricotta Cheese  
Blue Cheeses  
Cheddar  
Cow, Sheep, and Goat Cheese  
Cream Cheese  
Feta  
Gouda  
Mozzarella  
Parmesan  
Swiss

## Nuts & Seeds

Almonds  
Brazil nuts  
Cashews  
Hulled Sunflower Seeds  
Macadamias  
Pecans  
Pistachios  
Walnuts

## Starchy Vegetables

Acorn Squash  
Carrots  
White Potatoes  
Yams

## Legumes

Black Beans - Chickpeas - Great Northern Beans  
Kidney Beans - Lentils - Lima Beans - Navy Beans  
Pinto Beans

## Fruit

Apple - Banana - Cherries Grapefruit  
Grapes - Guava - Kiwi - Mango - Peach  
Plum Watermelon

## Grains

Oatmeal  
Pasta (whole wheat)  
Rice (brown)