

Quick Reference Guide

Understanding your body as it adjusts to weight loss

Understanding Stabilization

Why do we need to stabilize our weight loss? It's because the body is designed to gain weight, especially after weight loss. It does this by reducing its energy expenditure (burning fewer calories) while at the same time increasing hunger and cravings. This creates what is known as a "Hunger Response," a state where more calories are desired than required, making it very challenging to manage your new weight without a period of Stabilization. Throughout Stabilization, you will respond by adjusting your macronutrients (protein/fat/carbs) to effectively manage hunger and satisfaction—the keys to maintaining weight loss. But no two metabolisms are the same. Until your weight and hunger stabilize, your daily macro needs will be adjusted weekly with your coach. When your unique combination of protein servings, fat servings, and net carbohydrates is discovered you have determined your daily Macro Code.

Understanding Calories

Consider Stabilization the "reset button" on calorie counting. When you first enter Stabilization, you won't know how many calories you need to maintain your body's new weight. As mentioned in **Understanding Stabilization**, the body responds to weight loss by decreasing energy (caloric) needs, and the amount varies based on genetic and environmental factors. Rebalancing your macros (that is, your protein, fat, and carb intake) based on your body's response will ultimately result in weight stabilization. Once accomplished, you will have created a stack of menus and know what to eat for long-term weight maintenance. No calorie counting will be necessary.

Understanding Protein

Because increased protein intake has been found to raise levels of satiety (appetite-reducing) hormones while lowering the level of the hunger hormone (ghrelin), adequate intake is essential in Stabilization. The number of protein servings on your Daily Macro Needs sheet indicates your initial daily target based on our macro calculator. This number may increase or decrease throughout Stabilization based on your hunger levels, satiety, and maintenance of lean body mass. One Ideal Protein food per day is mandatory during Stabilization to help you achieve your daily protein needs and help maintain your weight loss. A second Ideal Protein item is permitted.

Understanding Fat

Adding healthy fats back into your diet is a key component to Stabilization to replace the calories you were burning from your own fat reserves in Phase 1. This means that your energy (caloric) needs now must be met by the food you consume. Your suggested daily servings on your Daily Macro Needs sheet provides a range of three choices. Your coach will help you choose which amount to start you off on based on your activity level. Keep in mind that these suggested servings are just your "starting point" and this number may increase or decrease throughout Stabilization depending on hunger, your activity level, and weight trends.



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Understanding Carbohydrates

Foundational carbohydrates consist of nutrient- and fiber-rich complex carbohydrates—meaning they are more “complex” and require more time and effort for the body to digest. This leads to a slower release of glucose into the blood stream and a slower release of insulin. In addition to the benefit that these carbohydrates have on blood sugars and insulin, they also provide fiber—one of the strategies necessary to stabilize hunger. Foundational carbohydrates are vital to weight stabilization and long-term weight maintenance.

Understanding Net Carbs

Just as complex carbs are more “complicated” to break down due to fiber and nutrients, “simple carbs” are much simpler to digest. Without the “speed bumps” involved in digesting fibers and micronutrients, remaining sugar (in the form of starch and added sugar) enters the bloodstream at a much faster rate, stimulating the pancreas to secrete insulin, which helps clear the blood of excess sugar. Over time, cells become less receptive to the action of insulin, leading to the release of an abnormal level of insulin. This can lead to increased hunger and weight gain. The net carbs in a serving indicates the amount of sugar that is absorbed by the body and affects blood sugar. Included in the “Total Carbohydrates” in a serving of food are fiber, starch, sugar and, in some instances, sugar alcohols. Because fiber does not affect blood sugar, the number of grams of dietary fiber is subtracted and what remains are the net carbs of starch and sugar. The higher the net carbs, the faster sugar’s “speed of entry” is into the bloodstream. Keep in mind that this rate of entry impacts insulin release, which promotes fat storage and leads to an increase in hunger and cravings. Because of the risks that simple carbohydrates have on long-term weight management, all carbohydrates (aside from all the Phase 1 vegetables) will be reintroduced slowly, beginning with 15-40 net carbs selected from the foundational carbohydrates, and slowly increased in 5 net carb increments as tolerated (monitoring hunger, cravings, mood, and weight trends) or until 75 net carbs are achieved.

How To Calculate Net Carbs On A Food Label

| Nutrition Facts | |
|-------------------------------|-----------------------|
| 1 serving per container | |
| Serving size | 1 packet (35g) |
| Amount per serving | |
| Calories | 140 |
| % Daily Value* | |
| Total Fat 6g | 8% |
| Saturated Fat 0.5g | 3% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 450mg | 20% |
| Total Carbohydrate 11g | 4% |
| Dietary Fiber 6g | 21% |
| Total Sugars 2g | |
| Includes 1g Added Sugars | 2% |
| Protein 15g | |

1. Identify **Serving Size**
2. Locate grams of **Total Carbohydrate** and grams of Dietary Fiber
3. Subtract grams of Dietary Fiber from grams of **Total Carbohydrate**
4. $11 - 6 = 5$ net carbs per serving