



Fresh Steps Meal System

FRESH FOREVER



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Welcome

Congratulations!

You have made it to the **Fresh Steps Forever Plan**. This plan is designed to be your next step toward maintaining your weight loss. In following Fresh Forever, you will solidify your habits in a way that is sustainable for your lifestyle.

With the **Fresh Steps Meal System**, your body has been in ketosis with a very low carbohydrate diet. You have slowly transitioned into prepping fresh foods in the kitchen with the Fresh Steps cookbook, which moved you out of ketosis through Energy Boosting. That cookbook assisted you throughout your Fresh Steps Program, but will also help to remind you of some delicious recipes when you need some easy and accessible guidance.

A healthy diet can take many different shapes. The best approach is one you can stick to, fits your lifestyle and nourishes both your body and your soul.

Our goal is to provide a framework for you to lean on that is both informative and also flexible. You are encouraged to take the lifestyle concepts you learn from Fresh Steps to shape this plan to make it your own!



Our Approach

The Fresh Forever Plan is a plan that is intended for you to follow for life. We have aimed to provide nutritionally sound information alongside behavioral and mindset strategies that will help you to keep habits you will feel confident about.

Rather than being super-prescriptive, in the Fresh Forever Plan, we offer guidelines to help you make the choices that will work best for you. As with the entire Fresh Steps Meal System, taste and satisfaction are pillars on which we never compromise! We strive to make healthy eating effortless while emphasizing wholesome, nourishing foods. That being said there is a time and place for convenient and fun options too. These are essential for your wellbeing as a whole.

We also know there will be bumps in the road. While we can't be with you all the time, we are forever with you in spirit. We therefore include ideas that will help you respond to slips in a way that won't derail you or make you feel defeated.

Paired with what you have learned thus far, the tools found inside of this booklet will help you continue your health journey. Let's proceed with learning and living with time-tested tools that will help you live your best life!

The Fresh Forever Plan

The following guidelines provide a framework that can be taken and adapted to suit your individual needs. These are not meant to be hard-and-fast rules! Use them as suggestions to aim toward and adapt in a way that is healthy and right for you.

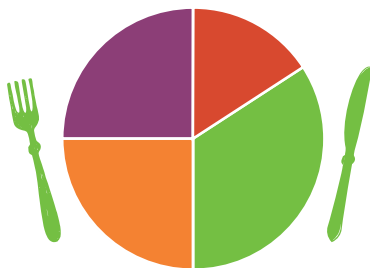
1 What Should I Eat?

There is no **one** “right” plan to maintain your weight - a healthy diet can in fact take many different shapes. One tenet that holds firm - a healthy diet features a variety of foods across many categories - like fruits, vegetables, whole grains, beans, and protein foods. All of these food groups should typically be seen throughout each day. Refer to the “Healthy Eating for Life” section below for more info about foods that make up a healthy diet.

**Remember, stepping outside of these healthy food guidelines is OKAY. After all, it’s healthy to have a treat every once in a while!*

2 Building Your Plate

The Fresh Steps Plate provides a simple guide to portions to include from different food groups:



- Half of your Plate **Non-Starchy Veggies** (such as broccoli, lettuce, peppers)
- A Quarter of your Plate **Grains and Starchy Foods** (such as potatoes, oatmeal)
- A Quarter of your Plate **Protein Foods** (such as chicken, lean meat, etc.)
- Optionally consider a small Amount of **Fruit** (such as apples, bananas, berries, etc.)
- A Drink that has Low or No Calories (water, sparkling water, unsweetened coffee or tea)

③ How Many Times a Day Should I Eat?

A good rule of thumb -- like in the Fresh Steps Partial Plan -- is 3 meals per day with 1 snack (or even 2). But there is no right answer to this question. Some people find eating 5 or 6 smaller meals a day keeps them energized, whereas others will find that focusing on "three squares" is all that's needed.

④ How Many Calories and Macros Per Day Should I Eat?

For weight maintenance, we suggest a calorie range rather than an exact amount. Calorie needs vary from person to person. Also for any given individual, calorie intake will vary from day to day! See below for generalized daily calorie requirements.

- **Women:** Between 1,500 and 1,800 calories each day
- **Men:** Between 1,800 and 2,200 calories each day

Given all the talk regarding macros, you may be wondering how much carbohydrate, protein and fat to eat each day. In fact, there is a lot of leeway here.

By following the ideas in this booklet, your macronutrients will naturally fall within healthy ranges. We've got you covered so remove the thought of counting your macros. In the simplest of ways, your weight maintenance will easily be reached.

⑤ Do I Have to Count Calories?

While a calorie goal can be a helpful guide, it is not necessary to count your calories on the Forever Plan or to maintain your weight. We want this to be easy for you!

Follow the guidelines in this book and simply keep tabs on your weight. Whether it's stepping on a scale once every week or two, or noticing how your clothes fit, you will know when there is a significant change.

A good way to stay within your personal calorie range without having to count calories is to learn how to tune into your hunger and fullness cues. See the handout on the Hunger/Fullness Scale for more information.

6 Yes, You Can Still Use Meal Replacements!

It's A-OK to lean on meal replacements when you need to. For overall health, we recommend a balanced diet of nutrient rich, whole foods. But we recognize that it's not always easy to get fresh foods in. Meal replacements are a great way to stay nourished in a convenient, yet reliable way. To keep things simple, you may decide to use a meal replacement as part of your daily routine, such as having a VLC smoothie every day for breakfast.

7 Can I Still Follow a Keto Diet?

If you choose to stick with a ketogenic plan, or a lower carb plan, that's fine. There are no rules here! But most people will find that following a ketogenic diet for the long haul is hard. By moving to a non-ketogenic plan, you can still maintain your weight, and even continue to lose.

8 What if I Gain Weight?

Small fluctuations in your weight, say 1-3 pounds, are normal. They do not necessarily indicate a trend. Be on the lookout for a weight change of 5 pounds or more that lasts for several weeks.

When you do notice a real change, **don't panic!** Instead look at it as an indicator to gently move back in the direction where you want to be. If you need to, take a mini reset with a Full Plan Starter Kit and start to utilize HealthTrac (or another tracking tool) again! Coloring your day, setting goals, and text message reminders can all help you steady your course!





Healthy Eating for Life

This section describes the types of foods that make up a healthy diet based on the Mediterranean diet.

The Mediterranean Diet is consistently ranked high by health experts. Although a “diet,” it is much more of an overall lifestyle approach for the long-term. It relies less on restrictive eating and processed foods, and more on fresh, whole foods and balance. It emphasizes fruits, vegetables, nuts, and whole grains, while meat, dairy, and sweets are used more sparingly.

These are nourishing goods to incorporate regularly. They are less processed, more whole foods. Each group contains a variety of vitamins and minerals to assist you in maintaining a healthy lifestyle. Use these building blocks when creating your meals.

Veggies

- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Green beans
- Kale
- Lettuce
- Peppers
- Spinach
- Summer squash
- Tomatoes/sauce
- Zucchini

* **Benefits:** Provide a variety of vitamins, minerals, fiber, antioxidants and phytonutrients that contribute to healthy weight, bone strength, and general wellbeing.

Fruits:

- Apples
- Bananas
- Blueberries
- Grapes
- Grapefruit
- Kiwi
- Melon
- Oranges
- Pears
- Pineapple
- Plums
- Prunes
- Raisins
- Raspberries

* **Benefits:** Provide a variety of vitamins, minerals, fiber, antioxidants and phytonutrients that contribute to healthy weight, bone strength, and general wellbeing.

Grains / Starches:

- Bran flakes
- Brown rice
- Corn
- Oatmeal
- Peas
- Potatoes
- Quinoa
- Sweet potatoes
- Whole grain couscous
- Whole grain bread/ pita
- Whole grain tortilla
- Whole grain pasta
- Whole grain English Muffin
- Winter squash

* **Benefits:** The fiber, vitamin and mineral content contribute to weight management, bone health and reduced risk of chronic disease.

Fats:

- Avocado
- Almonds
- Butter
- Canola Oil
- Chia Seeds
- Nut Butters
- Olive Oil
- Peanuts
- Pumpkin Seeds
- Sunflower Oil
- Sunflower Seeds
- Walnuts

* **Benefits:** Fats are vital components of cell walls, precursors to hormones, and protection for organs. In addition, healthy fats assist in lowering risk of heart disease and stroke.

Leaner Proteins:

- Beans
- Chicken
- Chickpeas
- Eggs
- Fish/ shellfish
- Hummus
- Lentils
- Low fat cheese
- 93% Ground Beef
- Tofu
- Turkey
- Yogurt

* **Benefits:** Lean protein contributes to overall bone/ muscle strength, cell function and an enhanced immune system.

Treats:

- _____
- _____
- _____

Remember that sweets are acceptable and allowed. Rather than fully restricting yourself from these enjoyable treats, give yourself the opportunity to eat in moderation.

*** Benefits: Eating sweets occasionally helps to prevent overeating as a result of deprivation.

Use the various foods listed above, in addition to many more, as a guide for your forever lifestyle plan!



The Daily Picture

Now with a picture of what kind of foods make up a varied and nutritious diet, the next step is to think about those foods as they appear in a meal!

A simple approach is to visualize a plate that is 1/2 devoted to non-starchy veggies, 1/4 to starchy foods and 1/4 to protein foods. Then, a little fat, such as cooking veggies in oil or adding nuts to a salad -- this not only adds flavor, but also satisfaction. Throw in some fruit and the occasional treat, and you are rolling with a plan! Without counting calories or measuring, these proportions at your meals will provide you with good and satisfying nutrition. Importantly, eating meals like these (that do not eliminate any food groups) regularly (every 3-5 hours) keeps you fueled and satisfied.

See below for a full day of eating with an example of 3 meals + 2 snacks. Use them, adjust them or create your own meals.

EXAMPLE "flexible" DAY: 3 meals + 2 snacks

Nutrition: 1750 calories • 68g fat • 214g carbs • 89g protein • 28g fiber

Breakfast : Fruit & Yogurt Parfait

INGREDIENTS

- 2/3 cup plain Greek yogurt
- 1/2 teaspoon vanilla extract
- 8 strawberries sliced
- 8 pistachios chopped
- 1 tablespoon coconut flakes
- 1/3 cup muesli



DIRECTIONS

- 1 In a small bowl, mix Greek yogurt with vanilla extract.
- 2 Top yogurt with strawberries, pistachios, coconut flakes, and rolled oats before serving.

💡 Or if time is tight, have a VLC Smoothie Meal Replacement!

Snack #1: Cheese And Fruit Plate

INGREDIENTS

- 1 stick of string cheese
- 20 grapes



Meal #2: Steak & Arugula Salad

INGREDIENTS

- Nonstick cooking spray
- 2 ounces lean sirloin steak
- Salt and pepper
- 1 1/2 cups arugula
- 1 tomato, sliced
- 2 teaspoons olive oil
- 2 teaspoons balsamic vinegar
- 1 whole wheat pita
- 1 apple



DIRECTIONS

- 1 Spray a nonstick skillet with nonstick cooking spray and place over high heat.
- 2 Lightly season steak with salt and pepper, if desired, and place in the hot pan.
- 3 Cook steak for 4 minutes, without moving. Flip and cook an additional 3 minutes for medium doneness. For medium-well, flip again and cook for 2 final minutes.
- 4 Let the steak rest for 5 minutes before thinly slicing against the grain.
- 5 Arrange arugula and tomatoes on a serving plate. Lightly season with salt and pepper, if desired.
- 6 Top the salad with the sliced steak and drizzle with olive oil and balsamic vinegar before serving.
- 7 Slice 1 whole wheat pita in half and enjoy with an apple for something sweet!

Meal Replacement Option

Select one meal per day to simplify with a Fresh Steps Meal Starter + Convenience Pack.

For example: Keep hot soup base and soup variety flavor packs at work for a simple weekday lunch.

Snack #2: Pretzels and Hummus Plate

INGREDIENTS

- 1 ounce pretzels
- ¼ cup hummus



Meal #3: Zesty Salmon With Greens And Rice

INGREDIENTS

- (4-ounce) salmon fillet
- 2 teaspoons olive oil, divided
- 1 1/2 teaspoons orange zest, divided
- 1 teaspoon Dijon mustard
- 1/4 teaspoon dried rosemary
- Salt and pepper
- 1 medium zucchini, cut into matchsticks
- 1 medium yellow squash cut into matchsticks
- 1 teaspoon minced garlic
- 1 cup cooked brown rice
- 1 teaspoon butter



DIRECTIONS

- 1 Rub salmon with 1 teaspoon of the olive oil, 1 teaspoon of the orange zest, Dijon mustard, and all of the rosemary. Lightly season with salt and pepper, if desired.
- 2 Heat a nonstick skillet over medium-high heat.
- 3 Place the salmon in the hot skillet and cook, without disturbing, 4 minutes on the first side. Flip and cook an additional 3 minutes on the opposite side, or until fish flakes with a fork. Remove from the skillet and rest under aluminum foil as you prepare the kale.
- 4 Add the remaining olive oil, zucchini, squash, garlic, and remaining orange zest to the skillet and sauté until cooked. Season to taste with salt and pepper.
- 5 Transfer the zucchini and squash to a serving plate and top with the rested salmon. Serve rice with a pad of butter.



Keep in mind that your meals and snacks come in all different shapes and sizes. And sometimes, a convenient option is in order.

The master of creativity is in your court, which allows for your daily eating plan to remain flexible and more enjoyable!

The 5:2 Forever Plan

Another Arrow in your Quiver

With the Forever Plan, you have the option to choose 2 days every week (or every other week) to do a modified fast. On modified fast days, you eat much less than normal. The other 5 days of the week, you do not restrict your choices. We call this the 5:2 Forever Plan.

How To 5:2



2 Days a week

On these days, follow the Fresh Steps Full Plan. Choose any 4 meal replacements (smoothies, soups, pasta and eggs) plus one snack item. Feel free to Flavor Boost and Live Life on the Veg to make the meals your own. Alternatively, you can aim for around 800 calories per day.



4 meal replacements + 1 bar



5 Days a week

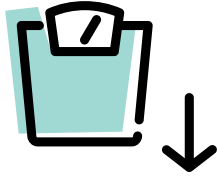
On these days, keep making the choices that you feel good about with a little extra wiggle room. Use The Daily Picture” section above as a guideline, adding that flexibility for an extra snack or two, for example. Practice the mindful and intuitive eating strategies that give you that freedom from dieting.

Why 5:2?

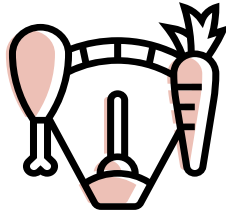
The benefit of the 5:2 Forever Plan is that you get a true break from restriction, you still have structure, and it can be easier to follow than a 24/7 plan. For weight loss and maintenance, this approach can be as effective as typical across-the-board calorie cutting. Modified fasting days give your body a mini metabolism reset and a chance to rely on fat stores more than usual. Studies show the 5:2 approach has a whole host of other health benefits (see below).

Moreover, 5:2 is very easy to follow, when you have the Fresh Steps Full Plan in your back pocket! At 800 calories exactly, the Full Plan is perfectly portioned to take the guesswork out of the 5:2 approach.

Health benefits of Intermittent Fasting



Weight loss



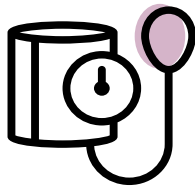
Weight maintenance



Lowers blood sugar



Reduced inflammation



Lowers blood pressure



Improves memory



More energy

Tips for the 5:2 Forever Plan

- 1 The Fresh Steps Starter Kit is a great way to stock up for a variety of flavors for fasting days.
- 2 Start with doing 5:2 each week. If that is too much, then move to every other week.
- 3 Modified fasting days can be 2 days in a row or 2 non-consecutive days – whatever works best for you.
- 4 On your 5 days, don't try to "make up" for the other 2 days. If you do, it will defeat the purpose!
- 5 5:2 Forever is not for everyone. If you have diabetes, are pregnant, or have a history of an eating disorder, you should not follow a 5:2 plan without the close supervision of a medical provider. And some people will just plain find this approach harder, and that's OK – it's just not for you.

Keys to Success

① Surround yourself with support.

Your achieved weight loss may not have been easy, but your motivation and determination played a big role in helping you succeed! You planned and followed through with your eating plan, which is a huge accomplishment. However, any type of success may come with challenges and bumps in the road. Keep your head up and surround yourself with encouraging and supportive people. This is extremely important with anything, so continue to keep this in the forefront of your mind!

② Track your progress.

Remember to always track your successes. No matter what you are tracking- eating habits, exercise patterns, sleep trends, or even increased water intake, make time to reflect on what is going well, which we often forget to do. This will not only allow you to believe in all the amazing things you do, but it will also help you dig yourself out of any “defeated” feelings that may come along.

③ Stay active!

Whether you go for a run, take a walk or even do some yard work, remaining active is extremely crucial to a healthy lifestyle. Start implementing small active goals, which eventually will evolve into bigger goals. Go on and get moving!

④ Lean on your resources.

Continue leaning on the resources that guided you along your 16 Week Fresh Steps Meal Plan. Gather the educational handouts and use them to your advantage. They assisted you in the past and also have the ability to continue aiding you as a forever reminder and guider.

⑤ Moderation and minimal food restrictions are key to success.

Treating yourself to foods that are out of the ordinary is okay and acceptable. In fact, this is absolutely encouraged. Avoidance and restriction will likely prompt you to overindulge on the not so healthy food choices and overeat in general. Keep this success tip in the forefront of your mind at all times. As long as you are properly fueling yourself throughout the day and listening to those hunger cues, you are less likely to overeat at any one given time. Restricting yourself is never the answer.

⑥ Remain upbeat and positive despite bumps in the road.

Life is full of both uphill and downhill moments. Not every day is going to be perfect and there will absolutely be road blocks you come across. As long as you recognize the challenges you may face, as well as understanding how to get back up when you go “off track,” you will continue seeking a forever life full of healthy living.



In Summary

Healthy eating is not a destination, but a lifestyle made up of individual choices you will make as you constantly adapt to your changing environment, body, circumstances, health state, and desires. There is no one “right” plan or foolproof method to maintain your weight. Everyone’s needs and circumstances are different. Also, many factors beyond diet and exercise impact your weight. Keep in mind too that no one eats “perfectly” all the time! Healthy eating is more than numbers and food lists. It encompasses your social life, your mental health, and your right to enjoyment.

Forever Plan Fantastic!

