



30 Day Challenge Maintenance Plan

The Maintenance Plan

This is the most important part to the Weight Loss Program. You don't only want to get results, but you want to MAINTAIN them.

Typically, the reason most people gain weight after following a diet, is obviously because they go back to their old habits. But the reason those old habits come back is because they don't have a plan-of-action after the diet is over.

Are you never suppose to eat a cookie or a piece of cake again? The moment you give in to one of your favorite sugar filled desserts, it'll taste so good, you won't even care about what you just worked so hard for! Then those bad habits creep right back up.

But that's not how the Elite Training and Fitness is going to leave you. With the Maintenance Plan, you'll be able to occasionally indulge on your favorite sweets, but have an EXACT plan-of-action of how to counter act it's negative side effects!

On the Maintenance Plan, you'll still use the metabolism boosting benefits of the Ketogenic Lifestyle and the occasional Intermittent Fasting. This will offer you a sustainable way to eat for the rest of your life.

The Maintenance Plan will still use the guidelines from the 30 Day Challenge, which is provided below, so that way you don't have to keep going back through multiple documents. But a new schedule of fasting and eating is provided. The Maintenance Plan Guidelines will explain more.

The Maintenance Plan Guidelines:

1. Follow the 30 Day Challenge Ketogenic guidelines (what to eat) and food lists, for 5 days. (Ex. Monday - Friday)
2. Intermittent Fasting is suggested. If you're ok with it, keep doing it. If not, that's ok. But it will come in handy after "high carb" days.
3. Make sure your number of Net Carbs is around 20g.
4. On the 6th day (Ex. Saturday), you will follow your Intermittent Fasting schedule, starting from dinner on the previous day.
5. During the eating period, eat WHATEVER you want. Obviously do not binge eat. Just feel free to go out to lunch and dinner, and get whatever you think sounds enjoyable! Then get some candy or ice cream for dessert!
6. The 7th day (Ex. Sunday), it's suggested you fast even longer, all the way to dinner. Which the dinner is following the ketogenic guidelines.

For "unplanned" cheat days:

1. If you indulge on too many carbs on any day, try to follow it with a day where you follow step 6 above.

3 example schedules below will give you a better visual of what this all looks like. Use example 1 for best chances of maintaining.

If you can, try to work out or be active during any fasting periods before and after your high carb days! Any other day helps too!

Weekly Fasting and Phase Schedule

Example 1 schedule with planned high carb day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12-4am							
4-8am	Keto	Keto	Keto	Keto	Keto		
8-12pm	Keto	Keto	Keto	Keto	Keto		
12-4pm	Keto	Keto	Keto	Keto	Keto	High Carb	
4-8pm	Keto	Keto	Keto	Keto	Keto	High Carb	Keto
8-12pm							

Red = Fasting period Blue = Eating period

Example 2 schedule with 1 high carb day (Saturday) + another "unplanned" high carb day:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12-4am							
4-8am	Keto	Keto		Keto	Keto		
8-12pm	Keto	Keto		Keto	Keto		
12-4pm	Keto	Keto		Keto	Keto	High Carb	
4-8pm	Keto	Unplanned High Carb!	Keto	Keto	Keto	High Carb	Keto
8-12pm							

Example 3 schedule with multiple unplanned high carb days (this is not ideal):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12-4am							
4-8am	Keto		Keto		Keto		Keto
8-12pm	Keto		Keto		Keto		Keto
12-4pm	Keto		Keto		Keto		Keto
4-8pm	Unplanned High Carb!	Keto	Unplanned High Carb!	Keto	Unplanned High Carb!	Keto	Unplanned High Carb!
8-12pm							

Recap of the 30 Day Challenge:

Challenge Guidelines

1. IMPORTANT: **No sugar, no fruit, and no flour or starchy products.**
2. You must hit 20g of NET CARBS or below. (Remember, carbs from FIBER are not included.
of Total carbs - # of Fiber carbs - # sugar alcohols = NET CARBS)
3. If you're counting grams of protein, stay between 70g to 130g a day.
4. Eat vegetables at least 2 times within the eating period.
5. Use healthy fats in plentiful amounts with all meals.
6. Use any meat, healthy fats, or approved veggies as snacks between meals, be sure to count any carbs towards your net carbs.
7. Drink a minimum of 3/4 of a gallon of water a day.
8. Water, black coffee, green tea, or black tea are the only things you can consume during the fasting period.
9. Eat until satisfied, staying within these guidelines.
10. Use the example down below as a base meal plan. Then use substitutions from the corresponding lists to make any changes you want.
11. Recipes provided can also replace any meal in plan.

Example Meal Plan

Meal 1:

- 3 whole eggs (cook however)
- 1/3 cup onion and 1 or 2 cloves of garlic
- 2 tbsp of butter (cook all ingredients with eggs)

Snack:

- Coffee w/ 1 tbsp heavy cream
- 1 oz or about 25 almonds

Meal 3:

- 8 oz chopped chicken, cooked thoroughly (can also be canned)
- 2 celery sticks (chop up, add to chicken)
- 2 tbsp of mayonnaise (mix with ingredients above to make chicken salad)
- Any seasonings of choice (mustard, pepper, etc.)

Snack:

- 1 cheese stick

Meal 3:

- 8 oz beef (ground or steak, cook and season however you want)
- 9 spears of asparagus or other green veggies
- 2 tbsp of butter (drizzle on top of asparagus)

Everything is color coordinated to show the different types of calories that are coming from the food:

Red = protein

Blue = fat

Green = approved vegetables (fibrous carbohydrate)

Use approved food lists below to make any replacements. This is highly suggested so you can create a meal plan to your own liking. Also, **YOU DO NOT** have to eat all the food listed in plan. It's more about the types of foods that are in it.

Approved Food Lists:

Proteins (stay between 70g - 130g a day):

- Lean beef
- Ham or pork
- Chicken
- Turkey
- Fish
- Other seafood
- 1 cup of egg whites = 28g protein
- 1 scoop protein powder = 25g protein

1oz of any meat = 1oz of any other meat

(for beef or pork, subtract 1 oz, so 7 oz of chicken can be replaced by 6 oz of pork or beef)

Healthy fats and oils (CAN EAT AS MUCH AS YOU WANT):

- Olive oil
- Coconut oil
- Avocado oil
- Animal fats
- Butter
- Unsweetened almond milk

Vegetables (These equal about 5g of carbs, fiber not included):

- 8 cups spinach uncooked
- 1 cup spinach cooked
- 1/2 cup peppers (any color)
- 1 medium tomato
- 9 spears asparagus
- 1 cup cauliflower
- 1/3 cup chopped onions
- 1 cup broccoli
- 1/2 avocado

These fats have some carbs, so be sure to count them toward your NET CARBS:

- Cheese stick or slice = 1g net carbs
- 1 tbsp Heavy whipping cream = 1g
- 1 tbsp mayonnaise = 2g
- 1 cup unsweetened cashew milk = 1g
- 1/4 cup cream cheese = 2.5g
- 25 Almonds = 5g