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Protein Power Mix Maintenance Diet Program

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The objective of the maintenance diet is to help individuals who are coming off of a program and wish to maintain their accomplishments, or simply for those who do not have a desire to lose or gain weight. This nutritional guideline provides meal plans suitable for a fitness enthusiast or a moderately active person. The meals will help you sustain a moderate to high fitness level as well as an overall sense of well being. Implemented within this diet plan are two very important supplements. The diet will show you the way in which to use them correctly.

Of course, we recommend that any diet regimen in which you are thinking of trying should be consulted with your physician before hand to make sure the diet does not conflict with any current medical conditions you may have.

Supplements Suggested:

- Protein Power Mix day and nighttime formulas
- "9 a day Plus" multivitamin (powder version)

Breakfast:

1 scoop Protein Power Mix daytime, 1 scoop Protein Power Mix nighttime, 2 scoop "9 a day plus-Citrus Berry" in 8oz of water, milk, or juice of your choice. (You can add ice and some fruit to the mix in a blender to make the shake thicker)

Meal facts:

Protein-	30g
Carbohydrates-	19g
Fat-	0.6g
Fiber-	2g

Lunch:

4oz of white turkey/chicken/tuna/tilapia meat on two slices of whole wheat bread with mustard or honey mustard, Tomato, Lettuce, and two slices of 2% unprocessed cheese. Drink at least 8oz of water with the meal.

Meal facts: (average amount of nutritional value of foods suggested in meal)

Protein-	25g
Carbohydrates-	22g
Fat-	5g
Fiber-	4g





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Snack:

1 scoop Protein Power Mix daytime, 1 scoop "9 a day plus-Citrus Berry" in 8oz of water, milk or juice of your choice and a banana. You may also make this snack in a blender.

Meal Facts:

Protein-	17g
Carbohydrates-	38g
Fat-	0.3g
Fiber-	3g

Dinner:

4oz to 6oz of white turkey/chicken/tuna/tilapia/salmon with 4oz of steamed vegetables and a half baked potato with low fat sour cream and on tablespoon of 2% shredded cheese on top.

Meal Facts: (average amount of nutritional value of foods suggested in meal)

Protein-	41g
Carbohydrates-	40g
Fat-	12.5g
Fiber-	4.5g

Individuals are permitted one "cheat meal" every seven days.

This means you may eat whatever you like for one meal (not one day) every seven days. Please be creative with recipes. Do not allow dull meat to discourage your fitness efforts. A general guideline to follow is: each meal should not contain any more than 15g of fat or 50g of carbohydrates derived from the foods recommended in each particular meal. Keep your meats within 4oz to 6oz. Good luck!

Supplement Disclaimer:

The most effective way to utilize sports supplements is to first realize that they are in fact supplements. Supplements are nutrients that are taken in addition to an already solidified diet regimen. There are two main objectives of supplements when speaking in terms of sports nutrition. First they are to provide the body with crucial nutrients in which the body cannot manufacture (biosynthesize) on its own, secondly, to provide extra nutrients in which the body requires for replenishing energy stores and repairing muscle tissue. It is important to realize that supplements are designed to enhance one's efforts. This means that if you are looking to lose body fat, you must first have a diet plan suitable to do so. Once the diet plan is prepared, you may add a supplement to the equation. The supplement should be utilized to promote fat loss by means of providing specific nutrients to achieve a healthy state and force the body to feed off stored fat for energy. However, the supplements should not be dependant upon to fulfill these physiological effects. The supplements should only aid your meal and exercise program, not take their place.

