

In this last phase the goal is to maintain balanced nutrition in the long term. It is based on the most recent scientific findings of nutritional chronobiology: by following the physiological body rhythms you eat the right type of food at the right time to avoid deficiencies, optimize body functions and finally achieve physical and psychological balance.

Generally, Rythmonutrition should be observed routinely, however, every week, you are allowed to indulge in two meals of your choice (avoid overindulgence).

- Balanced Nutrition - Proteifine Rythmonutrition -

AM

Breakfast



- 60-100 gr of cheese - **5 days a week** and 2 eggs **or** 2 slices of ham you can alternate – **twice a week**

- 2 **or** 3 slices of wholegrain bread **or** 4-6 wholegrain crackers.

- 10-20 gr unsalted butter or margarine.

- Tea **or** coffee **or** herbal infusion without sugar (avoid instant **or** artificially flavoured beverages).

Can be replaced with:

- 2-3 Proteifine® toasts spread with Proteifine low – calorie jam.

- Tea **or** coffee **or** herbal infusion without sugar (avoid instant or artificially flavoured beverages).

Mid-morning (optional): 1 fruit.

Lunch



- Salads **and/or** cooked vegetables (unlimited).

- Animal protein (meat): 150-250 gr.

- 1 serving of grains **and/or** starch **and/or** pulse (150 gr in cooked weight) **or** 2 slices of wholegrain bread.

- 1 citrus fruit (orange, grapefruit, tangerine).



PM

Tea



- 100 gr (1 bowl) fresh fruit **or** ½ serving (½ bowl) fruit compote **or** dried fruit **or** 30 gr jam **or** 1 glass of natural fruit juice **or** 2-3 scoops of fruit sorbet.

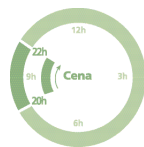
and

- 30 gr dark chocolate **or** 4 (30-40 gr) wholemeal biscuits **or** 1 avocado **or** 30 gr olives **or** 30 gr nuts: hazelnuts, almonds, walnuts, pecans, etc.

Can be replaced with:

- 3 Proteifine® toasts spread with jam, honey or peanut butter.

Dinner



- Salads **and/or** cooked vegetables (unlimited)

- Animal protein:

You may rotate the following options during the week

- 150-200 gr fish (not fried) - **4 times a week**
- 150-200 gr shellfish - **once a week**
- 150 gr poultry (remove skin) - **twice a week**

- ½ serving of grains **and/or** starch **and/or** pulse *(75 gr in cooked weight) **or** 1 fruit.

**cut out grains, starch or pulses and the fruit at dinner if you tend to put on weight.*

AMOUNTS

Food amounts depend on height, age, gender and physical activity and are subject to weight changes.

Food groups

Allowed vegetables



All fresh vegetables are allowed and can be consumed raw in salads or steamed, boiled or baked. Frozen vegetables are also acceptable.

Allowed animal proteins



Lunch:

- Veal, lean beef (rumpsteak), lean pork (fillet), game.

Dinner:

- All fish, shellfish or skinless poultry: chicken, turkey, pigeon, quail, guinea fowl, etc.

Allowed grains, starches and pulses

Lunch:



1 serving (150 gr in cooked weight) equivalents:
5 tablespoons of rice, pasta, lentils, chickpeas, peas, semolina, bulgur, quinoa, etc. or 3 medium size potatoes.

Dinner:

1/2 serving (75 gr in cooked weight) equivalents:
3 tablespoons of rice, pasta, lentils, chickpeas, peas, semolina, bulgur, quinoa, etc. or 1 1/2 medium size potatoes.

The nutritionist's advice:

• Nutritional supplements



As per medical advice:

Vitamins-Minerals, antioxidants, Iron, Magnesium, Omega 3-6. At the end of the diet we recommend the following: Inovance skin, Serenity for stress, hypertonic Sea Water for tiredness,...

• Never skip meals! Breakfast and tea-time snack are essential.

If you cannot help it you may replace them with 1 Proteifine product, 1 Dietup, 2 bars or 2 biscuits.

For weight stabilization and maintenance we recommend you to keep taking at least 1 Proteifine product a day.

• The beverages



We recommend a minimum of 2 litres of water per day. You are allowed to drink a small glass of red wine at lunch or dinner.

• **Bread, pasta, rice and other starches should be wholegrain.** If you love pasta Proteifine Torsadines are a healthy substitute as they have five times more protein and five times less carbohydrates than regular pasta. If you love bread you can use plain or chocolate Proteifine Toasts spread with Proteifine low calorie jam.

• **Whole fruits are generally better than juice** because they have a lower glycaemic index and they may prevent hypoglycaemic symptoms such as tiredness and sweet cravings.

• **Always prefer fresh and seasonal vegetables, herbs and fruit.**

• **Dressings:** Dressings should be used in moderation; we recommend extra virgin olive oil or rapeseed oil or a mixture of both.

• **When cooking,** avoid frying. We recommend grilling, roasting, steaming, braising, boiling and baking.

• **Sweeteners,** preferably sucralose can be used only sparingly as it is advisable to try and lose taste for sweets.

• **All refined and processed foods,** rich in fat and sugar such as crisps, chips, pastries, candy, chocolate snacks, ice cream etc should be avoided.

• **Meals should not be taken in a rush or under stress and overeating should be avoided.**

• **Regular physical activity is advisable.** You can take 1 or 2 Proteifine bars before exercise.

If in doubt consult your doctor.

CAUTION

• You should inform your doctor if you are on any medication or if you wish to take painkillers as they might interfere with your diet due to their high carbohydrate content. The success of this diet greatly depends on strict compliance with medical advice and monitoring (tests, prescriptions, consultations) as well as a long term follow-up to maintain weight loss and fitness.

This diet is personalized and should not be carried out without medical supervision. If in doubt, please consult your doctor.