IDEAL◇PROTEIN
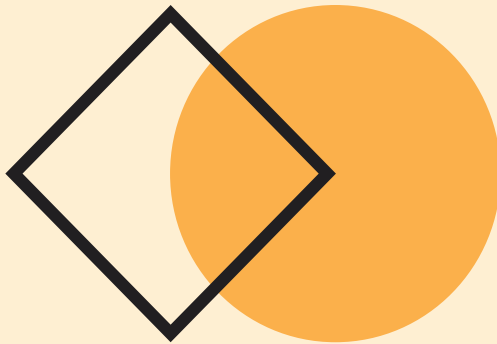
Maintenance

Phase 3

My Daily Planner
and Journal

Phase 3

Congratulations on reaching
this significant milestone in your
Ideal Protein journey!

This Phase 3 Maintenance journal includes a
unique planning feature in addition to journaling.
Pre-planning your daily menu and meals is an
essential part of setting yourself up for long-term
success in maintenance.

As you navigate a more expansive food
environment using your daily Macro Code as your
guide, pre-planning will ensure that your meals are
balanced and within your daily targets.

Appointments

Notes

Instructions

1.) Distribute:

Just like you have been doing in Phase 2, the first step in planning is to distribute your daily protein and fat servings and net carb grams throughout your meals and snacks. You will distribute them into the three boxes under *Planner.*

2.) Determine:

What will those protein and fat servings and net carb grams be? You don't want to wait until mealtime to make these decisions! Set yourself up for success by planning ahead for each meal. Pre-planning allows you the benefit of knowing ahead of time that you are eating within your daily Macro Code! In fact, a great habit or practice would be to preplan a few days or even the week ahead. That way, you can include these items in your shopping list and ensure they are on hand for the week!

3.) Commit:

On the adjacent page, commit to your daily lifestyle goals—micronutrition & supplements, water intake, activity, and sleep—to round out a successful day in maintenance and support your new weight and lifestyle!

4.) Journal:

After each meal or at the end of the day, go back and complete your Journal. The first step to recording your Journal entry is to assess your mood and hunger levels, collectively or individually. This is an important step during your reintroduction to a more varied diet, which may include dairy, processed grains, and added sugars. Have you noticed an increase in hunger and cravings since adding certain foods back? Or have you noticed, maybe, an increase in moodiness, fatigue, or just "foggy brain"? Be mindful to these important signals that your body is sending you so you can respond accordingly. Next, it's time to record what you *actually* ate. Did you stay on target at each meal and within your Macro Code at the end of the day? Be honest and, if at any time you feel as though you may be getting off track, always reach out to your coach!

5.) Finally: "Stamp" Your Day with Gratitude!

It's long been proven that we can change our minds—and our habits—by carving new neural circuits in our brains. But simply walking-the-walk and even talking-the-talk about how our new lifestyle habits and behaviors have changed our lives for the better may not be enough to sustain them *if we don't believe this to be true!* This might sound incredibly confusing—or even conflicting—but new neural research into habit development consistently shows that our subconscious brain and our prefrontal cortex (our "rational brain") are not always in alignment. This is actually a phenomenon known as *cognitive dissonance*, the "state of having inconsistent thoughts, beliefs, or attitudes, especially as relating to behavioral decisions and attitude changes." Simply put, choosing grilled fish over battered and fried fish and chips may not be sustainable in the long run if your subconscious brain, which is rooted in emotion and habit, still believes that the battered and fried fish and chips is the more rewarding option. In time, this tug-of-war between these conflicting beliefs begins to wane. What the subconscious brain has over our "rational brain" is *emotion* and *memory*. Emotions, such as joy, pleasure, and gratitude, trigger the release of feel-good chemicals which make our subconscious brain want to repeat it!

The only way to help bridge the gap between our subconscious brain and our "rational" brain is by literally "carving" new neural pathways through emotion. Gratitude is one of the most powerful emotions for this reason alone! When we authentically feel gratitude, our brains release serotonin, a powerful "feel good" chemical that grabs the attention of dopamine—the puppet master of all habits! So at the end of each day, reflect on the amazing choices that you made to support your new healthier lifestyle, and select a couple of choices you made today that **reset possible** for you! And then cement it with an overwhelming sense of authentic gratitude. This is a powerful daily practice that will, quite literally, change your mind and habits *for good!*

My Daily Planner & Journal

Meal Planner/Diary *(includes food and drink)*

Breakfast ⟨⟨⟩⟩: _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

_____

_____

_____

Mood/Hunger: 😀 🙂 😐 🙁 😣

Macro Servings (Meal Totals):

P	F	NC

Lunch ⟨⟨⟩⟩: _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

_____

_____

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Mood/Hunger: 😀 🙂 😐 🙁 😣

Macro Servings (Meal Totals):

P	F	NC

Dinner ⟨⟨⟩⟩: _____

Planner:
Macro Servings (Meal Target):

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Protein Source: _____

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Macro Servings (Meal Totals):

P	F	NC

Snack 1 ⟨⟨⟩⟩: _____

Planner:
Macro Servings (Meal Target):

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Fat Source: _____

Net Carb Source: _____

Journal:

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Mood/Hunger: 😀 🙂 😐 🙁 😣

Macro Servings (Meal Totals):

P	F	NC

Snack 2 (optional) ⟨∨⟩ : _____

Planner:

Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

_____

_____

_____

Mood/Hunger: 😋 🙂 😐 😟 😣

Macro Servings (Meal Totals):

P	F	NC

Micronutrients & Supplements

◯ Multi-Vita   ◯ Cal-Mag   ◯ Omega-3 Plus   ◯ BCAAs   ◯ Probiotics   ◯ Enzymes

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Water Intake

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Daily Activity Goals *(see examples below)*

◯ Stretching   ◯ Resistance (bands/weights)   ◯ Yoga

◯ Cycling   ◯ Walking   ◯ Running   ◯ Other

Today's goal: _____

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Macro Servings (Meal Target):

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Journal:

Mood/Hunger: 😀 🙂 😐 🙁 😣

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P	F	NC

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Macro Servings (Meal Target):

P	**F**	**NC**

Protein Source: _____

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Net Carb Source: _____

Journal: **Mood/Hunger:**   😋 🙂 😐 😟 😣

_____

_____   *Macro Servings (Meal Totals):*

_____

P	**F**	**NC**

Micronutrients & Supplements

◯ Multi-Vita   ◯ Cal-Mag   ◯ Omega-3 Plus   ◯ BCAAs   ◯ Probiotics   ◯ Enzymes

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P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

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Mood/Hunger: 😀 🙂 😐 🙁 😣

Macro Servings (Meal Totals):

P	F	NC

Lunch ‹ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

_____

_____

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Mood/Hunger: 😀 🙂 😐 🙁 😣

Macro Servings (Meal Totals):

P	F	NC

Dinner ‹ : _____

Planner:
Macro Servings (Meal Target):

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Protein Source: _____

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Macro Servings (Meal Totals):

P	F	NC

Snack 1 ‹ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

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Mood/Hunger: 😀 🙂 😐 🙁 😣

Macro Servings (Meal Totals):

P	F	NC

Snack 2 (optional) ⟨‹⟩ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

Mood/Hunger: 😋 🙂 😐 😣 😖

_____

_____   *Macro Servings (Meal Totals):*

_____

P	F	NC

Micronutrients & Supplements

◯ Multi-Vita ◯ Cal-Mag ◯ Omega-3 Plus ◯ BCAAs ◯ Probiotics ◯ Enzymes

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My Daily Planner & Journal

Meal Planner/Diary *(includes food and drink)*

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Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

_____

_____

_____

Mood/Hunger: ☺ ☺ 〜 ☹ ☹

Macro Servings (Meal Totals):

P	F	NC

Lunch ⓧ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

_____

_____

_____

Mood/Hunger: ☺ ☺ 〜 ☹ ☹

Macro Servings (Meal Totals):

P	F	NC

Dinner ⓧ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

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Journal:

_____

_____

_____

Mood/Hunger: ☺ ☺ 〜 ☹ ☹

Macro Servings (Meal Totals):

P	F	NC

Snack 1 ⓧ : _____

Planner:
Macro Servings (Meal Target):

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Mood/Hunger: ☺ ☺ 〜 ☹ ☹

Macro Servings (Meal Totals):

P	F	NC

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Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal: Mood/Hunger: 😀 🙂 😐 🙁 😣

_____

_____

_____

Macro Servings (Meal Totals):

P	F	NC

Snack 1 ‹ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal: Mood/Hunger: 😀 🙂 😐 🙁 😣

_____

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Macro Servings (Meal Totals):

P	F	NC

Snack 2 (optional) ⊘ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

_____

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Mood/Hunger: 😋 🙂 😐 🙁 😖

Macro Servings (Meal Totals):

P	F	NC

Micronutrients & Supplements

◯ Multi-Vita   ◯ Cal-Mag   ◯ Omega-3 Plus   ◯ BCAAs   ◯ Probiotics   ◯ Enzymes

Water Intake

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◯ Stretching   ◯ Resistance (bands/weights)   ◯ Yoga

◯ Cycling   ◯ Walking   ◯ Running   ◯ Other

Today's goal: _____

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Sleep

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My Daily Planner & Journal

Meal Planner/Diary *(includes food and drink)*

Breakfast ◁ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

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Net Carb Source: _____

Journal:

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Mood/Hunger: 😀 🙂 😐 🙁 😣

Macro Servings (Meal Totals):

P	F	NC

Lunch ◁ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

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Mood/Hunger: 😀 🙂 😐 🙁 😣

Macro Servings (Meal Totals):

P	F	NC

Dinner ◁ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

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P	F	NC

Snack 1 ◁ : _____

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P	F	NC

Snack 2 (optional) ⊘ : _____

Planner:
Macro Servings (Meal Target):

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Protein Source: _____

Fat Source: _____

Net Carb Source: _____

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| P | F | NC |

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P	F	NC

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Snack 2 (optional) ⊘ : _____

Planner:

Macro Servings (Meal Target):

P	**F**	**NC**

Protein Source: _____

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Macro Servings (Meal Totals):

P	**F**	**NC**

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P	F	NC

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Mood/Hunger: 😃 🙂 😐 🙁 😠

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Planner:
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Protein Source: _____

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P	F	NC

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P	F	NC

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P	F	NC

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P	F	NC

Protein Source: _____

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Planner:
Macro Servings (Meal Target):

P	F	NC

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Mood/Hunger: 😀 🙂 😐 🙁 😣

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P	F	NC

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Macro Servings (Meal Target):

P	F	NC

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P	F	NC

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Macro Servings (Meal Totals):

P	F	NC

Dinner ⟨⟩: _____

Planner:

Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

Mood/Hunger: 😄 🙂 😐 🙁 😣

_____

_____

_____

Macro Servings (Meal Totals):

P	F	NC

Snack 1 ⟨⟩: _____

Planner:

Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

Mood/Hunger: 😄 🙂 😐 🙁 😣

_____

_____

_____

Macro Servings (Meal Totals):

P	F	NC

Date _____

Snack 2 (optional) ⓒ : _____

Planner:
Macro Servings (Meal Target):

| P | F | NC |

Protein Source: _____
Fat Source: _____
Net Carb Source: _____

Journal:

_____
_____
_____

Mood/Hunger: 😋 🙂 😐 😟 😣

Macro Servings (Meal Totals):

| P | F | NC |

Micronutrients & Supplements

◯ Multi-Vita   ◯ Cal-Mag   ◯ Omega-3 Plus   ◯ BCAAs   ◯ Probiotics   ◯ Enzymes

Water Intake

Today I will commit to drinking _____ fl. oz. of water.

Daily Activity Goals *(see examples below)*

◯ Stretching   ◯ Resistance (bands/weights)   ◯ Yoga
◯ Cycling   ◯ Walking   ◯ Running   ◯ Other

Today's goal: _____
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Today I will be in bed by: _____

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My Daily Planner & Journal

Meal Planner/Diary *(includes food and drink)*

Breakfast ‹ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

Mood/Hunger: ☺ ☺ ~ ☹ ☹

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Macro Servings (Meal Totals):

P	F	NC

Lunch ‹ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

Mood/Hunger: ☺ ☺ ~ ☹ ☹

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_____

Macro Servings (Meal Totals):

P	F	NC

Dinner ‹ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

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Journal:

Mood/Hunger: ☺ ☺ ~ ☹ ☹

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Macro Servings (Meal Totals):

P	F	NC

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Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

Mood/Hunger: ☺ ☺ ~ ☹ ☹

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Macro Servings (Meal Totals):

P	F	NC

Snack 2 (optional) ⓒ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

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Mood/Hunger: 😋 🙂 😐 😟 😣

Macro Servings (Meal Totals):

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Mood/Hunger: 😀 🙂 😐 🙁 😣

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Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

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Mood/Hunger: 😀 🙂 😐 🙁 😣

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P	F	NC

Dinner ⟨ : _____

Planner:
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Mood/Hunger: 😀 🙂 😐 🙁 😣

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P	F	NC

Snack 1 ⟨ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

Mood/Hunger: 😀 🙂 😐 🙁 😣

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Macro Servings (Meal Totals):

P	F	NC

Snack 2 (optional) ⓒ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

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Mood/Hunger: 😋 🙂 😐 😣 😖

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Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal: Mood/Hunger: 😀 🙂 😐 🙁 😖

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Macro Servings (Meal Totals):

P	F	NC

Lunch ⓒ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal: Mood/Hunger: 😀 🙂 😐 🙁 😖

_____

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Macro Servings (Meal Totals):

P	F	NC

Dinner ⓒ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal: Mood/Hunger: 😀 🙂 😐 🙁 😖

_____

_____

_____

Macro Servings (Meal Totals):

P	F	NC

Snack 1 ⓒ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal: Mood/Hunger: 😀 🙂 😐 🙁 😖

_____

_____

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Macro Servings (Meal Totals):

P	F	NC

Snack 2 (optional) ⊘ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

Mood/Hunger: 😋 🙂 😐 😣 😖

Macro Servings (Meal Totals):

P	F	NC

_____

_____

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Micronutrients & Supplements

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Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

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P	F	NC

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Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

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Mood/Hunger: 😀 🙂 😐 🙁 😣

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P	F	NC

Dinner ‹ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

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Mood/Hunger: 😀 🙂 😐 🙁 😣

Macro Servings (Meal Totals):

P	F	NC

Snack 1 ‹ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

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Mood/Hunger: 😀 🙂 😐 🙁 😣

Macro Servings (Meal Totals):

P	F	NC

Snack 2 (optional) ⏱ : _____

Planner:
Macro Servings (Meal Target):

P	**F**	**NC**

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

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Mood/Hunger: 😋 🙂 😐 😖 😣

Macro Servings (Meal Totals):

P	**F**	**NC**

Micronutrients & Supplements

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Net Carb Source: _____

Journal:

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Macro Servings (Meal Target):

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Protein Source: _____

Fat Source: _____

Net Carb Source: _____

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Mood/Hunger:

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Macro Servings (Meal Totals):

P	F	NC

Snack 2 (optional) ⟨‹⟩ : _____

Planner:
Macro Servings (Meal Target):

P	F	NC

Protein Source: _____

Fat Source: _____

Net Carb Source: _____

Journal:

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_____

Mood/Hunger: 😋 🙂 😐 😦 😫

Macro Servings (Meal Totals):

P	F	NC

Micronutrients & Supplements

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P	F	NC

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P	F	NC

Protein Source: _____

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Mood/Hunger: 😀 🙂 😐 🙁 😖

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Macro Servings (Meal Totals):

P	F	NC

Snack 2 (optional) ⟨‹⟩ : _____

Planner:
Macro Servings (Meal Target):

| P | F | NC |

Protein Source: _____

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Journal:

Mood/Hunger: 😋 🙂 😐 😟 😣

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Macro Servings (Meal Totals):

| P | F | NC |

Micronutrients & Supplements

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Protein Source: _____

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Macro Servings (Meal Totals):

P	F	NC

Snack 2 (optional) ⟨˘⟩ : _____

Planner:
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P	F	NC

Protein Source: _____

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