

TIPS FOR MAINTENANCE

SUSAN SLY CALORIE CYCLING PLAN FOR STUBBORN WEIGHT LOSS

- ▶ Monday - Deep Cleanse Day
- ▶ Tuesday - SHAKE DAY (2 Shakes, 1 Meal)
- ▶ Wednesday - 1 Shake, 2 Meals
- ▶ Thursday - SHAKE DAY
- ▶ Friday - SHAKE DAY
- ▶ *Saturday - 1 Shake, 2 Meals
- ▶ Sunday - SHAKE DAY

*Alt - Make Saturday a “Free” Day

“FREE MEAL” APPROACH TO MAINTENANCE

- ▶ Follow ‘Shake Day Schedule’ throughout the week, but...
- ▶ Allow yourself **THREE FREE MEALS** during the course of the week
- ▶ Do **ONE DEEP CLEANSE DAY** every week
- ▶ If possible, **PLAN THE WEEK** - and your free meals - **IN ADVANCE!**

VACATION TIPS

- ▶ Focus on making healthy choices for the FIRST HALF of every day
- ▶ Start every morning with a shake (pack a travel blender!)
- ▶ Ionix, vitamins, Greens, EVERY DAY.
- ▶ Get a workout, or a walk, every morning
- ▶ Drink half your body weight in water every day (try to get two big glasses first thing in the AM)
- ▶ Make a healthy choice for lunch
- ▶ Then - RELAX AND ENJOY for the rest of the day!