

Contents

Acknowledgments ix

Introduction 1

CHAPTER 1 Are You Ready for Maintenance? 5

CHAPTER 2 Transition: The Journey Begins 11

CHAPTER 3 Maintenance: One Size Fits You 35

CHAPTER 4 Maintenance: The Balancing Act 49

CHAPTER 5 Answers to All Your Low-Carb Questions 73

APPENDIX A Protein Requirements 130

APPENDIX B Protein and Carbohydrate Servings Lists 132

APPENDIX C Meal Planner Worksheet 144

APPENDIX D The Staying Power LifePlanner 145

Index 255

