

Acc(u)Life

PASSOVER **After Seder Days**

Other than for seders, the core foods of the Phase 1 Acc(u)Life food plan are Passover friendly. You may need to use different flavorings, seasonings, etc. which are Kosher for Passover.

Modified Passover Plan:

- Hours for eating are extended 12 noon–8pm.
 - If eating past 8pm, finish eating at least 2 hours before you go to bed.
- All days are Vegetable Days.
- Each day you may have 5–7 oz. of protein
 - preferably fish, chicken, turkey, eggs, plant-based proteins allowed by your family traditions
 - heavier proteins such as beef might give you an upset stomach.
- Fill up first on vegetables and protein. After that, if you would like to taste other things do just that – taste and be sensible (i.e., not a whole plateful).
- One glass of wine or clean alcohol per day (e.g., shot of Slivovitz).
- You will find your sense of satisfaction comes quickly. Listen to your body and stop eating. Paying attention will stop you from overeating. Your old habits are still there, but you overcome them by taking control and choosing to stop.
- After the holiday, resume your 4-day food plan with two Milk Days.
- **DO NOT WEIGH YOURSELF UNTIL AFTER TWO MILK DAYS!**

**Our goal during the holiday is for you not to gain weight.
We are not concerned with weight loss during this time.**

Happy Holiday!!!