

Acc(u)Life

RAMADAN

During the month of Ramadan, your hours for eating are extended until 1 hour after sundown.

- In the morning before resuming your fast, you may have a hard-boiled egg.
- You have two options for your evening meal during this time:
 1. Remain on the 4-Day food plan with modified hours. Note, there may be a slight slowing in weight loss during this month, but otherwise you should see no difference from the regular program.
 2. Follow a modified maintenance plan for the month. The goal of this is to maintain, not lose weight.

Modified Maintenance:

- All days are Vegetable Days.
- Each day you may have 5–7 oz. of protein
 - preferably fish, chicken, turkey, eggs, legumes
 - 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).
- 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.

Have a peaceful and happy Ramadan!!!