

# Acc(u)Life

## STARTING WEIGHT 280LBS+

**If your starting weight is over 280 lbs, to ensure proper nutrition, you will start your weight loss journey with enhanced food allowances. As you achieve certain thresholds, food allowances will be adjusted to match the change in your nutritional needs.**

### **If your starting weight is 280 lbs or more:**

- On Milk Days, up to 32 oz of milk
  - 16 oz must be milk
  - 16 oz may be any combination of yogurt and milk
- On Vegetable Days, up to 2 lbs of vegetables and 2 cups of fruit
- In the morning prior to 12pm, 2 hard-boiled eggs with salt

### **If your starting weight is 300 lbs or more:**

- Same as above AND after 8pm, optional 2 hard-boiled eggs with salt (no guilt!)

### **When you reach 280 lbs:**

#### **Week 1:**

- Eliminate the hard-boiled eggs in the evening
- Everything else remains the same

#### **Week 2:**

- Eliminate one hard-boiled egg in the morning
- Everything else remains the same

#### **Week 3:**

- Eliminate the hard-boiled egg in the morning
- Everything else remains the same

### **When you reach 250 lbs:**

#### **Week 1:**

- On Milk Days, up to 28 oz of milk
  - 14 oz must be milk
  - 14 oz may be any combination of yogurt and milk
- On Vegetable Days, up to 1.75 lbs of vegetables and 2 cups of fruit

**Continued...**

**NOTE: ACC(U)LIFE IS NOT A MEDICAL PRACTICE AND DOES NOT PROVIDE MEDICAL TREATMENT. PLEASE SEE YOUR OWN PHYSICIAN FOR MEDICAL ADVICE.**

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## **Week 2:**

- On Milk Days, up to 24 oz of milk
  - 12 oz must be milk
  - 12 oz may be any combination of yogurt and milk
- On Vegetable Days, up to 1.5 lbs of vegetables and 2 cups of fruit

## **Week 3 and thereafter:**

- On Milk Days, up to 20 oz of milk
  - 10 oz must be milk
  - 10 oz may be any combination of yogurt and milk
- On Vegetable Days, up to 1.5 lbs of vegetables and 2 cups of fruit

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