Lean Maintenance Diet Cheat Sheet

Diet Guidelines

1. Eat a Mediterranean-style diet focusing on approved fresh, whole foods.
2. Eat a protein-rich breakfast every day (4+ Protein Units).
3. Begin each meal with a raw vegetable or fruit.
4. Limit added fat to one tbsp. per meal, plus one additional tsp per cup of vegetables.
5. Avoid most baked goods.
6. Drink water, coffee, and tea, but avoid sweetened beverages and limit alcohol.
7. Favor low-heat cooking methods such as stewing, steaming, boiling, and poaching.
8. Eat until comfortably full, but no more.

** Find more information on the Lean Maintenance Diet Ideal Weight Program Materials*

Lifestyle Guidelines

PHYSICAL ACTIVITY

Maintain an Activity Score of 100% or greater. This score combines:



- **Daily Steps**: Walk 10K steps per day (or set another step goal that is right for you under Settings on humanOS.me).
- **Weekly Exercise**: Any exercise that you like to do can be easy captured in the humanOS.me tracker.

SLEEP

Hit your bedtime and sleep period duration goals in the humanOS.me sleep tracker:



- **Duration in Bed**: Be in bed for the amount of time you need to feel rested.
- **Sleep Timing**: Maintain consistent timing of when you go to bed and when you wake up.
- **Smart Light Rhythm**: Expose yourself to bright daylight for at least 30 minutes a day. In the evening, dim the lights to reduce overall light intensity and consider using blue blocking glasses or amber-toned light bulbs two hours from bedtime. At night, keep your sleep environment cool, quiet, comfortable, and dark.

HEALTHY ENVIRONMENT

Maintain an environment at home and at work that facilitates healthy habits.



- **Food**: Make good options convenient and poor options unavailable or inconvenient.
- **Physical activity**: Use a step counter to measure steps; check your InTUNE training workout each morning.
- **Sleep**: Know what time you want to be in bed each night. Begin preparing 45 minutes ahead of that time to ensure you're in bed at the right time. Make your sleep environment conducive to restorative sleep.