



Physicians
WEIGHT LOSS
Centers®

FastStart Program

Mainstay

ACTIVE WEIGHT LOSS | PHASE 4

YOU'VE REACHED THE BROADEST PHASE. KEEP GOING!

What's New in *Mainstay*

You've reached Mainstay, the final active weight loss phase of the FastStart Program. You now have the broadest selection of approved food choices while continuing the same simple, structured plan that brought you this far.

You'll have more proteins, vegetables, and fruits than any phase before. Your portions stay carefully controlled, and your meal pattern stays the same, so active weight loss continues.



Approximately 950-1,000 Daily Calories

Active weight loss continues. Portions stay controlled as your choices reach their widest.



Structured Guidance

The same clear daily framework you started with. No guesswork on portions or meals.



Broadest Food Variety

The full range of approved proteins, vegetables, and fruits is available.



Protein Support

Minimum two PWLC FastStart Nutritional Products daily to preserve muscle as you lose weight.

What's Included

Food Choice Guide: Approved proteins, salad vegetables, cooked vegetables, and fruit for this phase, along with required protein products.

Daily Menu Plan: Structured meal options for breakfast, lunch, and dinner.

Daily Guidelines: Hydration, portion standards, and daily habits that keep the plan working.



With You Every Day, Every Pound of the Way®

You'll receive regular emails throughout your program. Each one is specific to your current phase and covers exactly what you need to know at that point.

**You will not have to wonder what comes next.
We will tell you.**



What to Eat for *Breakfast*

Build your meal by selecting your options from each category below.

Protein



Select 1

- ☐ 1 egg (poached, soft boiled, hard boiled or microwaved)
- ☐ ¼ cup egg substitute
- ☐ ½ cup low-fat cottage cheese

Optional Add

- ☐ 1 oz diet cheese (less than 55 calories per ounce)

Fruits



Select 1

- ☐ ½ orange
- ☐ ½ grapefruit
- ☐ ½ small apple
- ☐ ½ peach
- ☐ ½ pear
- ☐ ½ plum
- ☐ ½ cup strawberries
- ☐ ½ cup blueberries
- ☐ ½ cup raspberries
- ☐ ½ cup blackberries
- ☐ ½ cup cantaloupe
- ☐ ½ cup honeydew melon
- ☐ ½ cup watermelon

Drink



Select 1

- ☐ Coffee, tea or approved calorie-free beverage

PWLC



Select 1

1 PWLC PWLC FastStart Nutritional Product



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The Bar *Substitution Rule*

You may swap one PWLC FastStart Nutritional Product for one PWLC FastStart Nutritional Bar per day.

When a Nutritional Bar is substituted, omit the approved fruit serving that day.



What to Eat for *Lunch*

Build your meal by selecting your options from each category below.

Salad Veggies

2 Cups

Select any below, or mix and match



- | | | | |
|--|--|--|---------------------------------------|
| ☐ Iceberg lettuce | ☐ Romaine lettuce | ☐ Leaf lettuce | ☐ Bibb lettuce |
| ☐ Butter lettuce | ☐ Boston lettuce | ☐ Mixed greens | ☐ Spring mix |
| ☐ Spinach | ☐ Arugula | ☐ Endive | ☐ Escarole |
| ☐ Radicchio | ☐ Cabbage | ☐ Celery | ☐ Cucumbers |
| ☐ Radishes | ☐ Mushrooms | ☐ Green peppers | ☐ Red peppers |
| ☐ Yellow peppers | | ☐ Tomatoes | |

Cheese



- ☐ ½ Cup Low-Fat Cottage Cheese

Herbs & Seasonings



Season Freely

- ☐ Fresh or dried herbs
- ☐ Pepper
- ☐ Garlic
- ☐ Onion powder
- ☐ Other calorie-free seasoning

Dressing

Choose 1 Tablespoon



- ☐ Vinegar
- ☐ Lemon Juice
- ☐ Low Calorie Dressing

PWLC

Select 1



1 PWLC FastStart
Nutritional Product



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What to Eat for *Dinner*

Build your meal by selecting your options from each category below.

Protein

Option 1 6 Oz Lean Protein



Select 1

- | | |
|--|---|
| ☐ Chicken breast | ☐ Turkey breast |
| ☐ White fish | ☐ Cod |
| ☐ Haddock | ☐ Halibut |
| ☐ Orange roughy | ☐ Tilapia |
| ☐ Tuna | ☐ Salmon |
| ☐ Shrimp | ☐ Crab |
| ☐ Lobster | ☐ Scallops |
| ☐ Lean ham | ☐ Canadian bacon |
| ☐ Pork tenderloin | ☐ Lean pork loin |
| ☐ Lean beef (top round, bottom round, eye of round, sirloin, flank steak) | ☐ Lean ground beef (90–95% lean) |

Option 2

1 PWLC FastStart Nutritional Product



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Herbs & Seasonings



Season Freely

- ☐ Fresh or dried herbs
- ☐ Pepper
- ☐ Garlic
- ☐ Onion powder
- ☐ Other calorie-free seasoning

Dressing



Choose 1 Tablespoon

- ☐ Vinegar
- ☐ Lemon Juice
- ☐ Low Calorie Dressing

Cooked Veggies



1 Cup

Select any below, or mix and match

- | | |
|--|---|
| ☐ Asparagus | ☐ Broccoli |
| ☐ Broccolini | ☐ Brussels sprouts |
| ☐ Cabbage | ☐ Cauliflower |
| ☐ Celery | ☐ Eggplant |
| ☐ Green beans | ☐ Wax beans |
| ☐ Italian green beans | ☐ Mushrooms |
| ☐ Spinach | ☐ Swiss chard |
| ☐ Bok choy | ☐ Summer squash |
| ☐ Yellow squash | ☐ Zucchini |
| ☐ Turnips | ☐ Tomatoes |
| ☐ Watercress | |

Salad Veggies



2 Cups

Select any below, or mix and match

- | | |
|--|--|
| ☐ Iceberg lettuce | ☐ Romaine lettuce |
| ☐ Leaf lettuce | ☐ Bibb lettuce |
| ☐ Butter lettuce | ☐ Boston lettuce |
| ☐ Mixed greens | ☐ Spring mix |
| ☐ Spinach | ☐ Arugula |
| ☐ Endive | ☐ Escarole |
| ☐ Radicchio | ☐ Cabbage |
| ☐ Celery | ☐ Cucumbers |
| ☐ Radishes | ☐ Mushrooms |
| ☐ Green peppers | ☐ Red peppers |
| ☐ Yellow peppers | ☐ Tomatoes |

Need Help Managing Hunger?

Optional Additional Product

If you need help managing hunger, you may have **up to two additional PWLC FastStart Nutritional Products** during the day. This is in addition to the two required daily.



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FastStart Program *Shopping List*

Vegetables



- ☐ Arugula
- ☐ Asparagus
- ☐ Bok choy
- ☐ Broccoli
- ☐ Broccolini
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumbers
- ☐ Eggplant
- ☐ Endive
- ☐ Escarole
- ☐ Green beans
- ☐ Italian green beans
- ☐ Lettuce (iceberg, romaine, leaf, bibb, butter, Boston)
- ☐ Mixed greens / spring mix
- ☐ Mushrooms
- ☐ Peppers (green, red, yellow)
- ☐ Radicchio
- ☐ Radishes
- ☐ Spinach
- ☐ Summer squash
- ☐ Swiss chard
- ☐ Tomatoes
- ☐ Turnips
- ☐ Watercress
- ☐ Wax beans
- ☐ Yellow squash
- ☐ Zucchini

Dressings



- ☐ Vinegar
- ☐ Lemon juice
- ☐ Low Calorie Dressing

Proteins



- ☐ Chicken breast
- ☐ Turkey breast
- ☐ White fish (cod, haddock, halibut, orange roughy, tilapia)
- ☐ Tuna
- ☐ Salmon
- ☐ Shrimp
- ☐ Crab
- ☐ Lobster
- ☐ Scallops
- ☐ Lean beef
- ☐ Lean ground beef (90–95% lean)
- ☐ Lean ham
- ☐ Canadian bacon
- ☐ Pork tenderloin
- ☐ Lean pork loin

Dairy



- ☐ Eggs
- ☐ Egg substitute
- ☐ Low-fat cottage cheese
- ☐ Diet cheese (less than 55 calories per ounce)

Herbs & Seasonings



- ☐ Fresh or dried herbs
- ☐ Pepper
- ☐ Garlic
- ☐ Onion powder
- ☐ Other calorie-free seasonings

Fruits



- ☐ Apple
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cantaloupe
- ☐ Grapefruit
- ☐ Honeydew melon
- ☐ Orange
- ☐ Peach
- ☐ Pear
- ☐ Plum
- ☐ Raspberries
- ☐ Strawberries
- ☐ Watermelon



PWLC Protein Support

Minimum two PWLC FastStart Nutritional Products daily

- Breakfast ☐ 1 product required
- Lunch ☐ 1 product required
- Dinner ☐ 1 product required (if choosing protein option 2)
- Optional ☐ up to 2 additional products per day to help manage hunger
- Optional ☐ 1 PWLC FastStart Nutritional Bar per day



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How to Prepare *Food*

- Trim all visible fat from protein **before** cooking. All poultry should be skinless.
- Weigh protein servings **before** cooking. Measure all other foods with measuring cups and spoons.
- Bake, broil, roast, grill or microwave your protein.
- Vegetables should be fresh or fresh-frozen.

Daily Guidelines



Things To Do

- Consume a minimum of two PWLC FastStart Nutritional Products daily.
- Drink at least eight 8-ounce glasses of water daily.
- Eat all meals. Don't save food from one meal to the next.
- Follow the approved portion sizes for this phase.
- Use only the approved foods listed for Mainstay.

Limitations



Three (3) cups of caffeinated beverages maximum per day, no sugar or cream.



Drink no more than two (2) sugar-free diet beverages per day. They must be low in sodium and caffeine-free.



Alcoholic beverages are not allowed.



Use no more than five (5) packages (or equivalent) of sugar substitutes daily.

Additional Beverages Permitted

- Coffee
- Tea
- Calorie-free beverages