



Physicians
WEIGHT LOSS
Centers®

PhysiciansFast® Program *Mainstay*

ACTIVE WEIGHT LOSS | PHASE 4

What's New in *Mainstay*

You've reached Mainstay, the long-duration active weight-loss phase of the PhysiciansFast Program. This is not a maintenance phase. Three meal replacements and one structured evening meal keep working the same way they have since Day 1, now built to sustain you for the length of your program.

Your structure stays flexible: choose from powders, bars, soups, and beverages however works for your day. An optional bar is available as a snack and does not replace one of your three required meal replacements. What matters is that meal replacements stay central and your dinner stays structured.



Approximately 970–1,105 Daily Calories

Active weight loss continues. This is the highest calorie range in the program, built to sustain you through a longer phase.



3 Flexible Meal Replacements

One each at breakfast, lunch, and your midday meal, chosen from the full range of approved products.



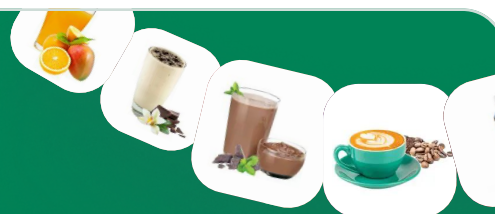
Structured Guidance, Long-Term Sustainability

The same daily framework you started with, built to hold up over the length of your program.



Structured Evening Meal, Widest Variety

The same daily framework, now with the most dinner options in the program, adding scallops, crabmeat, lobster meat, and an occasional ½-cup berry choice.



What's Included

Daily Meal Plan: Suggested product choices for each of your three required meal replacements, plus guidance on the optional bar.

Structured Evening Meal Guide: Approved proteins, vegetables, additions, and an optional berry choice for your dinner.

Shopping List: Everything you need for Mainstay, organized by product, protein, vegetable, and pantry item.

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 Your Daily Meal Replacements



Required: 3 New Directions Advanced products daily

The product selections below are **suggestions**. You may choose **any** approved New Directions Advanced meal replacement.

Breakfast

Select 1 New Directions Advanced Meal Replacement

Suggested Choices

- ☐ Caramel Coffee Frappe
- ☐ Hot Chocolate
- ☐ Cinnamon Roll Pudding/Shake
- ☐ Café Mocha Beverage

Lunch

Select 1 New Directions Advanced Meal Replacement

Suggested Choices

- ☐ Tortilla Soup
- ☐ Hearty Cream of Chicken Soup
- ☐ Double Chocolate Shake
- ☐ Very Vanilla Shake

Midday

Select 1 New Directions Advanced Meal Replacement

Suggested Choices

- ☐ Chocolate Peanut Butter Shake
- ☐ Zesty Lemon Pudding
- ☐ Double Chocolate Shake
- ☐ Mango Pineapple Smoothie

Need Help
Managing Hunger?



Optional Bar

You may have 1 Oatmeal Cinnamon Bar or 1 Chocolate Fudge Bar from New Directions Advanced **daily**.

(Optional and **does not** replace one of the three required meal replacements)

Shop New Directions Advanced Products

Three meal replacements required daily
+ one optional bar.



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What to Eat for *Dinner*

Build your daily structured evening meal by selecting your options from each category below.

Protein

Select 1



- ☐ 6 oz skinless cooked chicken breast
- ☐ 6 oz skinless cooked turkey breast
- ☐ 6 oz cooked white fish (cod, haddock or pollock)
- ☐ 6 oz tuna packed in water and drained
- ☐ 6 oz cooked tuna steak
- ☐ 6 oz cooked shrimp
- ☐ 6 oz ground turkey (at least 95% lean)
- ☐ 1 ½ cups liquid egg substitute (prepared without added fat)
- ☐ 6 oz cooked salmon
- ☐ 6 oz cooked pork tenderloin
- ☐ 6 oz cooked lean beef
- ☐ 6 oz cooked scallops
- ☐ 6 oz cooked crabmeat
- ☐ 6 oz cooked lobster meat



Vegetables

Select 2



- ☐ 1 cup cabbage
- ☐ 1 cup cauliflower
- ☐ 1 cup green beans
- ☐ 1 cup mushrooms
- ☐ 1 cup zucchini
- ☐ 1 cup celery
- ☐ 1 cup cucumber
- ☐ 1 cup cooked spinach
- ☐ 1 cup raw spinach
- ☐ 2 cups leafy lettuce
- ☐ 1 cup summer squash
- ☐ ½ cup tomatoes

Addition

Choose One



- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon light salad dressing
- ☐ 1 oz reduced-fat cheese

Berries

Optional



- ☐ ½ cup strawberries
- ☐ ½ cup raspberries
- ☐ ½ cup blackberries
- ☐ ½ cup blueberries



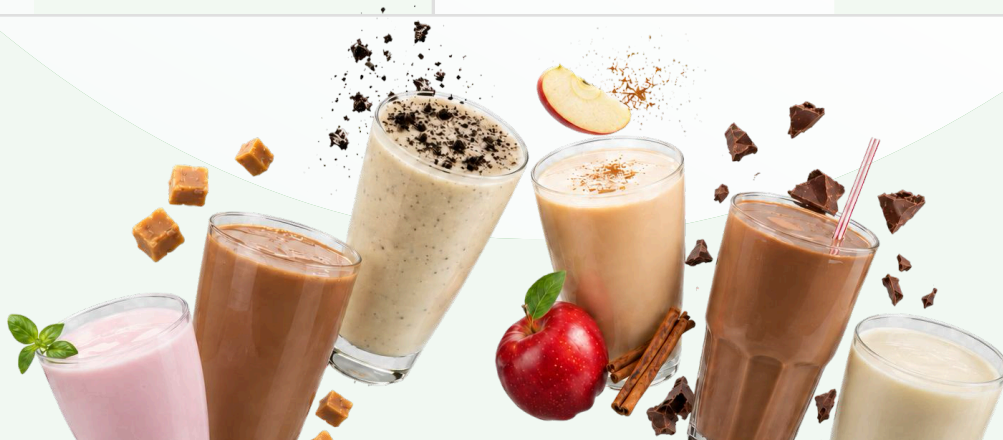
How to Prepare Your Structured Evening Meal



- Fresh or frozen vegetables are recommended. Select low-sodium or no-salt-added canned vegetables when needed.
- Choose tuna packed in water rather than oil.
- Trim visible fat and remove poultry skin before eating.
- Grill, bake, broil, roast, steam, poach or air-fry without breading or added butter.
- Do not add sugary sauces or additional oil, dressing or cheese.

Example Menus

Day	# One	# Two	# Three
Breakfast	Caramel Coffee Frappe	Hot Chocolate	Cinnamon Roll Pudding/Shake
Lunch	Tortilla Soup	Hearty Cream of Chicken Soup	Tortilla Soup
Midday	Chocolate Peanut Butter Shake	Zesty Lemon Pudding	Double Chocolate Shake
Optional Bar	Oatmeal Cinnamon Bar	-	Chocolate Fudge Bar
Dinner	6 oz salmon; 1 cup green beans; 1 cup zucchini; 1 tsp olive oil; ½ cup blueberries	6 oz lean beef; 1 cup cauliflower; 1 cup spinach; 1 tbsp light dressing; ½ cup strawberries	6 oz scallops; 1 cup cabbage; 1 cup mushrooms; 1 oz reduced-fat cheese; ½ cup raspberries



FastStart Program

Shopping List

Vegetables



- ☐ Cabbage
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumbers
- ☐ Green beans
- ☐ Leafy lettuce
- ☐ Mushrooms
- ☐ Spinach
- ☐ Summer squash
- ☐ Tomatoes
- ☐ Zucchini

Proteins



- ☐ Chicken breast
- ☐ Crab meat
- ☐ Lean beef
- ☐ Lean ground turkey
- ☐ Liquid egg substitute
- ☐ Lobster meat
- ☐ Pork tenderloin
- ☐ Salmon
- ☐ Scallops
- ☐ Shrimp
- ☐ Tuna, canned in water
- ☐ Turkey breast
- ☐ White fish

Additions



- ☐ Olive oil
- ☐ Light salad dressing
- ☐ Reduced-fat cheese

Berries



- ☐ Blackberries
- ☐ Blueberries
- ☐ Raspberries
- ☐ Strawberries

Shop New Directions Advanced Products

Three meal replacements required daily

- ☐ Breakfast
- ☐ Lunch
- ☐ Midday
- ☐ Optional bar

Scan to Shop



Daily Guidelines

Things To Do

- Consume three New Directions Advanced meal replacements daily.
- Eat one dinner using the foods and serving sizes listed for Mainstay.
- Drink at least eight 8-ounce glasses of water daily.
- Limit soup products to one per day because they are higher in sodium.
- Use the serving size shown beside each food. Protein portions are cooked weights unless stated otherwise.
- One approved bar may be included as an optional snack; it does not replace a required meal replacement.

Additional Beverages Permitted

- Coffee
- Tea
- Calorie-free beverages

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.