**Changing Gears, Once Weight Goal is Reached:**

Changing Gears:  Once you have reached your weight loss goal, it is time to change gears which means re-working your diet plan slightly for maintenance.

Diet- Your diet will now consist of slightly more calories, but it is very important to stick to the restrictions set forth in the Diet section above.  At this point you are increasing calories for the sole purpose of fueling your body. Try to maintain the healthier food suggestions and try not to deviate away from eating this way, as it will not be conducive to your weight goals.