

Weeks/ Months Out	Rate of WL	New Foods to consume
4 Weeks	10-15% rate	<p>Excludes lettuce, salads, raw veggies, raw fruits with skins, nuts, grapes, pineapple, no breads, rice or pasta, beef jerky, protein bars, chips, pretzels, crackers</p> <p>May have deli sliced lunch meat, low fat cheeses, any soft cooked meats, veggies, raw fruits without skins, yogurt.</p> <p>Still avoid carbonation / sweets / fried foods/ straws / sugar free sweets.</p> <p>Portions to remain ¼-1/3 cup at least 5x / day</p> <p>Start discontinuing protein shakes</p>
3 Months	30-35% rate	<p>May introduce breads, rice or pasta</p> <p>Portions may increase to ½ cup portions</p> <p>Still avoid slider foods</p>
6 Months	40-45% rate	<p>Portions to remain ½ cup 5x / day</p>
9 Months	50-55% rate	<p>Portions may increase to ¾ cup</p>
1 Year	60-70% rate	<p>Portions may increase to 1 cup 3x / day and ½ cup for 1-2 snacks / day</p>
1.5 Years		

2 Years		
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