



LEVEL 3 – STEADY LANG zone ng TabaWala Diet

Paliwanag:

Sa Level 3, kasama pa rin ang lahat ng pagkain mula sa Level 1 at Level 2 (prutas, gulay, katas, asukal, starches, tinapay, pasta, atbp.), pero dinadagdagan na ng mga pagkaing may protina at healthy fats.

Sa level na ito ay nagpapanatili tayo ng ating fat at hindi tayo nagtatanggal ng fat. Pang-maintain lang ito sa timbang natin.

Ang mga ito ay tumutulong sa pagpapanatili ng lakas ng katawan, muscle recovery, at mas matagal na busog. Dito, mahalaga pa rin ang moderation—limitahan ang mantika at piliin ang lean o low-fat na protina.

Mga Kategoriya ng Pagkain sa LEVEL 3:

1. Animal Proteins (Mga Karne at Produkto ng Hayop na Lean o Low-Fat):

- Chicken breast (hiniwa, inihaw, walang balat)
- Chicken (canned in water)
- Cod, Flounder, Haddock, Halibut, Pollock, Sole, Tilapia, Tuna (fresh o canned in water)
- Shrimp, Crab, Oysters, Salmon (limitahan ang taba)
- Turkey breast, Turkey slices (low-fat)
- Lean cuts ng beef at pork (loin, sirloin, tenderloin, round)
- Ground beef, chicken, pork, turkey (piliin ang >90% lean)
- Ham slices (low-fat)
- Egg whites

- Cottage cheese (low-fat)
- Greek yogurt (low-fat)
- Low-fat protein powders
- Yogurt-based dressings (low-fat)

2. Plant Proteins (Mga Gulay at Plant-Based na Pinagmumulan ng Protina):

- Tofu (firm, soft, silken)
- Tempeh, Seitan
- Lentils (brown, red, green, black)
- Beans: Black beans, Cannellini, Chickpeas (garbanzos), Edamame, Fava, Kidney, Lima, Mung, Navy, Pinto, Split peas, White beans
- Boca veggie burgers, Field Roast (low-fat), Lightlife ground crumbles, MorningStar Farms Grillers, Tofurky deli slices, Yves deli slices
- Plant-based protein powders (low-fat)
- Nutritional yeast
- Miso

3. Healthy Fats (Gamitin sa Katamtaman):

- Avocado
- Almonds, Cashews, Brazil nuts, Chestnuts, Hazelnuts, Macadamia, Peanuts, Pecans, Pine nuts, Pistachios, Walnuts
- Chia seeds, Flax seeds, Hemp seeds, Poppy seeds, Pumpkin seeds (pepitas), Sesame seeds, Sunflower seeds
- Nut butters (natural, walang dagdag na mantika)
- Tahini
- Olives (green, black, kalamata)

- Coconut (shredded o fresh)
- Durian fruit

4. Snacks & Beverages (Mga Meryenda at Inumin):

- Almond milk, Cashew milk, Oat milk, Soy milk, Rice milk (lahat low-fat)
- Low-fat dairy milk (skim)
- Plant-based yogurt (low-fat), Greek yogurt (low-fat), Yogurt (low-fat)
- Chia pudding, Granola (low-fat), Cereal (low-fat)
- Chickpea crisps, Hippeas chickpea puffs, Pretzels, Popcorn (light spray of oil or butter), PopChips, Popcorners chips, SmartPop
- Rice crackers, Pita crackers (low-fat), Nut-Thins crackers, Triscuit thins, Good Thins crackers
- Seaweed snacks
- Trail mix, Mixed nuts
- Clif Bars, Nature's Bakery Fig Bars, Fig Newtons
- Jerky (low-fat turkey or beef)
- Low-fat string cheese

5. Packaged Foods & Meals (Mga Ready-to-Eat o Instant na Pagkain):

- Amy's soups, Annie Chun's soup bowls, Dr. McDougall's soups, Imagine Foods soups & broths, Pacific Foods soups & broths, Ocean's Halo broths & bowls, Progresso Light soups, Campbell's Healthy Request soups
- Chicken broth, Beef broth, Vegetable broth, Pho broth, Minestrone (low-fat), Tomato soup, Tomato basil soup, Vegetable soup, Black bean soup, Split pea soup, Lentil soup, Chili with beans, Baked beans
- Chicken noodle soup (low-fat), Chicken & rice soup (low-fat)

- Chickpea pasta, Lentil pasta, Chickpea pizza crust, Pizza dough, Ramen (low-fat varieties)
- Refried beans (low-fat)
- White bread & buns, Whole grain bread & buns, Multigrain bread, Low-fat bread & buns, Dave's Killer Bread, Near East couscous mixes, Tortillas (flour & corn)

6. Oils & Condiments (Gamitin sa Katamtaman):

- Olive oil, Avocado oil, Coconut oil, Sesame oil (gamitin lang ng kaunti sa pagluluto)
- Balsamic vinaigrette (light), Light salad dressings (low-fat), Marinara sauce (low-fat), Pasta sauce (low-fat), Curry sauce (light/low-fat), Enchilada sauce, Hummus, Guacamole, Tzatziki (low-fat), PBfit peanut butter powder

Payo bilang Spiritual Healer:

Ang Level 3 ay para sa mga gustong mag-maintain ng timbang at lakas habang nananatiling magaan ang pakiramdam. Piliin pa rin ang mga natural, sariwa, at lokal na sangkap. Ugaliin ang mindful eating at moderation, lalo na sa fats at processed foods. Ang balanse sa pagkain ay nakakatulong hindi lang sa katawan, kundi pati sa kalinawan ng isip at lakas ng espiritu.