



Weight Loss Program

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INTRODUCTION.

There is no magic bullet for weight loss and many overweight people struggle for years to shed unwanted pounds. Now, your struggles are over!

Our weight loss program is designed to moderately restrict your calorie intake while increasing your physical activity so that you are able to burn more calories than you take in.

Step One:

- Acute weight loss, till you lose 60% of your weight loss goal.

Initial assessment and recommendations:

- Initial blood work includes; CBC, complete metabolic and lipid profile & Thyroid function test
- Blood Pressure.
- EKG.
- Weight and Body Fat Analysis
- Exercise and nutritional consultation.
- Medication (the typical program requires one drug but occasionally an additional one is needed to achieve the desired goal).
- Injections (Vitamin B12). Vitamin B6 if needed.
- Set weight loss goal.
- Weight loss resistance: Factors affecting your ability to lose weight.

Cost:

- Additional cost: Good quality Multivitamin and L-carnitine

Weekly Visits or Bi-weekly:

- Weight and Body Fat index.
- Blood Pressure.
- Weekly injection (Vitamin B12). Vitamin B6 if needed.
- Medication prescription.
- Weight loss resistance.
- Nutritional and Exercise Counseling.
- Review Goals.

Your individualized program will be evaluated each week and any changes will be instituted if indicated.

Cost:

- This charge includes consultation and evaluation as well as injection and appetite suppressant. Medication required to achieve weight loss goal will be prescribed by the Doctor. You will remain on this step until you reach 60% of your desired weight goal and then you will transition into step two: the short-term maintenance program.

Step Two:

- Short term maintenance program

Weekly or Bi-Weekly Visits:

- Weight and Body Fat index.
- Blood Pressure.
- Weekly or Bi-Weekly Injection.
- Nutritional and exercise counseling
- Resistance to weight loss.

This is a transitional step where you will be instructed on maintaining the nutritional program and more emphasis will be placed on increasing your activity level and to make a permanent life style change in your choice of food to a more healthy and nutritional diet.

Step Three:

- Long term maintenance program.
- The visits during this step can either be monthly or twice a month depending on the individuals' needs.

Visits:

- Weight and Body Fat Index.
- Blood Pressure.
- Injections can be done once a week or once monthly.
- Consultation on exercise and nutrition.
- Hormones and how they affect your ability to lose weight.

This Step is incredibly important since the majority of the patients need continuous monitoring to maintain their weight loss. During this phase of the program, continued nutritional and exercise instruction will be stressed.

Superior Medical Clinic Weight Management Program

1st Week

- Do not deviate from the diet.
- Start the Detox program
- **Do not eat if you are not hungry.**
- **Drink plenty of water per day (at least one Gallon).**
- You can sweeten the water with an herbal sweetener.
- Take your multiple vitamins and L-Carnitine
- Check for **Ketosis**.
- Remove all refined sugar, soda, coffee and fried food from your diet.
- You may take medications to stop your craving.
- Walk at least 1-2 miles per day.

2nd Week

- Do not deviate from the diet.
- **Do not eat if you are not hungry.**
- **Drink one gallon of fluid per day.**
- Check for Ketosis.
- Report any signs of cravings or hunger.
- Start to get some daily activity.
- Make sure you take your fat burner (L-carnitine) and multivitamin.
- Take your appetite suppressant.

3rd Week

- You are on your way to a new healthier body.
- Follow the previous instructions and you will continue to lose weight.
- **Do not eat if you are not hungry.**
- **Drink One gallon of fluid per day.**
- Check for Ketosis.
- Report any signs of craving or hunger.
- Increase your daily activity.
- Make sure you take your fat burner and multivitamin.

4th Week

- Congratulations! If you followed the above program, you should have lost 15 to 20 pounds.
- **Continue to follow our program to lose weight, live longer and avoid the chronic diseases of aging.**

Details of The Diet program

The goal of the first 3 to 4 days of your diet is to induce your body into Ketosis. This means your body is burning fatty tissue, and that your carbohydrate intake has been depleted. We recommend that you purchase Ketostix at your pharmacy, and that you start monitoring your urine after you have been on the diet for 3 to 4 days. It is very important that you adhere to the following:

- We will deprive your body of sugar in any form and increase protein intake.
- Absolutely no fruit, vegetables, juice, coffee creamer, candy, breath mints, alcohol, breads or sugared gums.
- Use salt, pepper, herbs, spices, dry barbeque spice (no barbeque sauce), cocktail sauce, lemon juice, lime juice, ketchup, mustard, Miracle Whip Free or Butter Buds.
- Use Herbal Sweeteners like Stevia. Artificial sweeteners are dangerous to your body.
- Trim all fat and remove all skin before cooking or eating meats.
- **DO NOT EAT UNLESS YOU ARE HUNGRY!!**

- **This step is designed to kick start your weight loss program.**

Ketosis is achieved by consuming a diet that consists of protein only. You are allowed 500 calories per day unless otherwise prescribed, and you will split your calories in 2 to 3 meals per day. The following are the ONLY allowed sources of protein:

LEAN MEATS

- Steak, roast beef, hamburger, pork chops, cooked ham, ribs, lamb, veal, hot dogs and deli meats.

POULTRY

- Chicken, turkey, duck and ground turkey.

FISH

- Salmon, tuna, swordfish, flounder, haddock, halibut, cod, orange, roughly, sole, sea bass, turbot, smoked fish and ox.

SEAFOOD

- Shrimp, scallops, lobster, crab and oysters.

EGGS

- Whole, 1 yolk per 4 whites' omelet, and Eggbeaters or egg whites.

COTTAGE CHEESE

- Low fat or non-fat.

Average count of calories per ounce of protein source

- Lean meat 50 Calories/ounce
- Poultry 40 Calories/ounce
- Fish and Seafood 30 Calories/ounce
- Eggs 80 Calories each
- Cottage Cheese 120 Calories per half cup
- Once you reach moderate ketosis you may add carbohydrates to your diet.
- It is very important that you adhere to the following:
 - Absolutely no beets, breads, carrots, corn, pasta potatoes, rice or tomatoes.
 - Use any salad dressing that has less than 2 grams of fat and grams of carbohydrates per serving.

Once you are on Ketosis:

You are allowed 2 servings of carbohydrates per day in addition to your protein allowance. The following are the allowed sources of carbohydrates.

FRUITS

- Apples, cherries, Grapes, Grapefruit, Oranges, and strawberries.

VEGETABLES

- Asparagus, broccoli, brussel sprouts, cabbage, cauliflower, celery, collard greens, cucumbers, green beans, kale, lettuce, mushrooms, onion, spinach, sprouts, and string beans.

Average for one serving of carbohydrates

- Apples ½ apple
- Cherries 6
- Grapes 6
- Grapefruit ½
- Oranges ½ orange
- Strawberries 3
- The above vegetables 1 cup (uncooked)

Drink ONE GALLON (128 OUNCES) of non caloric fluid every day.

- Green Tea, Water.
- Do not drink any juice, milk, regular soft drinks or slim fast.
- Alcohol intake should be minimal or none at all.

FAQ:

WHAT ARE KETONES?

Ketones are produced by the liver from fatty acids, which result from the breakdown of body fat in response to the absence of glucose/sugar. In a ketogenic diet such as the one we use, the tiny amounts of carbohydrates required for some select functions can be met by consuming small quantities of carbohydrates or can be manufactured in the liver from protein. This condition is called ketosis.

HOW WILL KETOSIS HELP ME LOSE WEIGHT?

Restricting calories and carbohydrates will induce the body to use fatty tissue as a source of energy. This encourages the loss of fat and when combined with a protein rich diet it will protect muscle tissue.

IS KETOSIS DANGEROUS?

The human body is designed to use Ketones for energy and therefore, it's not dangerous to be in ketosis.

WILL I LOSE WEIGHT FASTER IF THE STRIPS SHOW DARK PURPLE ALL THE TIME?

No. Testing in the darkest purple range usually means that you are dehydrated and you must drink more water to dilute it. If you are showing small amounts, then you are in ketosis and fat burning is taking place.

WHAT ARE SOME OF THE THINGS THAT CAN AFFECT KETOSIS?

Caffeine and alcohol can affect ketosis and fat burning.

HOW DO I TEST FOR KETOSIS?

Ketostix are small plastic strips that have absorptive pads on the ends. They will change color shades from pink to purple in the presence of Ketones in the urine. The container has a scale on it for comparison. Sometimes the strips will not turn color if the Ketones are being used by the body for fuel. For example, if you exercise, the muscles will use the Ketones for energy and they will not spill into the urine. Some patients never go into ketosis but if they are losing weight and inches then assume that they are burning fat.

Recommended Basic Exercise Program

I. Aerobic Exercise

Walking, Jogging, Bicycling, Swimming, and Elliptical.

This session should be strenuous, but you need to be careful not to cause injury by doing too much, too fast, and too often. The purpose is to sweat. Prevention of joint injuries is crucial as we mature.

II. Weight Training

Resistance exercise is an integral part of any exercise program to promote healthy muscle and bone growth.

Weights do not have to be heavy but should challenge the muscle and promote growth of the muscle tissue. As muscle groups must be worked at different sessions, i.e., chest, arms, and shoulders in one session: legs, calves and back in another session. Abdominal muscles can be exercised daily. You may need supervised professional training, which could be very helpful and can prevent long-term injuries.

III. Flexibility

Yoga, Pilates, Stretching

It is extremely important to maintain flexible muscles and joints in order to prevent injury and maintain function throughout our lifetimes. We feel that any successful program must combine a calorie controlled diet in conjunction with an appropriate exercise program

THE DRUGS USED IN OUR WEIGHT LOSS PROGRAM

Appetite Suppressants - Oral

USES: This medication is used in combination with a diet and exercise plan to help you reduce weight.

HOW TO USE: This medication is best taken on an empty stomach one hour before a meal. This medication is best taken 30 minutes before breakfast. Because this medication may cause sleeplessness, avoid taking a dose late in the day. Take this medication as prescribed and do not take in more often or longer than directed. Use in combination with other appetite suppressants is not recommended unless prescribed by your physician.

SIDE EFFECTS: Blurred vision, dizziness, dry mouth, sleeplessness, irritability, upset stomach or constipation may occur in the first few days as your body adjusts to the medication. Notify your doctor if your experience: chest pain, nervousness, pounding heart, difficulty urinating, mood changes, breathing difficulties or swelling. If this medication makes you dizzy or light headed avoid driving or engaging in activities requiring alertness.

PRECAUTIONS

Tell the doctor your complete medical history, especially if you have: high blood pressure, an over active thyroid, glaucoma, diabetes, kidney disease, or emotional problems. This drug can cause psychological dependence and has to be taken with supervision of weight loss specialist. This drug should not be taken during pregnancy. This drug can be secreted in milk and should not be used during breastfeeding.

DRUG INTERACTIONS

Inform your doctor about all medicines you use (prescription and nonprescription) especially if you take: high blood pressure medicine, MAO inhibitors, and any other weight loss medicine. Avoid “stimulant” drugs that may increase your heart rate such as decongestants or caffeine.

DO NOT STOP OR START ANY MEDICATIONS WITHOUT DOCTORS APPROVAL.

MISSED DOSE

If you miss a dose, **DO NOT** double your next dose.

Storage: Store at room temperature away from sunlight and moisture. Do not store in the bathroom.

TAKING CARE OF THE SIDE EFFECTS FROM THE DRUGS

INSOMNIA

Over the counter sleep aids such as Tylenol PM or Melatonin are very helpful. .Prescription sleep aids can also be used but you must obtain the prescription from your doctor

CONSTIPATION

The best remedy is Fiber. Mix powder in 8 oz of water and drink before meals. Fiber will help you lose weight, reduce your cholesterol and has been shown to reduce the risk of colon cancer.

HEADACHES

Tylenol, Aspirin, Advil, etc.

DIARRHEA

Imodium, Kaopectate, etc.

LEG CRAMPS

Potassium tablets or Matol KM

DRY MOUTH

Sugar free gum and fluids

Please contact the office if you are prescribed any other medication to make sure that there is no drug interaction.

Supplemental Injections

Vitamin B12 (Cyanocobalmin) Injection

Vitamin B12 is the “energy vitamin” as it often increases the energy level helping to prevent fatigue. It also helps to suppress the appetite in weight loss programs as well as having a mild diuretic effect. It stimulates the utilization of proteins, fats, and carbohydrates in the body.

Vitamin B6 (Pyridoxine) injection - Optional at an additional \$25.00 fee.

Vitamin B6 is very important especially for women. It is connected to hormone balance and water shifts in women. It is a natural diuretic and is helpful for overweight and fluid retaining people as well as an adjunct to blood pressure control. It is also important to protein metabolism by helping to transport amino acids across the intestinal mucosa into the bloodstream and into the cells. Vitamin B6 is useful for stress, fatigue, headaches, and low blood sugar and is supportive of healthy immune function.

- I. **WARNING:** Rapid weight loss may cause serious health problems. Rapid weight loss is considered 1.5 to 2 pounds per week or more than one percent of body weight per week after the second week of participation in a weight loss program.
- II. **Consult your physician before starting any weight loss program.**
- III. Only permanent lifestyle changes, such as making healthful food choices and increasing physical activity can promote long-term weight loss.
- IV. You have the right to:
 - a. Ask questions about the potential health risk of this program and its nutritional content, psychological support, and educational components.
 - b. Receive an itemized statement of the actual price of the weight loss program, including extra products, services, supplements, examinations, and laboratory tests.
 - c. Know the estimated length of the program.

Detoxification

Detoxification is the process of cleansing or neutralizing toxins from the body. Poor digestion, impaired liver function and poor elimination through the kidneys, GI, respiratory tract and skin are factors in toxic overload. When we are exposed to more toxins that the body can handle, toxicity develops. One of the major consequences of this is that the body produces more fat cells in order to sequester the toxins leading to obesity. We recommend a detox diet or detox program prior to the weight loss program in order to reset your digestive system, improve absorption and elimination of waste, release toxins stored in fat cells and discourage the body from making more fat cells. In case you don't know, chronic constipation will make you fat and sick. Benefits of this detox program include weight loss, improvement in digestive problems, headaches, joint pain, and itchy skin, bad breathe and fatigue.

TIPS FOR A SUCCESSFUL WEIGHT LOSS:

By JJ Virgin, CNS, CHFI

If you want to be healthy, lean, fat burning machine then the first thing you need to do is live like one. By changing your current lifestyle habits to support a healthy lifestyle rather than to support life as a couch potato, you will heal the damage you have done over the years and become the

healthy, fit person you want to be. Of course, changing your lifestyle is a process but by now you have experienced firsthand, probably more than once that 'quick-fix' diets don't work in the long run: these methods may result in short term initial weight loss, but all too quickly the weight returns (and then some). You cannot rely on willpower alone to instill lifestyle habits that promote healthy living, you need a plan. I firmly believe that if you fail to plan- then you have planned to fail.

Here are tools I have found crucial for success in both my nutrition and lifestyle practice and in my own life

- **Eat within one hour of waking up.** The only exception to this rule is if you are going to work out within 30 minutes of waking up.
- **If you are having a pre-workout snack it should consist of a small amount of protein and a small amount of low glycemic carbohydrate** to help sustain the energy during a workout. The less food in your stomach, the better.
- **Eat less, less often.** Eat every 4 to 6 hours- go as long as you can to keep insulin low but do not go too long so that stress hormones start to rise.
- **Eat 3 meals and 0-2 snacks.** Use snacks as you are healing to avoid hypoglycemia and cortisol rise, as your metabolism improves you will not need them as frequently and possible not at all.
- **Stop eating BEFORE you feel full.**
- **Start eating when you feel slightly hungry.**
- **Use PaleoFiber between meals** to reduce appetite by keeping ghrelin hormone (your appetite hormone) suppressed.
- **Try Phosphatidylserine between meals to keep stress hormones down.**
- **Eat optimal amounts of protein and add glutamine** to keep from getting catabolic and help maintain lean body mass.
- **Eat at least 1 cup of raw or ½ cup of cooked veggies at lunch and dinner.**
- **Be sure to drink plenty of pure spring water throughout the day between meals and snacks.**
- **Limit fluid intake to 4 oz. with meals.**
- **Follow the 3 Bite Rule.** If something is really worth it, enjoy 3 polite bites guilt free!

- Engage your circle of support-surround yourself with people and activities that support your goals. Also be prepared, there may be people in your life that like you just the way you are and may feel threatened by efforts.
- Beware of the dream stealers- those people who try to coerce you with cookies or get you to join the latest” lose 10 pounds in 10 days” fad.
- Build in rewards-activities that result in positive reinforcement (i.e. rewards) are the most likely to reoccur.
- Keep a wellness journal, it may seem trivial or time consuming but skipping it is a deal breaker.
- Set short & long term goals then rephrase them into positive statements. Once you have them completed, re-write them as if they have already happened.
- Clean out your environment, determine your trigger foods and remove them. Use the shopping lists to restock your pantry to ensure that you have healthy options available.
- Plan ahead and keep emergency food with you at all times.
- When dining out, don’t invite the enemy to the table. Request the bread basket be removed from the table.
- Hire a coach; everyone needs a coach to keep them on track and moving in the right direction. We are your coach.
- Make time to exercise, three-ten minute bouts are just as effective as a thirty-minute session put it in your appointment book and keep it.
- Get totally committed, it takes 21 days to establish a new habit.

Commitment Contract

You are about to undertake a major lifestyle change. It’s going to be exciting, fun and very rewarding. But it’s also going to take a lot of discipline, determination and commitment. Commitment to a healthy lifestyle program is the foundation in which all aspects of wellness are built upon.

Right now, you’re feeling fired up and ready to start. That’s great because the excitement will help you get motivated. But over the next few weeks, there will be times when sticking to this program will be about as enticing as a long outdoor workout on a cold, dark night. There will be times when you’re tired, sad, stressed, angry, and confused. Although it is tempting to make ‘excuses’, it is essential that you develop a can do attitude and say to yourself “Whatever happens, I can learn to work through it”.

It will be during those times that you’ll really need to focus on why you wanted to lose weight in the first place. Of course, the occasional slip-up isn’t the end of the world, but if those slip-ups become regular you may be tempted to give up. When temptation strikes, remember that, by sticking to it, you’ll feel so much better about yourself in the long run. It might not be easy, but it will be worth it. Your success is up to you.

You are making a commitment to reach your goals:

We will take you through the process but we cannot get you any healthier than you want to be and we can't be more committed than you are. It will take your commitment, your honesty and your hard work to succeed.

I, _____

- ✓ **Promise that before I break any of these promises I'll sit down and re-read this contract.**
- ✓ **Promise that I will contact my coach if I feel like I am losing control.**
- ✓ **Promise to update my food diary every day for the next _____-weeks. I will keep a record of everything I eat as well as my moods and feeling toward food.**
- ✓ **Promise not to let outside influences-friends, family, or lack of time-interfere with my determination to achieve my goals.**
- ✓ **Promise to remember why I'm trying to become healthier, especially when I'm tempted to eat something unhealthy, skip an exercise or just give up.**
- ✓ **Promise not to let negative thoughts stop me from achieving my goal.**
- ✓ **Commit to trying my best and striving to achieve my health goals despite setbacks and difficulties.**
- ✓ **Commit to the program and will not quit until I reach my fitness goals.**
- ✓ **Promise to make my well-being a priority.**
- ✓ **Promise to let all my close friends and relatives give me support during my journey.**
- ✓ **Promise to stop emotional eating and deal with my problems head on.**
- ✓ **Promise to reward myself
with: _____**

Congratulations on making the commitment!

Sign & Date

Water Works

By JJ Virgin, CNS, CHFI

An often overlooked rule to healthy living is actually drinking a minimum of 64 ounces (8-8 oz cups) of pure spring water a day. You know you should however, I hear in time and again, "water is just so...plain".

Over the last few years the consumer market has now become saturated with ‘flavored water’ ‘enhanced-waters’ and ‘fruit-waters’, my advice; buyer-beware. If you turn the label around you find most are made with high-fructose corn syrup, crystalline fructose, sucralose, sugar and/or salt and will deliver about 30-50 calories per 8 ounces serving (typically 2 servings per container). If they aren’t loaded with sugars, they have added artificial sweeteners, some of which have been found to be neurotoxic. Either way, you are drinking an unnaturally sweet drink which turns your taste buds on to wanting more sweet stuff.

Here are a few ideas that will improve your health and your wallet. You can easily create your own “water essences” and add some attitude to plain old water with a few fresh ingredients. Remember to be sure your bottled water is pure (i.e. un-polluted) and always wash your produce before you use it. Whenever possible, choose organic! These combinations below will work great whether your preference is filtered, mineral or sparkling water.

Cut the produce into slices to add water add as little or as much as you want depending on the essence intensity desired:

Here are some great ideas to wake up your water:

Sporty

- Lemon & mint
- Lemon & lime
- Rosemary & lemon
- Spearmint, fennel or marjoram (crush slightly to release the natural essences)
- 1 tsp Designs for health Raspberry Mint Carniclear Liquid
- Lemon & powdered cayenne

Spa Retreat

- Orange & ginger
- Cucumber & mint
- Ginger (boil peeled, sliced fresh ginger for 1 minute, dilute by 3x)

Down Time

- Citrus Cruise: Lemon, lime, grapefruit & orange
- Kiwi
- White tea (diluted 3x)
- Tangerine & vanilla (unsweetened extract)
- Raspberry & mint
- Cinnamon, ginger & nutmeg (use cinnamon sticks, ginger slices and freshly ground nutmeg, boil for 1 minute and dilute by 4x)

***Don't forget to have the kids "help" (i.e. crushing herbs between plastic wrap with the bottom of their favorite cup, they will probably want to make one for themselves, too!)**

Healthy Dining Out Options

Italian Food

Appetizer: Minestrone soup, tossed salad.

Entree: Pasta primavera, Pasta with grilled chicken or shrimp, Pasta fagioli, Chicken cacciatore, shrimp fra diavolo, zuppa di clams. Use tomato sauce or olive oil based sauce instead of creamy sauce. Avoid antipasto, fried dishes and pizza. Order steamed or sauteed greens.

Greek Foods

Appetizer: Greek salad.

Entree: Grilled chicken or shrimp shish kabob, steamed vegetables. Avoid humus, tahini sauce and fried foods.

Japanese Food

Appetizer: Miso soup, edamame, salad with miso sauce.

Entree: Sashimi, Sushi, Teriyaki style chicken/shrimp/beef, Steamed or poached fish and vegetables. Avoid fried foods and excessive amounts of soy sauce.

Indian Food

Appetizer: Raita

Entree: Tandoori dishes, vegetables, beans, lentils, Avoid clarified butter, deep fried breads, white rice, curry, molee or masala sauce.

Mexican Food

Appetizer: Salad with salsa, gazpacho.

Entree: Ceviche, enchiladas, soft tacos, grilled chicken or shrimp burrito. Avoid mountains of guacamole, cheese, refried beans and nachos.

Chinese Food:

Appetizer: Hot and sour soup, wonton soup, egg-drop soup.

Entree: Baked, steamed or stir fried fish, seafood, or chicken. Steamed vegetables and brown rice. Avoid white rice, deep fried foods, sweet and sour or duck sauce.

Deli Food:

Entree: Fresh roasted chicken or turkey, water packed tuna, lean roast beef on whole grain bread with mustard or in vegetable salad. Avoid high glycemic breads, cheese, mayonnaise, ham, salami, bologna, pastrami, corned beef and liverwurst.

Fast Food:

Entree: Plain burger or chicken with lettuce, tomato. Garden salad with grilled chicken. Avoid french fries, mayonnaise, cheese, milk shakes.

SUGARS

Are you limiting or better yet eliminating sugar?

You need to know all of the different ways it can be hidden in products.

- Barley Malt
- Blackstrap molasses
- Brown sugar
- Cane sugar
- Corn sweeteners
- Corn syrup
- Confectioner's sugar
- Date sugar
- Dextrin
- Dextrose
- D-mannose
- Evaporated cane juice Fructose
- Fruit juice concentrate
- Glucose
- High-fructose corn Syrup (HFCS)
- Honey

- Invert sugar
- Malt syrup
- Maltose
- Maltodextrin
- Maple syrup
- Molasses
- Raw sugar
- Sucrose
- Syrup
- Table sugar
- Turbinado sugar

TIPS FOR GETTING YOUR SUGAR AND CARB CRAVINGS UNDER CONTROL

JJ Virgin, CNS, CHFI & Danielle Jacques, RD

Some people will tell you that craving food high in sugar and carbs is different than hunger. In fact, the desire or craving for high sugar foods or carbs is hard-wired in the brain. Eating these foods creates a chemical chain reaction that leads to a temporary increase in serotonin levels. Serotonin helps you feel relaxed, less anxious & stressed and improves your mood. If you are struggling with overwhelming cravings for certain trigger foods high in sugar and carbs you may be low in the important brain chemical serotonin.

Metabolically, when you eat foods high in sugar and carbs, you increase both blood sugar levels and insulin levels. You will momentarily raise your serotonin levels due to the increase of insulin but this is short lived effect and the big swing in blood sugar levels just compounds the craving problem, making you want more. Increased insulin levels lead to even more cravings, because it's a 'hungry-hormone'. And of course the increase in insulin causes increased fat storage to boot! The WORST way to raise serotonin is by reaching for sugar and carbs.

There are several ways that you can naturally raise the brain chemical which will not only enhance your mood but also lower your appetite, especially for your "trigger" foods. In a recent study on depression where participants were given the nutrients 5-HTP (which converts to serotonin) throughout the day to elevate mood the most interesting side effects was weight loss which occurred because the participants reported a significant reduction in appetite.

You can supplement with either design for Health 5HTP Synergy or CraveArrest (which contains 5 HTP and tyrosine with synergistic nutrients that encourage the synthesis of serotonin

and dopamine) which will raise serotonin levels & other essential neurotransmitters. Start with 1 capsule before each meal and increase to @ capsules if needed.

Instead of reaching for foods to raise your serotonin levels choose from the following tips that will benefit your mood and your health for long term:

- Exercise –especially outdoors in the bright light, both the movement and the increased oxygen consumption raise serotonin levels.
- Some cravings are thirst in disguise, try drinking a large glass of water (preferably with a squeeze of lemon) and wait a few minutes to see if you’re still hungry.
- Get enough sunlight and bright light. If you find that you are craving sugar at four in the afternoon try a brisk walk in the bright sun. If it is overcast go into the brightest room in your house.
- Consume optimal amounts of protein at your 3 meals, especially wild game, turkey, cheese, dairy products, whey protein, nuts and seeds.
- If you are having a sweet attack, have a small amount of dark chocolate.
- Take a good multivitamin/mineral supplement so that your body has the building blocks it needs to make its brain chemicals. Also, an increase in the amino acid glutamine improves the body’s ability to absorb vitamins and minerals.
- Snack on a piece of fruit combined with a hand-full of nuts or cheese, cottage cheese, PaleoMeal & berry parfait or a healthy energy bar like PaleoBar.
- Avoid stimulants like coffee and caffeinated beverages, the artificial sweeteners aspartame and alcohol- all of these can lower serotonin levels over time.
- Use Xylitol as a sweetener (instead of feeding the sugar-craving) which is naturally produced sugar alcohol that will not sabotage your mood or energy levels the way sugar can. It is almost as sweet as sucrose, which will give you the sweet taste you want and the craving control you need.
- Avoid or at least manage your stress. Stress raises cortisol which can exacerbate sugar cravings.

SIMPLE STRATEGIES FOR SUPERMARKET SUCCESS

JJ Virgin, CNS, CHFI & Danielle Jacques, RD

You may feel like it is more expensive to eat healthy but you will find that you can do it economically with careful planning and preparation. It is far cheaper in the long run to make the effort now and take care of your health, rather than having to pay more medical bills and miss time from work and fun later.

1. Bring a list and stick to it! Make a menu plan for the week and consult the store ads and coupon offers to see what is on sale that week so you can incorporate it into your plan.
2. Don't make the grocery store a restaurant- avoid this by never going shopping while hungry.
3. Navigate the outer aisles of store first and avoid the aisles that aren't on your list.
4. Never-ever eat in the store
5. Beware of the samples ladies. Just say no!
6. Skip the specials, its not a deal if it's not on the list, conversely stock up on staples like chicken breast that can be frozen or stored in the pantry and won't tempt you to overindulge.
7. Buy real food and the least prepared foods to save money. Processes and packaged foods are much higher in cost and frequently lower in nutritional value than those that you prepare yourself. Buy bulk sizes of items that you will use frequently and that have a longer shelf life. Here are some examples of ways you can save money:

- Buy whole broccoli stalks rather than precut broccoli florets to save money and preserve vitamin content.
- Marinate chicken breasts with your own healthy homemade marinades rather than buying prepackaged marinated chicken which is more expensive and usually has added salt and sugar.
- Make your own healthy salad dressings with your favorite herbs, vinegar, and extra virgin olive oil rather than the store bought which frequently have added salt, sugar, and damaged fats.
- Buy fresh vegetables or plain frozen vegetables rather than vegetable medleys with sauces.
- Buy brown rice, whole grains and legumes in bulk bins or large sizes and store in zip lock bags.
- Buy the 36 count of eggs.

Treatment Plan:

Name: _____ Starting date of programs: _____

Current Date: _____

- Initial Visit
- Follow-Up visit

Recommended Starting Program:

- One Month
- 3 Months

Weight Loss Goals: _____

In 1 month: _____

In 3 months: _____

In 6 months: _____

	Beginning	Today		Beginning	Today
<u>Circumferences</u>			<u>Bio Impedance</u>		
Hip			Body Fat %		
Waist			BMI		
W:H			Weight		
Neck			Total Body Water %		
Height			Fat mass		
			FFM		
Blood Pressure			BMR		

OPTIMAL PROTEIN CHOICES

Choose free-range, cage-free, grass fed and no hormone added sources whenever possible. Avoid raised fish.

- Lean chicken and turkey
- LF Ricotta Cheese
- Lean red-meats-2-3 times per week (sat fat)
- Whey Protein
- Eggs
- Cold water fish-salmon, halibut, cod, mackerel, tuna
- Lamb (sat fat)
- LF Cottage Cheese
- Shellfish

- Game
- LF Feta/ Goat cheese

OPTIMAL FAT CHOICES

- Raw nuts & seed (not peanuts)
- Olive oil, olives
- Coconut milk or oil (sat fat)
- Avocado (sat fat)
- Whipped Butter (sat fat)
- Cod liver oil
- Flaxseed oil
- Macadamia nuts (sat fat)
- Freshly ground flaxseed meal

OPTIMAL NON-STARCHY VEGETABLE CHOICES

- Arugula
- Beet greens
- Brussels sprouts
- Celery
- Collard Greens
- Eggplant
- Ginger root
- Jalapeno peppers
- Mushrooms
- Radishes
- Swiss chard
- Asparagus
- Cabbage
- Kale
- Green Beans
- Bell Peppers
- Cabbage
- Endive
- Spinach
- Tomatoes
- Bamboo shoots
- Cassava
- Fennel
- Hearts of palm
- Onions
- Snap Beans
- Broccoli
- Chives

- Jacamar (raw)
- Lettuce
- Parsley
- Snow Peas
- Cauliflower
- Summer squash
- Broad beans
- Watercress

HIGH FIBER STARCHY CARBOHYDRATE CHOICES

- Squash
- Okra
- Legumes
- Chick Peas
- Kidney Beans
- Pinto Beans
- Barley
- Millet
- Tapioca
- Artichokes
- Pumpkin
- Black Beans
- Cowpeas
- Lentils
- Split Peas
- Brown Rice
- Rye
- Whole grain breads
- Ezekiel bread
- Leeks
- Sweet potato or yam
- French beans
- White beans
- Wasa crackers
- Lima Beans
- Black beans
- Turnip
- Navy beans
- Steel cut oats
- Whole grains
- Whole grain tortillas

LOW GLYCEMIC INDEX FRUIT

LOW GI

Berries (blackberries, blueberries, raspberries, strawberries, loganberries, elderberries, boysenberries, gooseberries)

Moderate GI

- Melons
- Grapefruit
- Kiwi fruit
- Tangerines
- Pomegranates
- Cherries
- Orange
- Lemons
- Passion Fruit
- Pear
- Peaches
- Apples
- Limes
- Persimmons
- Plum
- Avocados
- Nectarines
- Fresh apricots

High GI - eat sparingly, or after a workout

- Banana
- Mango
- Pineapple
- Papaya
- Grapes
- Watermelon

Week 1 Grocery Shopping List

Low-fat Sour Cream	Green Beans
Monterey Jack cheese (or Pepper Jack)	Sliced Mushrooms
String Cheese	Fresh Basil
Plain yogurt	Lime
Grated Parmesan Cheese	Lemons
Sliced Cheese	Fresh Parsley
Mozzarella Cheese	Almonds
Low fat Cream Cheese (Neufchatal)	
Eggs	
Chicken Breasts	
Tri-tip Roast	Mayo
Red Snapper Fillets	Dijon Mustard
Salmon Fillets	Low-sodium Soy Sauce
Sliced Turkey	Balsamic Vinegar
Lean Ground Beef	Dry Mustard
Turkey Breast	Cinnamon
Shrimp (fresh and frozen)	Oregano
Deli-roast Chicken	Basil
Veggie Burgers (frozen)	Natural Vanilla Extract
Tuna	Kashi Go Lean Cereal
	Almond butter, natural style peanut butter
Whole Wheat Crackers	Low-sodium dip mix
Whole Wheat English muffins	Vegetable Soup
Low-carb tortillas or	Oatmeal
Whole wheat tortillas	Extra virgin olive oil
Whole wheat pita	Chicken broth
Whole grain bread	Chili
Whole wheat pasta	Hummus
Salad greens	Fresh salsa
Romaine	Mexican Tomato Sauce
Butter Lettuce	Sliced green olives
Edemame (soybeans in the shell)	Black beans
Onions, red and yellow	Mandarin oranges
Garlic	Rice wine vinegar
Spinach	Xylitol
Tomatoes	Worchestershire sauce
Celery	Viniagrette dressing
Berries	PaleoBar
Melon	

Veggies for crudite
Veggies for steaming and roasting
Apples
Oranges
Avocado
Jicama
Radishes
Chile Peppers
Green Bell Peppers

Week 1 Recipes

Mama's Meatloaf

Amount	Ingredient
½ Cup	Chopped Onion
2	Minced Garlic Cloves
1 Lb.	Lean Ground Beef
1 Lb.	Ground Chicken Breast
1	Egg
2	Egg Whites
½ Cup	Fresh Whole-grain bread crumbs
1/3 Cup	Chopped fresh parsley
1 tbsp	Dried oregano
1 tbsp	Dried basil
To taste	Freshly ground black pepper

Cooking Directions:

Preheat oven to 350 degrees. In a nonstick skillet, mist with olive oil and heat over medium-high heat. Add onion, garlic and sauté until softened, about 5 minutes.

In a large bowl, combine all ingredients and mix well using your hands or a wooden spoon. Lightly mist a loaf pan with olive oil. Shape the meat into the pan. Bake from 1 to 1 ½ hours. Serve with a basic Tomato/Marinara Sauce. Make your own or buy a sauce with no added sugar.

Orange Chicken Salad

Amount	Ingredient
¼ Cup	Slivered Almonds
¼ Cup	Rice Wine Vinegar
2 tsp	Xylitol
1 tsp	Worchestershire sauce
½ tsp	Dry basil
1 Can	Drained Mandarin oranges
6 Cups	Bite-size pieces of butter lettuce
½ Cup	Sliced Radishes
1 Cup	Chopped cooked chicken

Cooking Directions:

In a small frying pan, toast nuts over medium heat, shaking pan often, until golden (3-5 minutes); let cool. In a small bowl, stir together vinegar, splenda, Worchestershire and basil. In a large bowl combine lettuce, radishes, mandarin oranges, almonds, chicken and dressing. Mix gently, serve immediately. The final amount will make 4 servings. Delete the chicken and serve as a side salad.

Parmesan Crusted Salmon

Amount	Ingredient
4	Salmon fillets
¼	Grated Parmesan cheese
1 tbsp	Dry whole wheat breadcrumbs
1	Egg

Cooking Directions:

Rinse salmon fillets and pat dry with paper towels. In a dish, mix Parmesan cheese and bread crumbs together. Season with freshly ground black pepper and set aside. In another dish beat egg with small amount of water (2 tbsp). Dip fillets in egg wash, turning to coat and then roll in parmesan mixture completely coating. When all are coated, heat a large non-stick pan and spray with olive oil mist and place fillets in pan. Sauté approximately for 4 minutes without trying to move fillets to set coating, gently turn (may need to re-mist pan with olive oil) and sauté for an additional 4 minutes or until salmon is done and coating is crispy brown. Serve with lemon wedges.

Sample Menu Week 1

Saturday

Breakfast	Lunch	Dinner
Nut Wrap Low-carb tortilla with 1 tbsp cream cheese, 1 tbsp peanut or almond butter and ¼ cup chopped apple. Mid-Morning Snack Small Yogurt Parfait	Stuffed Tuna Pita Stuff a whole wheat pita with your tuna salad. Crudités with vinaigrette. Afternoon Snack Tomatoes, fresh basil, 2 oz. mozzarella cheese.	Garden Salad & Turkey Pasta 1 Cup whole wheat or low-carb pasta with marinara of ground turkey breast, onions, peppers and mushrooms.

Sunday

Breakfast	Lunch	Dinner
Eggs Florentine 2 poached eggs atop sautéed spinach with 2 oz. crumbled feta cheese. Serve with melon chunks. Mid-Morning Snack Apple slices with 1 tbsp peanut or almond butter.	Veggie Burger Top ½ whole wheat English muffin with veggie patty, 1 slice tomato, 1 slice cheese and crudités. Afternoon Snack Sliced raw veggies and hummus.	Shrimp Fajitas Whole wheat tortilla, peppers and onions, sliced avocado, 2 oz. Monterey Jack Cheese, fresh salsa and grilled (or sautéed) shrimp. Serve with green salad.

Sample Week 1 Recipes

Basic Balsamic Vinagrette

Amount	Ingredient
1 tsp	Dijon Mustard
2 tbsp + 1 tsp	Balsamic Vinegar
½ Cup	Extra Virgin Olive Oil

Cooking Directions:

Whisk all ingredients together.

Options: Add whatever herbs you have on hand to taste.

Add a clove of minced garlic and some fresh basil.

Red Snapper Vera Cruz

Amount	Ingredient
2 lbs.	Red Snapper Fillets
1 tbsp.	Fresh lime juice
To taste	Black pepper
1	Med. Thinly sliced red onion
4	Minced garlic cloves
1	Thinly sliced green bell pepper
14 oz. can	Mexican Tomato Sauce
¼ Cup	Sliced green olives

Cooking Directions:

Preheat oven to 450 degrees. Rinse snapper fillets under cold water and pat dry with paper towels. Sprinkle fish with lime juice and black pepper and set aside. In a large non-stick skillet sprayed with a mist of olive oil, add onion, garlic, green bell pepper and sauté until softened, about 5 minutes. Add Mexican Tomato Sauce and sliced green olives and cook until heated through. Taste and adjust seasoning. Pour ½ of the sauce in an olive oil misted 9 by 13" baking pan. Arrange fillets on top of the sauce. Spread remaining sauce over fish. Cover and bake until fish is tender and flakes easily with a fork, about 8 to 10 minutes. The final amount should make 4 servings.

3 Layer Mexican Dip

Amount	Ingredient
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¼ Cup	Puréed black beans and green chiles
¼ Cup	Low fat sour cream
To taste	Fresh salsa
To taste	Jicama slices, radishes and peppers

Cooking Directions:

Spread the pureed bean/chile mixture on a plate. Top with sour cream. Top with the salsa and serve with jicama slices, radishes and peppers.

Quick Chicken Stroganoff

Amount	Ingredient
1	Deli-roasted chicken
1 pkg	Fresh sliced mushrooms
1	Small finely chopped onion (optional)
1 pint	Low-fat sour cream

Cooking Directions:

Sauté mushrooms and onions in an olive oil misted non-stick pan. Pull meat off the chicken and add to sauté mixture. Add the sour cream, stir and heat.

Serve over a bed of cooked spinach, or whole wheat or low-carb pasta.

Sample Menu Week 1

Monday

Breakfast	Lunch	Dinner
<p>Joe’s Scramble Scramble 2 oz. ground chicken breast with mushrooms, onions, garlic, chopped spinach, 2 eggs. Serve with sliced tomatoes.</p> <p>Mid-Morning Snack 1 oz. string cheese and 1 piece fruit,</p>	<p>Tuna Salad Stuffed Tomato Mix Tuna with mayo and Dijon mustard, herbs and chopped celery. Cut top off and remove center from tomato. Stuff and serve on a bed of greens with vinaigrette.</p> <p>Afternoon Snack 1 cup edamame (steamed soybeans in the shell.</p>	<p>Crock Pot Tri-Tip Roast Rub roast with 1 tsp black pepper and 2 cloves mashed garlic. Put in crock pot with 1/3 cup low-sodium soy sauce, ¼ cup balsamic vinegar, 2 tbsp dry mustard. Cook on slow for 8 hrs, or fast for 6. Serve with a green salad and steamed veggies with</p>

		seasoned vinegar and oil.
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Tuesday

<p style="text-align: center;">Breakfast</p> <p>Yogurt Parfait Mix plain yogurt mixed with vanilla, cinnamon and Xylitol, layer with ¼ cup berries, ¼ Kashi Go Lean cereal and 1 tbsp chopped nuts.</p> <p>Mid-Morning Snack Celery and 1 tbsp almond butter.</p>	<p style="text-align: center;">Lunch</p> <p>Chicken Caesar Salad No croutons, and if dinning out-ask for dressing on the side.</p> <p>Afternoon Snack 1 piece of fruit and 1 oz. cheese.</p>	<p style="text-align: center;">Dinner</p> <p>Vegetable Soup, 3 Layer Mexican Dip w/Veggies, Red Snapper Vera Cruz <i>See recipes below.</i></p>
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Wednesday

<p style="text-align: center;">Breakfast</p> <p>Muffin Breakfast Sandwich ½ Wheat English Muffin toasted and topped with sliced tomato, 1 slice of cheese and a poached egg.</p> <p>Mid-Morning Snack Low-carb Tortilla roll-up with ¼ cup chopped apple with cinnamon and 1 tbsp almond butter.</p>	<p style="text-align: center;">Lunch</p> <p>½ Turkey Sandwich Sandwich with Dijon, cheese, tomato, 2 slices avocado and romaine. Serve with side salad or crudités (raw vegetables).</p> <p>Afternoon Snack 1 oz. string cheese.</p>	<p style="text-align: center;">Dinner</p> <p>Mama’s Meatloaf and Baked Sweet Potato See recipe. Serve with ½ cup baked sweet potato. Serve with green salad and vinaigrette.</p>
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Thursday

Breakfast	Lunch	Dinner
<p>Berry Oatmeal To 1 cup real oatmeal cooked add 1 tsp cinnamon, ¼ cup berries, 1 tbsp chopped nuts and 1-2 tbsp of PaleoMeal or whey Protein Powder.</p> <p>Mid-Morning Snack 1-2 oz. string cheese.</p>	<p>Orange Chicken Salad <i>See recipe</i></p> <p>Afternoon Snack 10 Nuts and ½ cup berries.</p>	<p>Vegetable Soup Parmesan Crusted Salmon Green Bean Medley See recipe below. Serve with green bean medley- sauté green beans in tiny bit of olive oil, add minced garlic, sliced mushrooms and black pepper.</p>

Friday

Breakfast	Lunch	Dinner
<p>Chicken Breakfast Sausages Ground chicken breast, spinach, herbs and grated cheese mixed together and sautéed. Serve with Melon slices.</p> <p>Mid-Morning Snack Apple slices and cheese slices.</p>	<p>Chili and Garden Salad 1 cup chili. You can make your own or use canned vegetarian. Top with 1 oz. grated cheese.</p> <p>Afternoon Snack PaleoBar</p>	<p>Caesar Salad Quick Chicken Stroganoff <i>See recipe below.</i> Reminder- no croutons and light dressing.</p>

Week 2 Grocery Shopping List

Low fat Sour Cream	Oranges
Cottage cheese	Peaches
String cheese	Avocado
Plain Yogurt	Jicama
Grated Parmesan cheese	Radishes
Mozzarella cheese	Chile peppers
Sliced French yogurt cheese	Red and green bell peppers
Low Fat cream cheese (Neufchatal)	Green beans

	Sliced Mushrooms
	Fresh basil
	Lime
Eggs	Lemons
	Fresh Parsley
	Cantaloupe
Chicken Breasts	Cabbage
Halibut	Red Potatoes
Fillet of Sole	Fresh ginger
Lean steak	Bean Sprouts
Flank steak	Tuna
Sliced turkey breast	Mayo
Shrimp (frozen pre-cooked)	Dijon mustard
Veggie Burgers (frozen)	Low-sodium soy sauce
	Balsamic vinegar
	Dry mustard
	Cinnamon
	Natural vanilla extract
Whole wheat crackers	Kashi Go Lean Cereal
Whole wheat English muffins	Almond or natural-style peanut butter
Low-carb tortillas or	Beef Stock
Whole wheat tortillas	Vegetable Soup
Whole wheat pita	Oatmeal
Whole grain bread	Chicken broth
Whole wheat pasta	Hummus
Brown rice	Fresh salsa
Almonds	Black bean dip
	Rice wine vinegar
	Worcestershire sauce
	Vinaigrette dressing
Salas greens	Extra Virgin Olive Oil
Romaine	Chili Powder
Onions, red and yellow	Water Chestnuts
Garlic	Pesto Sauce
Spinach	Prepared Horseradish
Tomatoes	Kidney beans
Celery	Xylitol
Cucumbers	PaloeMeal Protein Powder
Carrots	PaleoBar
Berries	
Veggies for crudité's	
Veggies for steaming and roasting	

Week 2 Menu Plan

Saturday

Breakfast	Lunch	Dinner
<p>Chicken Breakfast Sausages Ground chicken breast, spinach, herbs and grated cheese mixed together and sautéed. Serve with Melon slices.</p> <p>Mid-Morning Snack 10 Nuts and ½ cup berries</p>	<p>Flank Steak Roll-Up Whole wheat or low-carb tortilla rolled with leftover steak, tomato, romaine lettuce and a smear of horseradish sauce.</p> <p>Afternoon Snack Apple slices with 1 tbsp almond or peanut butter.</p>	<p>Fillet of Sole Almondine See recipe. Serve with vegetable soup and crisp green salad.</p>

Sunday

Breakfast	Lunch	Dinner
<p>Eggs Florentine 2 poached eggs atop sautéed spinach with 2 oz. crumbled feta cheese. Serve with melon chunks.</p> <p>Mid-Morning Snack Apple and 2 oz. cheese slices.</p>	<p>Tuna Salad Stuffed Tomato Mix Tuna with mayo and Dijon mustard, herbs and chopped celery. Cut top off and remove center from tomato. Stuff and serve on a bed of greens with vinaigrette.</p> <p>Afternoon Snack 10 Almonds.</p>	<p>Minestrone Soup Grilled Chicken & Chop Salad See recipe. Marinate chicken pieces in no-fat Italian dressing overnight. Grill, or broil until done. Chop Salas-chop rather than tear lettuce, with chopped radishes, broccoli, carrots with balsamic vinaigrette.</p>

Food Tricks:

- Cinnamon is a great natural sweetener that helps balance blood sugar.
- Freeze fruit chunks for a sweet treat.
- Steam and sauté your veggies with low-sodium broths for extra flavor, try using it in place of water when making grains.

Sample Week 2 Recipes

3 Layer Dip with Veggie Crackers

Amount	Ingredient
¼ Cup	Puréed black beans and green chilies
¼ Cup	Low fat sour cream
To taste	Fresh salsa
To taste	Jicama slices, radishes and peppers

Cooking Directions:

Spread the pureed bean/chile mixture on a plate. Top with sour cream. Top with the salsa and serve with jicama slices, radishes and peppers.

Roasted Veggies

Cooking Directions:

Mist the veggies with olive oil mist and sprinkle with Italian herbs. Toss to coat. Roast at 350 degrees for 20 minutes, your total cooling time will vary depending on the thickness of veggie slices/ pieces. Turn once during cooking.

Asian Stir Fry with Brown Almond Rice

Cooking Directions:

In a non-stick pan with a little olive or sesame oil, 1 clove of minced garlic and 1 tsp of grated fresh ginger, sauté your veggies (a little steamed broccoli, mushrooms, cabbage, red peppers and carrots) until done to your liking. Add bean sprouts and 1 package of thawed frozen pre-cooked

shrimp at the end and stir fry until heated through. Add low-sodium soy sauce and lemon juice to taste.

Cook with rice with 1 tbsp slivered almonds and use ¼ cup low-sodium soy sauce and chicken broth to make up the liquid.

Pesto chicken

Amount	Ingredient
To taste	Chicken breasts
1 lemon	The lemon's juice
To taste	Black peppers
¾ Cup	Pesto sauce (fresh store bought is fine)

Cooking Directions:

Preheat oven to 375 degrees. Rinse chicken and pat dry with paper towels. Arrange breasts in a large shallow baking dish. Pour lemon juice over chicken and season with black pepper. Set aside covered for 15 minutes. Drain chicken pieces, rearrange in 1 layer and spread pesto sauce over the breasts. Bake until tender and done, 30-45 minutes (depending on the size of the breasts).

Sample Week 2 Menu Plan

Monday

Breakfast	Lunch	Dinner
<p>Baked Apple Split open baked apple and top with 1 cup cottage cheese and ½ cup Kashi Go Lean cereal and top with 1 tbsp chopped nuts.</p> <p>Mid-Morning Snack 1oz. string cheese.</p>	<p>Tuna Tortilla Roll-Ups Mix Tuna with mayo and Dijon mustard, red peppers, green onions and chopped celery and roll-up in whole wheat tortilla. Serve with a mixed green side salad with seasoned rice vinegar and olive oil.</p> <p>Afternoon Snack 3 Layer Dip with veggie "crackers". <i>See recipe.</i></p>	<p>Baked Halibut Roasted Veggies Mist the halibut with olive oil and squeeze on the juice of a lime before baking. Bake at 350, and cook until fish flakes easily. Approximately 15 minutes. Serve topped with fresh salsa. See recipe for Roasted Veggies. Serve with a salad with balsamic vinaigrette.</p>

Tuesday

Breakfast	Lunch	Dinner
<p>Veggie Scramble Sauté spinach, onions, mushrooms and red peppers in a non-stick pan with a little olive oil. Scramble in 2 eggs and some Italian herbs. 1 slice whole grain toast with a small amount of whipped butter.</p> <p>Mid-Morning Snack Apple slices with 1 tbsp of almonds or peanut butter.</p>	<p>Turkey and Veggie Pita Whole wheat pita stuffed with sliced turkey breast, leftover roasted veggies from Mon. Dinner and Dijon.</p> <p>Afternoon Snack Yogurt Parfait-Mix plain yogurt mixed with vanilla, cinnamon and Xylitol, layer with ¼ cup berries, ¼ Kashi Go Lean cereal and 1 tbsp chopped nuts.</p>	<p>Fajitas Sauté sliced lean red meat in an olive oil misted non-stick pan with Mexican Seasoning Spices. Add onions, red peppers, bell peppers, green chilies and a few jalapenos once meat is nearly done. Serve with whole wheat or low-carb tortillas. Serve with ¼ of a sliced avocado, lettuce, cabbage and a carrot salad with garlic rice vinegar or olive oil.</p>

Wednesday

Breakfast	Lunch	Dinner
<p>Berry Oatmeal To 1 cup real oatmeal cooked with 1 tsp cinnamon, ¼ cup berries, 1 tbsp chopped nuts and 1-2 tbsp of PaleoMeal or whey Protein Powder.</p> <p>Mid-Morning Snack Apple and 2 oz. French yogurt or mozzarella cheese slices.</p>	<p>Tortilla salad One whole wheat or low-carb tortilla topped with leftover salad and cold Fajita sauté from last night's dinner.</p> <p>Afternoon Snack PaleoBar</p>	<p>Asian Stir Fry and Brown Rice <i>See recipes.</i> Serve with a cabbage, cucumber, water chestnut and carrot salad with rice wine vinegar and sesame oil dressing.</p>

Thursday

Breakfast	Lunch	Dinner
<p>Baked Apple Split open baked apple and top with 1 cup cottage cheese and ½ cup Kashi Go Lean cereal and top with 1 tbsp chopped nuts.</p> <p>Mid-Morning Snack String cheese.</p>	<p>Veggie burger Top ½ whole wheat English muffin with veggie burger, 1 slice tomato, and 1 slice cheese. Serve with crudité's.</p> <p>Afternoon Snack Low-carb tortilla- Roll-up with ¼ cup chopped apple w/cinnamon and 1 tbsp almond or peanut butter.</p>	<p>Caprese Salad Pesto Chicken Mozzarella cheese slices, fresh basil and sliced tomatoes and red onions with a little balsamic vinegar drizzled over. <i>See recipe for Pesto Chicken.</i></p>

Friday

Breakfast	Lunch	Dinner
<p>Joe's Scramble Scramble 2 oz. ground chicken breast with mushrooms, onions, garlic, chopped spinach, 2 eggs. <i>Serve with sliced Tomatoes.</i></p> <p>Mid-Morning Snack 1 cup cantaloupe cubes and 10 nuts.</p>	<p>Pesto Pita Whole wheat pita stuffed with leftover Pesto Chicken, Romaine lettuce and sliced tomatoes.</p> <p>Afternoon Snack Raw veggie slices and hummus.</p>	<p>Flank Steak & Roasted Red Potatoes & Red Peppers <i>See recipes.</i> Serve with green bean medley- sauté green beans in tiny bit of olive oil, add minced garlic, sliced mushrooms and black pepper.</p>

Sample Week 2 Recipes

Flank Steak

Amount	Ingredient
To taste	Flank Steak
¼ Cup	Balsamic Vinegar
½ Cup	Low-sodium soy sauce
2 tbsp	Worcestershire sauce
1 tbsp	Dry mustard
To taste	Black pepper
To taste	Minced garlic clove

Cooking Directions:

Combine all the ingredients and marinate the flank steak for 24 hours. Grill or broil until done to your liking. Slice across the grain in thin slices.

Roasted Red Potatoes and Red Peppers

Cooking Directions:

Cut potatoes into quarters, and red pepper in slices. Mist with olive oil and roast at 350 degrees. Potatoes for 20 minutes, turn and then add peppers, mist again and add fresh rosemary and minced garlic and roast an additional 10-25 minutes until potatoes are tender.

Minestrone Soup

Amount	Ingredient
2 qt.	Beef stock
1 Clove	Minced garlic
2 Cups	Cooked kidney beans
1 Cup	Whole wheat pasta (broken in bits)
2	Carrots, peeled and chopped
2	Tomatoes, peeled, seeded and chopped
1 Cup	Fresh spinach or chard, finely chopped
To taste	Black Pepper

Cooking Directions:

Bring stock to a boil, add garlic, beans, pasta, carrots, tomatoes and spinach or chard and simmer about 10 minutes. Season to taste. Garnish with grated parmesan cheese.

Fillet of Sole “Almondine”

In non-stick pan, sauté sole fillets with a little olive oil. When done and fish flakes easily, squeeze juice of a lemon over fish and sprinkle with sliced almonds. Serve on a bed of either sautéed spinach or roasted asparagus.

Week 3 Grocery Shopping List

Low fat Sour Cream	Oranges
Cottage cheese	
String cheese	Avocado
Plain Yogurt	Jacamar
Grated Parmesan cheese	Radishes
Mozzarella cheese	Chile peppers
Sliced French yogurt cheese	Red and green bell peppers
Low Fat cream cheese (Neufchatel)	Green beans
	Sliced Mushrooms
	Fresh basil
	Lime
Eggs	Lemons
	Broccoli
	Almonds
Chicken Breasts	Walnuts
Halibut fillet	Asparagus
Chicken thighs	
Lean Ground beef	
Pork tenderloin	Tuna
Sliced turkey	Mayo
Shrimp	Dijon mustard
Veggie Burgers (frozen)	Balsamic vinegar
	Cinnamon
	Oregano, Basil
	Natural vanilla extract
	Kashi Go Lean Cereal
Whole wheat crackers	Almond or natural-style peanut butter
Whole wheat English muffins	Vegetable Soup
Low-carb tortillas or	Oatmeal
Whole wheat tortillas	Tabasco sauce
Whole wheat pita	PaleoMeal Vanilla Whey Protein Powder
Whole grain bread	Chicken broth
Whole wheat pasta	Hummus
	Fresh salsa
	Crushed Tomatoes
	Rice wine vinegar

	Tomato paste
	Vinaigrette dressing
Salad greens	
Romaine	Olives
Onions, red and yellow	Water Chestnuts
Garlic	Pesto Sauce
Spinach	Prepared pesto sauce
Tomatoes	Black beans
Squash-spaghetti squash & others	Xylitol
Greens	Marina Sauce (no sugar added)
Butter lettuce	PaleoBar
Berries	
Veggies for crudités	
Veggies for steaming and roasting	
Apples	
Melons	

Chicken "Cacciatore"

Cooking Directions:
with black pepper,
non-stick pan until
Remove chicken and
and add to pan the

Amount	Ingredient
4	Skinless chicken thighs
1 tsp	Olive oil
1 cup	Diced onion
1	Bay leaf
½ t	Chopped Basil
½ cup	Balsamic vinegar
¾ cup	Chicken Broth
¼ cup	Tomato paste
8 Oz	Sliced mushrooms
1 tsp	Fresh Sage (dried ok)

Season chicken thighs
sauté in a little olive oil in
pan until golden brown.
set aside. Reduce the heat
olive oil, onion, bay leaf,

basil, sage, and mushrooms. Sauté 5-7 minutes, add garlic, balsamic vinegar, chicken broth and tomato paste (you may add more if you desire) and simmer 5-7 minutes. Put chicken back in and finish cooking (5 minutes). Serve over ½ cup of steamed brown rice or ½ cup whole wheat pasta. Serves 4.

Southwest Cobb Salad

AMOUNT	INGREDIENT
4 oz	Turkey Breast (or leftover chicken)
1	Chopped tomato
¼	Chopped avocado (squeeze on lemon juice)
1 tbsp	Chopped olives
2 oz	Cubed Cheese
1	Chopped romaine
2 oz	Dressing

Cooking Directions: Chop all ingredients. Top chopped romaine with turkey, tomato, avocado, olives, and cheese. Serve with **Southwest dressing:** ¼ cup prepared salsa, 1/8 cup low-fat sour cream and drizzle of olive oil. Blend together.

Week 3 Menu Plan

Saturday

Breakfast	Lunch	Dinner
<p>Tortilla Roll-up</p> <p>Mix ¼ cup ricotta cheese, cinnamon, and blueberries and roll-up in a low carb tortilla. Serve with Melon slices</p> <p>Mid Morning Snack Apple slices w/ 1tbsp peanut butter.</p>	<p>Salad Nicoise</p> <p><i>See recipe</i></p> <p>Afternoon Snack 6 small whole grain crackers and hummus</p>	<p>Turkey Tacos</p> <p>Saute chopped red onion, garlic, red & green peppers, dash of tobasco sauce. Saute 1lb ground turkey until cooked through, drain well, add veggies and heat together. Serves 4. Serve in whole grain tortilla. Top with 1 oz cheese, chopped tomato, sliced avocado, shredded lettuce and salsa.</p>

Sunday

Breakfast	Lunch	Dinner
<p>Chicken breakfast sausages</p> <p>Ground chicken breast, spinach, herbs and grated cheese mixed together. Serve with Melon slices</p>	<p>Chili & Garden Salad</p> <p>Make your own-or use a healthy variety of canned. Top with grated cheese.</p> <p>Afternoon Snack Apple slices w/ 1tbsp peanut butter.</p>	<p>Pesto Meatloaf</p> <p>Squash Medley</p> <p><i>See recipes</i></p>

Week 3 Recipes

Basic Balsamic Vinagret

1 tsp	Dijon Mustard
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2 tbsp & 1 tsp	Balsamic vinegar
½ cup	Extra virgin olive oil

Cooking directions: Whisk all ingredients together. Add whatever herbs you have on hand to taste. Add a clove of minced garlic and some fresh basil.

Balsamic Glazed Pork tenderloin

½ cup	Balsamic vinegar
2 tbsp	Olive oil
1 clove	Garlic, minced

Cooking directions: Marinate pork tenderloin in balsamic vinegar; olive oil and garlic for several hours or overnight (turn them once). Sear in non-stick pan with a little olive oil until browned on all sides. Roast at 400 degrees for 20 minutes, or until internal temperature is 170 degrees. Deglaze the roasting pan with a little balsamic vinegar and pour over sliced pork loin.

Wilted Greens

Use any of the following, or combine several different kinds: beet greens, swiss chard, spinach, other greens, garlic & onion sliced
--

Sauté all in large non-stick pan with a little olive oil. Pepper to taste.

Roasted Halibut

6 oz halibut fillets
Lemon

Dried herbs

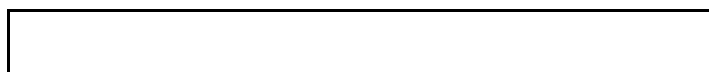
Cooking direction: Sear the halibut fillets in non-stick pan with a little olive oil. Transfer to baking pan, sprinkle with your choice of herbs (Italian Herb Blend, oregano basil, etc) and squeeze lemon juice over the top. Bake at 400 degrees for approximately 8 minutes. Check for doneness by flaking with a fork.

Southwest Cobb Salad

4 oz	Turkey Breast (or leftover chicken)
1	Chopped tomato
¼	Chopped avocado (squeeze on lemon juice)
1 tbsp	Chopped olives
2 oz	Cubed Cheese
1	Chopped romaine
2 oz	Dressing

Cooking Directions: Chop all ingredients. Top chopped romaine with turkey, tomato, avocado, olives, and cheese. Serve with **Southwest dressing:** ¼ cup prepared salsa, 1/8 cup low-fat sour cream and drizzle of olive oil. Blend together.

Spaghetti Squash “Pasta” w/ Meat Sauce



1	Spaghetti Squash
1 clove	Garlic, Minced
1 lb.	Ground lean beef
2	Onions, chopped
1 can (23Oz)	Mushrooms, chopped
1 can (4-6oz)	Tomato paste
2 tsp	Italian herbs

Cooking Directions: Spaghetti Squash “Pasta”: Steam whole squash for 45 minutes. Cut open, drain “pasta”, getting the moisture out. Sauté with a little chicken broth, minced garlic, pepper and fresh basil.

Meat Sauce: Sauté onion, garlic, set aside. Brown meat and drain well. Add sautéed onions & garlic, tomato paste, crushed tomatoes and Italian herbs. Simmer for ½ hour and add balsamic vinegar to taste. Serve “pasta” topped with 4 oz. of meat sauce. Sprinkle serving with 1 oz. of grated Parmesan cheese.

Salad Nicoise

½ cup	Prepared pesto
¼ cup	Chives
2 tbsp	Fresh oregano (dried ok)
¼ cup	Skim milk
2	Eggs
½ cup	Oatmeal
	Pepper

Toss the two lettuces and top with other ingredients. Canned tuna works in a pinch, drain well.

Pesto Meatloaf

1 cup	Butter lettuce
1 cup	Romaine
4 oz.	Fresh grilled or canned tuna
2 oz.	Green beans (blanched or use left overs)
	Tarragon
	Basil
1	Hard boiled egg, chopped
1	Tomato, chopped
5	Olives, chopped
2 oz.	Balsamic dressing

Cooking onion and

Directions: Sauté mushrooms

together and cool. Set aside. In large bowl mix all ingredients together by hand- do not over mix. Bake at 400 degrees for 20 minutes, top with red sauce (use your favorite pasta sauce) and bake at 350 for an additional 30 minutes. Serves 4.

Squash Medley

3 Kinds of squash: butternut, winter squash, zucchini (or whatever is in season)

Dice all squash and sauté in a little olive oil in a non-stick pan with two clove slivered (finely sliced) garlic and 1 tsp dried basil or Italian Herb Blend, until squash is tender.

3 Layer Mexican Dip

¼ Cup	Puréed black beans and green chiles
¼ Cup	Low fat sour cream
To taste	Fresh salsa
To taste	Jicama slices, radishes and peppers

Week 3 Menu Plan

Monday

Breakfast	Lunch	Dinner
<p>Yogurt Parfait</p> <p>Mix plain yogurt with vanilla, cinnamon & Xylitol, layer with ¼ cup berries and ¼ cup Kashi Go Lean cereal and top with 1 tbsp. Chopped nuts.</p> <p>Mid-Morning Snack</p> <p>1 pc fruit</p>	<p>Turkey & Veggie Pita</p> <p>Whole wheat pita stuffed with sliced turkey breast, leftover roasted veggies & Dijon mustard.</p> <p>Afternoon Snack 10 almonds</p>	<p>Balsamic Glazed</p> <p>Pork Tenderloin</p> <p>Wilted Greens</p> <p><i>See Recipes</i></p>

Tuesday

Breakfast	Lunch	Dinner
<p>Eggs Florentine</p> <p>2 poached eggs on top of sauteed spinach with 2 oz. crumbled feta cheese. Serve with Melon slices.</p> <p>Mid-Morning Snack</p> <p>Apple slices with 1 tbsp of almonds or peanut butter.</p>	<p>Turkey and Veggie Pita</p> <p>Whole wheat pita stuffed with sliced turkey breast, leftover roasted veggies from Mon. Dinner and Dijon.</p> <p>Afternoon Snack 10 almonds</p>	<p>Halibut w/ Roasted Veggies</p> <p><i>See Recipes.</i> Serve with a mixed green salad with 1 oz. Walnuts and balsamic viniagrette.</p>

Wednesday

Breakfast	Lunch	Dinner
<p>Baked Apple</p> <p>Split open baked apple and top with 1 cup cottage cheese and ½ cup Kashi Go Lean cereal and top with 1 tbsp chopped nuts.</p> <p>Mid-Morning Snack 1-2 oz.</p> <p>String cheese.</p>	<p>Veggie Burger</p> <p>Top ½ whole wheat English Muffin with veggie patty, 1 slice tomato, 1 slice cheese and crudities (raw veggies)</p> <p>Afternoon Snack Orange Slices</p>	<p>Chicken “Cacciatore”</p> <p><i>See recipes.</i></p> <p>Serve with sauteed green beans with minced garlic and black pepper.</p>

Thursday

Breakfast	Lunch	Dinner
<p>Mid-Morning Snack</p> <p>Berry Oatmeal</p> <p>To 1 cup real oatmeal cooked add 1 tsp cinnamon, ¼ cup berries, 1 tbsp chopped nuts and 1-2 tbsp of PaleoMeal or whey Protein Powder.</p> <p>Mid morning snack Apple slices with 1 tbsp of almonds or peanut butter</p>	<p>Southwestern Cobb Salad</p> <p><i>See recipe</i></p> <p>Afternoon Snack 1 pc string cheese</p>	<p>Spaghetti Squash “Pasta” w/ Meat sauce</p> <p>Steamed Broccoli</p> <p><i>See recipe.</i> Toss your steamed broccoli with sliced garlic and your favorite herbs.</p>

Friday

Breakfast	Lunch	Dinner
Joe's Scramble Scramble 2 oz. ground chicken breast with mushrooms, onions, garlic, chopped spinach, 2 eggs. <i>Serve with sliced Tomatoes.</i> Mid-Morning Snack 5-10 nuts	Spinach Chicken Salad Top 2 cups of baby spinach with 4 oz. Chicken breast, julienned carrot, 1 oz. Crumbled feta cheese, 1oz. Chopped walnuts and 2 oz. Afternoon Snack 1 pc string cheese	Shrimp w/ Peppers <i>See recipe</i> Serve with a salad of greens mixed with vinaigrette.

SNACK ATTACK

By JJ Virgin, CNS, CHFI

In the Ultimate Weight solution, Dr. Phil stresses the importance of learning discipline of 3 meals and 2 snacks to keep blood sugar stable and cravings at bay. This means you should be eating 2 snacks per day to ensure that you eat every 3-4 hours. It is important that you plan out ahead of time so that you aren't forced to rely on will power when you start to get hungry. Here are some High Response Cost, Hunger Suppressor Snack ideas that you can easily prepare:

Yogurt Parfait

-Nonfat plain yogurt sweetened with cinnamon and no sugar added vanilla extract. (if you need it sweeter initially while you are wearing down off the sweat taste add xylitol, sugar alcohol that doesn't raise insulin and helps reduce the risk of tooth decay or splenda). Add ½ cup of your favorite fruit-my top choices are diced apple for crunch or frozen berries defrosted and with a little of their juice (no sugar added of course) for a great antioxidant punch!

Celery sticks stuffed with

-Peanut or almond butter

-Light whipped cream cheese or ricotta cheese whipped with your favorite herb mix and with chopped olives or walnuts stirred in

Tortilla Roll-ups using low carb or wheat tortillas

-Almond or peanut butter* whipped with cream cheese or LF ricotta cheese spread 1-2 tbsp on tortilla. Add ¼ cup chopped apple for some crunch

-Cottage cheese or light whipped cream cheese, salsa, chopped red peppers and jicama

Great portable snacks:

-10 raw nuts and a fruit serving

-1 oz low or non fat cheese (especially string cheese) and a fruit serving

Apple slices and nut butter

Baked apple

-sprinkle with cinnamon and bake, fill with LF ricotta to cottage cheese and top with a tbsp of freshly ground flaxseed meal

Smoothie

-1 scoop whey protein powder, ½ cup of berries, ½ cup nonfat plain yogurt

-cottage cheese, ½ cup ice and ½ cup water, cinnamon and vanilla extract.

-Try freezing this and have as a popsicle

Faux Trail Mix

½ cup Kashi Go Lean cereal, 1 tbsp dried fruit pieces (no sugar added) and 1 tbsp

EXERCISING

EXERCISE TIPS

When we exercise, we detoxify as we sweat through our skin and exhale from our lungs. Exercises that increase core body temperature and involve the major muscle groups over an extended period of time are particularly effective for detoxification. Exercise training should incorporate both cardiovascular training (CV) and strength training (ST). Routines may focus on CV or ST on alternating days or combine both in the same routine. Workouts may range from 30-

45 minutes depending on your level of fitness. Before beginning any exercise program, you should consult with a healthcare provider. It is common knowledge that the benefits of exercise are extensive and can be achieved by people well into older age, even 80 and 90- year olds, as research shows. Some of the benefits of exercise include: increased metabolism, increased lean body mass, decreased body fat, improved glucose and insulin metabolism, decreased cholesterol and blood pressure, reduced stress, enhanced mood and quality of sleep, and increased energy. However, these benefits only last as long as you continue to make exercise a part of your lifestyle. It is important to select activities that you enjoy and are willing to commit to participating long term.

Three major components to any exercise program are frequency, intensity, and time. This applies to both cardiovascular and strength training. You may vary these components at any time to increase your endurance or get you past a plateau. However, it is important to remember that you should only vary one component at a time to reduce the risk of injury or burnout. For example, if you are increasing the numbers of days per week that you exercise (frequency), then you should keep the intensity and time (minutes exercised each day) the same. Once you have stabilized how many days per week you are exercising for at least a few weeks, then you can change the intensity or duration of your workout.

Before doing any form of exercise, it is important to warm-up and cool down your muscles and joints to prevent injury. Warming up prepares your body for more intense exercise circulation to the muscles. Cooling down redistributes blood flow to other areas of the body and eliminates some of the muscle tightness and soreness you may experience the following day. A warm muscle is much more easily stretched than a cold muscle. Never stretch a cold muscle, always warm-up first to get blood circulating throughout the body and into the muscles. A warm-up should be a slow, rhythmic exercise of larger muscle groups done before an activity. Riding a bicycle or walking works well. The warm-up should last about 5-10 minutes and should be similar to the activity that you are about to do, but at a much lower intensity. Once you have warmed up at a low intensity for about 5-10 minutes, you can now stretch

There are many exercise protocols to follow in terms of designing a program, but what is really important is that you design a program that works for you. Some individuals respond better to high intensity, short-term cardiovascular training, while others responds to lower intensity, longer duration CV training. Some people respond to high repetition, low weight strength training, while others respond to low repetition, heavy weight ST. Again, it is important to understand what works best for your body and what you enjoy! Below are some examples of CV and ST routines for beginner and advanced exercisers.

Beginner

CV Training

- Week 1: Start by walking 2-3x/week for 10 minutes
- Week 2: Walk 3x/week for 15 minutes
- Week 3: Walk 3x/week for 15-20 minutes
- Week 4: Walk 3x/week for 20 minutes
- Week 5: Walk 3x/week for 25 minutes

- Week 6: Walk 3x/week for 25 minutes
- Week 7: Walk 3x/week for 30 minutes
- Week 8: Jog for 5 minutes and walk for 30 minutes, 3x/week
- Week 9: Jog for 8 minutes and walk for 30 minutes, 3x/week
- Week 10: Jog for 10 minutes and walk for 30 minutes, 3x/week
- Week 11: Jog for 12 minutes and walk for 30 minutes, 3x/week
- Week 12: Jog for 15 minutes and walk for 20 minutes, 3x/week

Continue increasing jogging times and decreasing walking time until you are jogging for 30-40 minutes, three times a week. You may alternate jogging with walking days as long as you are walking 40 minutes at a brisk pace.

Beginner

Strength Training

You may start the ST routine concurrently with the CV training, or if you are very sedentary, you may want to start the CV training for 6-8 weeks by itself and then start the ST routine.

- Week 1: Upper body exercises 1x/week
Lower body exercise 1x/week
- Week 2: Same as week 1
- Week 3: Same as week 1
- Week 4: Upper body exercises (Monday & Friday)
Lower body (Wednesday)
- Week 5: Lower body (Monday & Friday)
Upper body (Wednesday)
- Week 6: Upper body (Monday & Friday)
Lower body (Wednesday)
- Week 7: Upper body (Monday & Friday)
Lower body (Wednesday)
- Week 8: Upper body (Monday & Friday)
Lower body (Wednesday)
- Week 9: Lower body (Monday & Friday)
Upper body (Wednesday)
- Week 10: Upper body (Monday & Friday)
Lower body (Wednesday)
- Week 11: Lower body (Monday & Friday)
Upper body (Wednesday)
- Week 12: Upper body (Monday & Friday)
Lower body (Wednesday)

Start with one exercise per body part 3-4 sets and 8-12 repetitions with 60-90 rest in between sets. As you progress, you may add two exercises per body part. You should start with a weight

you can do 8-10 repetitions with, but are fatiguing by the 10th rep. Once you can do 12 repetitions , you should increase the weight by 5-10 pounds. The following exercises are just a few examples of that are appropriate for each body part:

Advanced

CV Training

- Week 1: Jog/run 3x/ week for 30-40 minutes.
- Week 2: Interval train 3x/week for 20 minutes
- Week 3: Walk 3x/ week for 60 minutes
- Week 4: Jog/run 3x/week for 30-40 minutes
- Week 5: Interval train 3x/week for 20 minutes
- Week 6: Walk 3x/week for 60 minutes
- Week 7: Jog/run 3x week for 30-40 minutes
- Week 8: Metabolic exercise training 3x/ week for 20 minutes
- Week 9: Interval train 3x/week for 20 minutes
- Week 10: Jog/run 3x/week for 30-40 minutes
- Week 11:Metabolic exercise training 3x/week for 20 minutes
- Week 12: Interval train 3x/week for 20 minutes

You may also vary your workouts by doing one day each of jogging/ interval training/metabolic exercise in the same week.

Interval training consists of alternating your speeds/intensity during your workout for 60 seconds at a time. For example, in a 20 minute workout in a treadmill, follow the outline below:

- Minute 1: Warm-up at 3.5 mph, brisk walk
- Minute 2: Continue warm-up at 4.5 mph, brisk walk to light jog.
- Minute 3: Continue light jog at 4.5 mph
- Minute 4: Start running at 6.0 mph
- Minute 5: Increase speed to 6.5 mph
- Minute 6: Increase speed to 7.0 mph
- Minute 7: increase speed to 7.5 mph
- Minute 8: Drop speed to 6.0 mph
- Minute 9: Increase speed to 6.5 mph
- Minute 10: Increase speed to 7.0 mph
- Minute 11: increase speed to 7.5 mph
- Minute 12: Drop speed to 6.0 mph
- Minute 13: Increase speed to 6.5 mph
- Minute 14: Increase speed to 7.0 mph
- Minute 15: increase speed to 7.5 mph
- Minute 16: Drop speed to 6.0 mph

- Minute 17: Increase speed to 6.5 mph
- Minute 18: Increase speed to 7.0 mph
- Minute 19: increase speed to 7.5 mph
- Minute 20: Cool down at 3.0/3.5mph

If 7.5 is too fast, you may back the mph down to starting a 5.0 or 5.5 mph and increasing to 6.5 or 7.0 mph during the workout.

Metabolic exercise training consists of combining strength training with cardiovascular movements. You should use a dumbbell weight that you can do 8 -10 repetitions with, but fatigue by the 10th rep. For example follow the outline below:

Squat and shoulder press

6-8 reps

1 minute cardio (jumping jacks, sprints, jump rope, squat jumps)

Biceps curl and shoulder press, 6-8 reps

1 minute cardio

Dead lift and row, 6-8 reps

1 minute cardio

Repeat above for 4 more sets or 10 minutes whichever is first

Lunge and biceps curl alternating legs, 6-8 reps

1 minute cardio

Lateral raise and biceps curl, 6-8 reps

1 minute cardio

Push-up, 6-8 reps

1 minute cardio

Repeat above for 4 or more sets or 10 minutes.

Advanced

Strength Training

- Week 1: Lower body (Monday & Friday)
Upper body (Wednesday)
- Week 2: Upper body (Monday & Friday)
Lower body (Wednesday)
- Week 3: Lower Body (Monday & Friday)
Upper body (Wednesday)
- Week 4: Upper body exercises (Monday & Friday)
Lower body (Wednesday)
- Week 5: Lower body (Monday & Friday)
Upper body (Wednesday)
- Week 6: Upper body (Monday & Friday)
Lower body (Wednesday)
- Week 7: Upper body (Monday & Friday)

Lower body (Wednesday)
- Week 8: Upper body (Monday & Friday)
Lower body (Wednesday)
- Week 9: Lower body (Monday & Friday)
Upper body (Wednesday)
- Week 10: Upper body (Monday & Friday)
Lower body (Wednesday)
- Week 11: Lower body (Monday & Friday)
Upper body (Wednesday)
- Week 12: Upper body (Monday & Friday)
Lower body (Wednesday)

Start with one exercise per body part, 3-4 sets and 8-12 repetitions with 60-90 seconds rest in between sets. As you progress you may add to exercises per body part. You should start with a weight you can do 8-10 repetitions with, but are fatiguing by the 10th rep. The following exercises are just a few examples that are appropriate for each body part:

Chest: Chest press, Incline/Decline press, Flys

Back: Lat pull-down, Seated row, Hyperextensions, One arm row

Shoulders: Military press, Lateral raise, Front raise, Upright row

Triceps: Triceps extension, Dips, Triceps, Upright row

Biceps: Bicep curl, Cable curl

Legs: Squat, leg press, leg curl, leg extension, Dead lifts

Abs: Crunches, Leg Lifts

Finally, don't forget to include 2-3 days per weeks dedicated to flexibility training. This can include stretching before and after a workout, or separate times when you may take yoga or pilates class or set aside some time specifically to work on flexibility. Flexibility prevents injury; increases range of motion, and held for 15-30 seconds in the furthest comfortable position (without pain). This is the first and most important stretching principle. Yoga incorporates breathing, stretching, and relaxation to balance the whole person. Pilates exercises are designed to lengthen the muscles while improving flexibility, posture, strength, and balance. Whatever method of flexibility of training you choose, make sure you incorporate stretching for all body parts,

Determining Your Heart Rate Range:

To estimate your maximum heart rate:

1. Take $220 - \text{your age} = \underline{\hspace{2cm}}$ (this is your maximum heart rate)
2. Multiply your maximum heart rate $\times 0.7 = \underline{\hspace{2cm}}$ (this is your lower limit)
3. Multiply your maximum heart rate $\times 0.85 = \underline{\hspace{2cm}}$ (this is your upper limit)
4. Your target heart rate range is:
 - (answer from # 2) $\underline{\hspace{2cm}}$ to $\underline{\hspace{2cm}}$ (answer from # 3)

Example: If you are 40 years old: your maximum heart rate is $220 - 40 = 180$; $180 \times 0.7 = 126$; $180 \times 0.85 = 153$: then your target heart range is 126 to 153 beats per minute.

Knowing the difference:

Cardio/Stimulating Exercise:

This type of exercise involves moving large muscle groups in a rhythmic fashion over time. These exercises should raise and maintain your heart rate into your prescribed target heart rate zone. Examples of Cardio Stimulating exercise would be: Walking, jogging, cycling, swimming, dancing, skating and stair-stepping.

Adaptive/Resistance Exercise

This is the repetitive movements that fatigue the working muscle in a limited amount of time or repetitions. Examples of Adaptive/Resistance exercise would be: weight training with dumbbells, machines, resistance bands or body weight and certain types of yoga and Pilates.

Calming/Stretching Exercise

These are activities that are performed at a low intensity that move your body through a full range of motion. Examples of Calming/Stretching exercise would be: slow swimming, easy walking, Pilates, yoga, stretching and ball/core exercises.

Using a Pedometer:

A pedometer should become your new favorite thing to put on! We have all heard that age-old advice on incorporating more activity into your day by parking in the far corner of the parking lot...but who really does that! I find myself short on time, just like everyone else and park upfront so I can get in & out quickly. A pedometer is a great gadget has the potential to motivate people to actually increase their daily activity by counting the steps you take throughout the day. This is a great simple way to reinforce your goals every day. You only have one goal to focus on with your pedometer: collecting 10k a day.

Collecting 10k a day

How to determine your current average steps: take your total daily steps (from your exercise Journal) For last week and add them up. Then divide that number by 7.

STOP EXERCISING IF ...

- ✓ If you are experiencing angina-like symptoms: an angina is severe pain or a constriction around the heart. This pain would likely radiate to the left shoulder and down the left arm or even into your abdomen or jaw. This would occur because of insufficient supply of blood to the heart.
- ✓ If you have a significant drop in systolic blood pressure or failure of your systolic blood pressure to rise with an increase in exercise intensity.
- ✓ If you have a significant or excessive rise in blood pressure.
- ✓ If you are having signs or poor perfusion: feeling light-headed, confused, are experiencing poor muscle coordination, paleness, have a blue-gray skin color, feeling nausea or have cold & clammy skin.
- ✓ If you are having noticeable change in your heart rhythm.
- ✓ If your heart rate fails to increase with increased exercise intensity.
- ✓ If you are experiencing shortness of breath.
- ✓ If you are feeling severe fatigue: if you have had enough, stop and just walk around to bring your heart rate down slowly.
- ✓ If your equipment is broken or malfunctioning.
- ✓ If you want to stop or feel you should just stop; you can evaluate your body condition, then either stop exercising all together for that session (remember to walk around to bring your heart rate down slowly) or begin exercising again when it is safe, after resting.

What you need

- Wear supportive shoes and comfortable clothing.**
- Have the room temperature comfortable at around 70 degrees.**

- Have water nearby and sip throughout; a good rule is about 2 ounces every 15 minutes.**
- Have your ball, free weights, and stretch out strap, bands, towel, and mat available.**
- Have your favorite tunes nearby and ready to pop-in.**
- Turn off the phone!**

Warm up before beginning to raise core body temperature by marching in place, dancing, taking a warm shower etc... Warming up muscles increases the blood flow to them, thereby increasing the amount of oxygen available to the muscles to work.

Semaglutide Weight Loss Information

Indications

A new FDA approved injectable medication for chronic weight management in individuals with obesity. If you have an initial body mass index (BMI) of $\geq 30 \text{ kg/m}^2$ or $\geq 27 \text{ kg/m}^2$ with at least one weight related comorbid condition (e.g., high blood pressure, type 2 diabetes, high cholesterol). Treating obesity can improve blood pressure, blood sugar, and cholesterol levels.

How does it work?

Semaglutide is a GLP- 1 receptor agonist. Semaglutide is a synthetic version of a gut hormone called Glucagon Like Peptide-1 (GLP-1) that suppresses hunger and appetite. These hormones are released by the small intestine after eating a meal to help lower blood sugar by triggering insulin and blocking other sources of sugar. It also slows down how quickly food leaves the stomach (gastric emptying), so you will feel full longer. Semaglutide also controls hunger by activating receptors in the brain that cause a feeling of being fuller sooner. This helps to reduce appetite, eat less, and decrease calorie intake to lower body weight.

Limitations of use

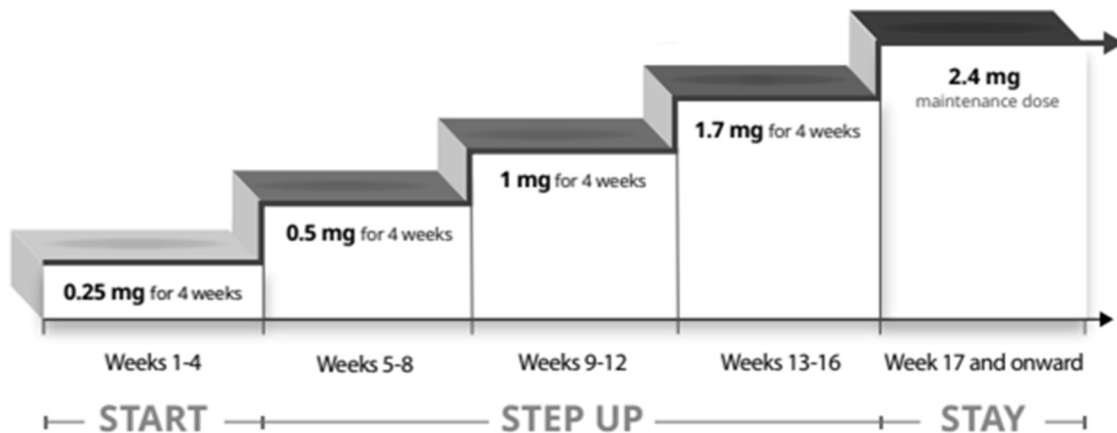
Semaglutide should not be used in combination with other semaglutide-containing products or any other GLP-1 receptor agonist (1).

Avoid using semaglutide with other products intended for weight loss, including prescription drugs, over the counter drugs, and herbal supplements.

How is semaglutide administered?

Semaglutide is given as a once-a-week injection on the same day each week subcutaneously under the skin (abdomen, thighs, upper arms) with or without meals.

Doseage Escalation Schedule



*Following the dose escalation schedule will help minimize gastrointestinal adverse reactions

Drug interactions

Insulin and drugs that cause insulin secretion

- Semaglutide can lower blood sugar and cause hyperglycemia
 - Symptoms include fast heartbeat, shaking, sweating, nervousness, anxiety, irritability, confusion, dizziness and/or hunger.

Oral medications

- Semaglutide delays gastric emptying and has the potential to impact absorption of oral medications
 - Monitor the effects of oral medications

Contraindications

Semaglutide is contraindicated in patients with a personal or family history of medullary thyroid carcinoma (MTC) or in patients with Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

Common Effects

- Nausea
- Diarrhea
- Vomiting next
- Constipation
- Abdominal pain
- Headache
- Fatigue dizziness

Side

- GERD
- Burping
- Hypoglycemia
- Dyspepsia
- Gastroenteritis
- Flatulence

Contact your Physician if you experience any of the following side effects

- Allergic reactions (I.e., rash, hives, itching, fever, swelling, trouble breathing)
- Trouble swallowing
- Shortness of breath
- Persistent hoarseness
- Severe abdominal pain
- Low blood sugar
- Dehydration excessive vomiting
- Substantial or rapid weight loss
- Changes in vision
- Heart palpitations excessive heart rate while at rest
- Onset of depression or suicidal thoughts

Adverse Reactions

- Risk of Thyroid C-Cell Tumors
- Acute Pancreatitis
- Acute Gallbladder Disease
- Hypoglycemia
- Acute Kidney Injury
- Hypersensitivity
- Diabetic Retinopathy Complications in Patients with Type 2 Diabetes
- Heart Rate Increase
- Suicidal Behavior and Ideation

Pregnancy

Inform your healthcare provider of a known or suspected pregnancy

HORMONES AND EXERCISE

By JJ Virgin, CNS, CHFI

Your body is a chemistry lab, not a bank account and weight loss is much more than calories-in, calories out game. The type of food you choose, when you eat them and the amounts you consume have a powerful effect on your metabolism. Similarly, exercise is much more than just a way to burn

calories. By understanding the hormonal effects of exercise you can ensure that your program is set up to give you the results you are looking for.

Most people make the mistake of thinking that cardiovascular training is the number one way to lose weight. This is a misconception. Cardiovascular training can burn calories and definitely benefits the heart and the lungs. Done correctly it can be a beneficial part of a complete exercise program. Done incorrectly due to excess intensity or excess duration, it can raise stress hormones and cause the body to breakdown. This causes the body to lose muscle-the very thing you want to maintain or better yet increase when you are trying to drop body fat since MUSCLE is where you burn fat and MUSCLE is what keeps your metabolism up. Also, when stress hormones break you down they do so by breaking down muscle to release sugar into the bloodstream, this in turn can raise insulin. Over time this process can lead to insulin resistance even if you aren't overeating or eating sugar. To help avoid the vicious cycle in cardiovascular training first get assessed by a qualified lifestyle coach to make sure that your adrenal system can handle cardiovascular training at this time. You may need to do some things to heal your adrenals before embarking on a cardiovascular program. If you are approved to start, then wear a heart rate monitor to ensure that you are training your appropriate heart rate zone, vary your intensity throughout the workout by performing higher intensity bouts followed by lower intensity.

Strength training is the true champion in the fat loss game. This is because strength training elevates growth hormone which helps the body build up. More muscle mass means a better metabolism, better insulin sensitivity, better use of blood sugar and better fat burning. For long term weight management, strength essential. The right program will maximize your growth hormones release and minimize stress hormone release. This is done with the right amounts of sets and repetitions and the appropriate rest period. You want to stimulate

Stress Reduction

Stress Reduction Techniques

If you were to ask ten people to explain what causes stress for them, or how stress affect them, you would most likely get ten different answers. The reason for this is that what is stressful for one person may be pleasurable or have little effect on others as we all react to stress differently. Stress is generally defined as a physical, mental, or emotional strain or tension where a person perceives that demands exceed the personal and social resources the individual is able to mobilize. Thus, stress is sometimes put in a negative light and its positive effects ignored. However, stress can be helpful and good when it motivates people to accomplish more.

Links to sites with additional information on the effects of stress include:

National Institute of Mental Health

www.nimh.nih.gov

National Alliance for the Mentally Ill (800) 950-6264

www.nami.org

National Mental Health Association

www.nmha.org

American Massage Therapy Association

www.amtamassage.org

Meditation Techniques

www.wildmind.org

www.meditationcenter.com

Assess stress levels

www.4therapy.com/consumer/assessment/taketest.php

10 Tips on Ways to Reduce Stress:

1. **Self- Awareness:** Listen to your body and be aware of its needs. Most of the time, people are not aware of what their body is telling them until they become so physically and emotionally worn down that they become ill. Try to take time each day and focus on how you are feeling (tired vs. energetic, sad vs. happy, stressed vs. calm) and be proactive about what your body is telling you.
2. **Reframing:** Create a positive mental attitude using daily positive affirmations. An affirmation is a positive statement that represents your desired condition of outcome. Interestingly enough, your subconscious mind doesn't know the difference between a real experience and a vividly 'mental' experience. We are consistently bombarded with negative influences from the media, road rage, and co-workers/friends/family who feed us negative thoughts. It is easy to let this constant stream of negativity poison our minds. Take time to seek inspirational outlets through reading, listening to music or watching movies. Napoleon Hill is a well known motivational author and a great resource for starting each day with a positive attitude.
3. **Relaxation:** Our fast paced society often causes people to push their minds to the limit, often at the expense of physical and mental well-being. According to the Mind/Body Medical Institute at Harvard University, between 60 and 90 percent of all medical office visits in the United States are for stress related disorders. Relaxation techniques are helpful

are helpful tools for coping with stress and promoting long term health by slowing down the body and quieting the mind. Such techniques generally entail refocusing attention (noticing areas of tension), increasing body awareness, and exercise (such as meditation) to connect the body and mind together. Used daily, these practices can over time lead to a healthier perspective on stressful circumstances. Some great techniques for relaxation include mediation, yoga, massage, and deep breathing.

4. Visualization: The use of guided imagery is a process of incorporating the power of the mind to assist the body to heal, maintain health or relax by way of an inner communication involving the senses. This form an emotional connection between mind, body, and spirit. Relaxation is essential for imagery to be successful as it allows the mind to be open and receptive to new information. Therefore, imagery is most successful when the mind and body are quiet and still. Many people use a CD with a soothing, comforting and compassionate voice that has an immediate effect.
5. Exercise: This is a great way to relieve stress. Even taking 10 minutes a day for a brisk walk can help clear your mind and reduce your anxiety level. This is especially important if you are having trouble fitting an exercise program into your daily routine. See our chapter on exercise for more specific recommendations.
6. Healthy Diet: Along with exercise, it is important for you to eat a healthy diet. An unhealthy diet will make you feel sluggish and less able to deal with even the small daily stress. See our chapter on healthy eating for more specific recommendations.
7. Sleep: Studies have shown that people who sleep 7-9 hours per night live longer, are healthier, and actually gain less weight than people who only get 6 hours or less sleep per night. A widely publicized 2003 study performed at the University Of Pennsylvania School Of Medicine demonstrated that cognitive performance declines with less than eight hours of sleep. Listed below are tips for helping you improve your sleeping habits.
 - Maintain a regular bed and wake time schedule even on weekends.
 - Establish a regular, relaxing bedtime routine such as soaking in a hot bath or tub and then reading a book or listening to soothing music.
 - Create a sleep-conductive environment that is dark, quiet, comfortable and cool.
 - Sleep on a comfortable mattress and pillow.
 - Use your bedroom only for sleep and sex.
 - Finish eating at least 2-3 hours before your regular bedtime.
 - Exercise regularly. It is best to complete your workout at least a few hours before bedtime.
 - Avoid caffeine close to bedtime.
 - Avoid nicotine and alcohol close to bedtime.

With the right amount of sleep, you will have more energy and be able to cope with stressful situations.

8. Hobbies/leisure time: Leisure is one's discretionary time spent in non-compulsory activities. Compulsory activities include your job, operating a business, household chores, education, day to day stress, eating and sleeping. Leisure activities could include hobbies, sports, exercise, going to the movies, getting a massage, or just relaxing. Studies have shown that people who have ongoing activities are happier and healthier than people who spend most of their time working and do not have a regular hobby.

9. Time Management: Time management includes tools or techniques for planning and scheduling time, usually with the aim to increase the effectiveness and/or efficiency of personal and corporate time use. Some people seek to learn time management skills through books or taking seminars and courses. Most courses will teach you strategies for effective time management which include keeping a to-do-list, setting priorities and goal management. Understanding how to effectively manage your time is essential to minimizing your stress level. Most stress on the job occurs when employees are given many tasks to complete and they cannot prioritize well due to poor time management skills, and thus feel overwhelmed.
10. Support System: Finally, having a good support system is essential in living a stress-free life! People need support for many areas of their life(starting an exercise or weight loss program, loss of a loved one, loss of a job or poor working conditions) to help cope with difficult situations. Try and create a network of friends or family that you can lean on during stressful time

If you have reached this far, you are on your way to achieving your goal. All you need is determination and support of friends and family. Use this guide as a reference and review it regularly and contact us if you have any questions. Once again, congratulations on reaching your goal!

Sincerely,

Superior Medical Clinics Management