

Ultimate Weight Loss Protocol – 9 Week Program

Introduction and Tips

What is the Ultimate Weight Loss Protocol?

A low calorie, low carbohydrate, high protein diet. This combination allows for maximal weight loss in a short period of time. The addition of higher levels of protein encourage the body to keep lean body weight (muscle) while shedding fat.

Detox Phase

- ◆ Creates fat burning metabolism
- ◆ Reduces appetite and carbohydrate cravings
- ◆ Creates rapid results to help build confidence in your ability to lose weight
- ◆ Averages losses with plan for women are 3-4 pounds per week and for men are 4-5 pounds per week
- ◆ Can be done through food prepared at home or through meal replacements

Transition Phase

- ◆ Reintroduces healthy carbohydrates
- ◆ Teaches healthy, sustainable eating without calorie counting
- ◆ Encourages regular activity to maintain goal weight

Medication

Prescription appetite suppressants can be useful to help achieve desired weight loss. Medication alone rarely creates long term weight loss. When combined with sustained changes in diet, medication used for short periods of time can be helpful.

Ultimate Weight Loss Protocol

Instructions

- ◆ Follow the week 1 nutrition protocol
- ◆ Weigh/measure all foods for accurate portions
- ◆ Keep food diary

- During week 1, changes can be noted on protocol worksheets
- Please note any changes/additions and recalculate calories for that meal
- Online trackers freely available through www.livestrong.com and www.sparkpeople.com; there are also smart phone apps free as well, “myfitnesspal”, “mapmyrun”, “Loseit!”, and “fitbit”
- ◆ Flavorings such as spices, herbs, garlic, ginger, mustard, vanilla, lemon zest, and vinegars may be added to any of the foods to boost flavor
- ◆ Salt and pepper should be used to taste and while cooking but not added at the table
- ◆ Drink at least 8 - 10 glasses of water (8 oz)
- ◆ Daily supplements
 - Multivitamin
 - 1000 mg calcium
 - 2000 IU vitamin D
 - Metamucil Sugar-Free
- ◆ Monitor blood pressure daily if you are on blood pressure medication. This diet does cause you to shed excess body fluid as well as fat which may decrease your blood pressure. If you are taking blood pressure medication, we may need to cut back as you progress with the diet. If you are not taking blood pressure medication, you may need to supplement salt by eating 1-2 serving of broth soup each day.
- ◆ Monitor blood sugars regularly if you are diabetic. We will instruct you on which medication may need to be stopped or modified. However, it is difficult to predict everyone’s response and monitoring is the best.

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Frequently Asked Questions

◆ Why do you use plain greek yogurt in the some of the meals?

- Greek yogurt is higher in protein and lower in carbohydrates than regular yogurt. The texture is also naturally creamier and can pair well with fruit as a dessert later in the program. You can substitute plain, fat-free yogurt that has no added sugar but this may affect your results. Consider using plain greek yogurt in place of sour cream, mix with vanilla or almond extract, or mix in a dry ranch spice packet.

◆ Can I eat out?

- During the detox phase, calories are so limited that it would be difficult to find any prepared meals that would fit into the plan. If you do go out, order a salad with a lean protein and 2 tsp vinaigrette dressing.

◆ I don't know how to cook, can I still do this?

- The plan does assume some basic cooking skills. Home prepared foods are a foundation for healthful eating. If this is not an option, please ask us about meal replacements.

◆ Aren't eggs bad for you?

- Eggs are a great source of protein. While they do have some cholesterol, they are otherwise a healthful food when prepared with minimal added fat. Even healthier are egg whites or one egg and egg whites.

◆ I don't like spinach. Is it ok to substitute?

- Yes, we only ask that you substitute something with similar protein and carbohydrate values. Each meal is basically a combination of lean protein and non-starchy vegetable.

Any Lean proteins (3-4 oz serving)

- chicken or turkey breast
- fish fillet
- shrimp, shellfish
- tofu or veggie burger or Tempeh
- pork loin or tenderloin, center cut chop
- peanut butter (2 Tbsp/serving) / Almond Butter
- lamb shank, shoulder, or loin
- eggs
- beef tenderloin, top sirloin, flank steak
- beans, lentils, chickpeas or edamame (soy beans) - limit to one serving per day during detox
- Rosetta's Peanut Butter Tofu

Non-starchy vegetables (1 cup per serving, 2 cups if leafy)

- asparagus
- leafy greens (lettuce, kale, spinach, etc)
- green beans
- bell peppers
- broccoli
- cabbage
- celery
- cucumber
- eggplant
- mushrooms
- okra
- onions
- snow peas
- summer squash
- tomato
- beet greens
- bok choy
- brussel sprouts
- arugula
- beets – ½ cup only
- carrots – ½ cup only
- collard greens
- sugar snap peas
- sprouts
- turnip greens

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Personal Nutrition Assessment

Current Weight _____

Goal Weight _____

Current BMI _____

Goal BMI _____

Daily Nutrition Goals

Goals

Non-Food Rewards

Total calories _____

Carbohydrate (g) _____

Protein (g) _____

Fat (g) _____

Weekly Exercise Goals