

Weight Loss Quick Start – Exact Action Plan What Do I Do Right Now to Lose Weight?

1. Purchase your Nutritional Items from my links First.
2. Download the Meal Plan and Grocery List pdf
3. Download the Course pdf
4. Re-watch Video #1 – Meal Plan Overview
5. Watch the Course Videos
6. Calculate your Basal Metabolic Rate (BMR) for optimum weight loss.
7. Plan how much weight you want to lose per week.
8. BMR minus 500 calories per day equals one pound of fat loss per week. Explanation: There are 3,500 calories in a pound of fat. A 500-calorie deficit per day for seven days equals 3,500 calories or one pound of fat loss.
9. Choose what you are going to eat every day to lose this weight. It is recommended that you follow the Meal Plan provided. This plan is well-balanced and will cleanse the body of built up toxins, etc. With this plan there isn't any thinking involved. I tell you exactly what to eat every day to lose weight.
10. Make your grocery list, remembering the three main keys 1) whole foods 2) fiber content 3) fat content.
11. Move! Start walking everyday as the bare minimum. Work your way to 5 miles per day.
12. Resistance train if you can. Whether it's a barbell or a mop we need to use our muscles.

Very Important!!

You MUST pack your entire day's food.

Even if you stay home.

This will increase your Weight Loss Dramatically.

Go get two thermal food containers. One for hot and one for cold.

Weight loss step 1 -Calculate your BMR

Basal Metabolic Rate and the Role of Calories in Weight Loss

BMR: Basal Metabolic Rate

Our daily maintenance need for calories depends on our individual basal metabolic rate (BMR), which is the total of the amount needed to sustain all organic activity at rest and that needed to fuel our voluntary physical activity. Surprisingly, our bodies usually burn more calories keeping our hearts beating and our other organs functioning than our skeletal muscles do playing sports, going to work, eating, studying, engaging in sex, and all other physical and mental activities we perform during the course of a day.

One way of figuring out your "cruising speed," or BMR, is to apply this formula to your bodyweight:

For women: Add a zero to your weight in pounds; then add to the result your weight in pounds.

For men: Add a zero to your weight in pounds; then add to the result twice your weight in pounds.

If a man currently weighs 215 pounds, he would figure his BMR: 215 plus a zero is 2,150; 2,150 plus twice his weight, 430, is 2,580. So his body expends 2,580 calories simply fueling his vital life processes. This formula leaves out the calories expended in daily voluntary activity such as walking or resistance training.

For a woman who weighs 150 pounds, she would figure her BMR: 150 plus a zero is 1,500; 1500 plus her weight, 150, is 1,650.

Do you believe in the power of the numbers? Did you fill in the numbers to the metabolic equation and understand the significance?

Do you really have a slow metabolism, "bad" genes, a thyroid problem, or is the problem your behavior?

I guarantee you will lose weight. You now have the necessary numbers to succeed. Numbers don't lie. Your accountant would agree with me.

The next two pages are the Meal Plan calorie illustration.

Sorry I couldn't get them to fit better on one page.

Meal 1

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
- Complete Protein Vanilla, 40 g (2 scoops)	170	11	6	20	415	6	⊖
- Green Juice - 9 g (1 Scoop)	25	4	0	2	15	1	⊖
Add Food Quick Tools	195	15	6	22	430	7	

Meal 2

- Red Juice Superfood, Bananas, raw, 4.2 ounce	27	6	0	0	15	1	⊖
Add Food Quick Tools	117	29	0	1	16	13	

Meal 3

Bob's Red Mill - 7 Grain Hot Cereal, 1/4 cup dry	140	28	2	6	5	1	⊖
Sugar - Sugar, 1 teaspoon	15	4	0	0	0	4	⊖
Eggs - Incredibleegg.org - Large Egg - Scrambled, 1 Egg (50g)	70	0	5	6	70	0	⊖
Add Food Quick Tools	225	32	7	12	75	5	

Meal 4

Eggs - Hard Boiled - Large, 1 egg	78	1	5	6	62	1	⊖
Apples - Apples, 1 medium apple	80	22	0	0	0	16	⊖
Blueberries, 1 cup	85	21	1	1	1	15	⊖
Add Food Quick Tools	243	44	6	7	63	32	

Meal 5

Homemade - Sweet Potato (Baked), 1 medium	180	41	0	4	72	13	⊖
Add Food Quick Tools	180	41	0	4	72	13	

Meal 6

Costco - Spinach, 1.5 cups	20	3	0	2	65	0	⊖
Marketside - Baby Kale Blend, 85 g (1.5 cups)	30	5	0	2	55	1	⊖
Usda - Chopped Red Onion, 1 cup	64	15	0	2	6	7	⊖
Generic * - Raw-broccoli, 100 g (1/2 c)	34	7	0	3	33	2	⊖
Zuchini - Zuchini, 1 small	19	2	0	2	0	0	⊖
Red Pepper - Whole Red Pepper, 1 Pepper	60	14	0	2	0	10	⊖
Organic - Cherry Tomato, 1 cup	42	10	0	2	25	6	⊖
Cucumber-field - Cucumber, 5.5 oz	8	2	0	0	1	1	⊖
Pieology - Cilantro, 1 oz	2	0	0	0	3	0	⊖
Garlic Scapes - Garlic Scapes, 5 spears	50	1	0	0	23	0	⊖
Giant - Strawberries, 1 cup	49	12	0	1	2	7	⊖
Natural - Orange, 1 orange	62	15	0	1	0	12	⊖
Mln - Avacado, 1 oz (1/5 avacado)	50	1	5	0	0	0	⊖
Add Food Quick Tools	490	87	5	17	213	46	

Totals 1,450 248 24 63 869 116

Below are some alternate food ideas. Please try to follow the Meal Plan provided EXACTLY before changing anything.

1st Tier Substitution Foods

- Baked potato: These can be microwaved in the morning, wrapped in tinfoil and put in the warm container. Be careful not to overcook. Remember the potato will continue to cook inside the tinfoil. These can be split open and eaten plain or you can add spices or salsa. They can also be eaten like an apple. Make sure whatever topping you use is totally fat-free and is not a highly processed item. Many fast food restaurants have baked potatoes on their menu. Just make sure you leave the toppings off.
- Shredded wheat: This cereal can be placed in portion-sized baggies and eaten anywhere, anytime. This is a lifesaver. These can be carried to any event to ensure that your uniform eating pattern is followed. These can even be kept in your office drawer in case you forget something. Make sure that your portions are the same every time.
- Salad: Make a large salad with fresh vegetables. Top with a non-fat dressing. If you are purchasing a salad from a restaurant, make sure that it doesn't contain unwanted items such as bacon, cheese, oils, etc.
- Rice and Beans: There are many recipes.
- Any whole grain: Just eat plain or find a nonfat topping like salsa, spices, or some soy sauces that enhance the flavor. (amaranth, barley, bran, buckwheat, corn, millet, oats/oatmeal, quinoa, rice, rye, triticale, wheat, bulger, couscous, wild rice).
- Whole grain pasta: Use a nonfat sauce.
- Vegetables and Fruit: These can be eaten in any quantity. You will get full before you get fat. The vegetables can be eaten lightly steamed or raw.
- Legumes: These can be mixed with the grains for added flavor. (azuki/adzuki beans, black beans, black eyed peas, broad beans, chickpeas, flageolets, kidney beans, lentils, lima beans, peas, pinto beans, pink beans, red beans, soybeans, split peas, white beans).
- Whole grain cereals: Eat them dry or add a small amount of fat-free milk. Adding the milk will drop them to a tier 2 meal.
- Kashi: This is a grain mixture that can be bought in individual serving sizes and reheated in the microwave. This can also be purchased in bulk.

Tier 2 meals

The following are only Tier 2 because they contain dairy products. Dairy products are Tier 2 because they have been through additional processing. Still, these meals are by far better than what you are currently eating. Don't be afraid to eat these if you wish.

None of these exceed 250 calories.

- Two-thirds cup brown rice, one-ounce raisins and one-half cup skimmed milk.
- One-half cup nonfat yogurt* (with one-half ounce Post Grape-Nuts Nuggets sprinkled on top), one cup fresh strawberries and one slice whole grain bread.
- One large baked potato and one cup nonfat yogurt.*
- Fruit (apple, banana or pear), one slice whole grain bread and one-half cup skimmed milk.
- One cup nonfat yogurt* and three rice cakes topped with an ounce of fruit spread.
- One cup winter squash (baked) and one cup nonfat yogurt *
- Two shredded wheat biscuits topped with two-thirds cup skimmed milk and Equal sweetener (optional).
- One-half cantaloupe and one cup low-fat (1%) cottage cheese
- Two sliced tomatoes topped with one cup nonfat yogurt* and an ounce of raisins.
- One baked sweet potato (5 ounces) and two-thirds cup skimmed milk.
- One large carrot, one cup nonfat yogurt* and one-ounce dried apricots.
- One ear of corn and one cup nonfat yogurt.*
- Two slices whole-grain raisin bread and one-half cup nonfat yogurt.*
- One banana, two-thirds cup skimmed milk and three crispy squared rice cakes.
- Two slices whole wheat bread topped with the following -one-half cup nonfat yogurt* and one teaspoon apple butter (no sugar added), mixed together.

List of Simple Carbohydrates

Fruits

Apples, apricots, bananas, berries, cherries, dates, grapefruit, grapes, kiwis, lemons, limes, melons, nectarines, oranges, peaches, pears, pineapples, plums, raisons.

Non-Starchy Vegetables

Asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, green beans, green leafy vegetables, kale, mushrooms, okra, onions, snow peas, sugar snaps, summer squash, tomatoes, zucchini.

List of Complex Carbohydrates

Grains

Barley, bulgur, couscous, grits, kasha, millet, bread, cereals, oats, rice, pasta, wheat, see above list.

Starchy Vegetables

Black eyed peas, corn green peas, lima beans, rutabagas, turnips, potatoes, sweet potatoes, squash.

Weight Loss Realities

The reality is we eat too much, we eat the wrong things, we don't exercise, and many of us just don't care anymore. We are trying to try, but we are getting increasingly frustrated and confused by too many conflicting nutritional messages. We are stressed out by work and family responsibilities. We barely have enough time to do the weekly shopping, much less try to figure out the assorted labels, pyramids, fat grams, and calories. It's just too much. And the more we fret, the more we eat. And the more we eat, the greater our frustration becomes.

In this high efficiency program there are three principles to remember:

- 1) In general, the fewer calories you eat, the more years you add to your life.
- 2) The less you eat, the more efficient your weight loss diet must be.
- 3) You must undertake such a weight loss plan gradually and correctly or you can do yourself more harm than good.

The best foods for losing weight are set out for you; therefore, it will take the mystery out of your daily meals.

Whether you're looking for added vitality, extended youth, reaching and maintaining your ideal weight, or just want more from your life. Anyone, Any Age.

This program is the answer.

Weight gained Incrementally must come off Incrementally

Obesity is a prime example of this phenomenon. Extra fat embarrasses the body and soul. Most obese patients would rather they weren't. But those extra calories they laid on incrementally must come off incrementally. There is no quick fix. Just a quality long-term high-efficiency diet.

What people really care about is losing weight. There's a problem, however. The American public has been dieting for twenty-five years - and has gained five pounds. Unfortunately, that's not only funny, it's also true.

Diets don't work:

Ninety-five percent of those who lose weight by dieting gain it back within one year! By mid-life, more than half of Americans are overweight. What's more and it's getting worse: In the past fifteen years, the weight of the average American adult has increased by five pounds.

Still, there's hope. We're finally getting a handle on how to lose fat and keep it off. Crash diets are on the way out. "Reshape-your-body-in-a-month" programs are being replaced by an emphasis on healthy lifestyle changes in eating and exercise. The bottom line is that most people can, with a combination of changes in eating habits and exercise, lose weight and keep it off."

Listed below are the basic "secrets" or principles for success in this weight loss plan.

Secrets or Basic Principles

1. **Patience:** It takes thirty days to change your lifestyle habits. Don't get frustrated. This is a lifestyle approach not a fad diet.
2. **Uniformity:** Eat the same things at the same time every day. Exercise the same time every day.
3. **Plan:** Map out a plan and stick to it exactly until you have made it a habit.
4. **Pack:** Pack all your food for the day in the morning. One less thing to think about.
5. **Small Meals:** Eat at least six small meals per day.
6. **Hungry:** Eat only when hungry. Eat many small meals and never be hungry. Obesity starts at 6pm.
7. **Time:** Find the time. If you really want something, you will find the time.
8. **Move:** Exercise--your life reflects your lifestyle.
9. **Water:** Drink 48 to 64 ounces daily.
10. **Reason:** Find a reason.
11. **Decision:** Make a decision.
12. **Free Day:** Enjoy one free day per week to prevent bingeing.
13. **Fiber:** Eat for fiber. Look for fiber content in your foods.
14. **Mind:** Use the power of the mind for your advantage.