

MY WEIGHT LOSS PRODUCTS:

FAST TRACK (1200 CALORIE "GET STARTED" PLAN)

Instructions:

Your program will consist of :

1. 3 pkgs of pudding shake supplement per day = 100 cal
2. 1 nutritional bar l per day = 150 cal per bar
3. 2 meals : lunch & dinner & a serving of fruit for breakfast
4. Add 1-3 servings of fulfill drinks to supply beneficial fiber
5. 8 glasses 64 oz of water per day. This doesn't include the water used to mix supplements. 4-6 other servings of beverages are allowed including: diet soda, mineral water, tea , decaf coffee, bouillion and non calorie drinks providing less than 4 cal per servings
6. Walk 30 minutes per day

SUPPLEMENTS AND MEAL PLANNING TIPS

Eat at regular intervals (every 2-3 hours).

If your work or home schedule interferes with your timing, you may switch the food choices for lunch and dinner or include fruit with a snack.

Be sure to take all the prescribed supplements with meals.

Your supplements are not just food, they provide the essential nutrients your body needs to maintain health while losing weight.

Continue to weigh or measure servings of food for greater accuracy and to help develop good visual accuracy skills for starch and fruit choices.

If desired, your fruit selection may be mixed in a blender with one of your supplements for a flavorful fruity shake.

Fast Track plan (guide)

1200 calorie meal plan

(3 pudding/shakes & 1 nutrition bar & 2 meals)

Breakfast: pudding shake supplement

One fruit serving

AM snack : pudding/ shake supplement

Lunch: 1 starch

4 oz lean meat

Veg. 2c raw or 1 c cooked

One free food option

PM snack : 1 nutrition bar

Dinner: 6 oz very lean meat

Veg 2C RAW OR 1 C COOKED

1 FREE FOOD OPTION

EVENING SNACK: PUDDING SHAKE SUPPLEMENT.

CALORIE GUIDE:

Breakfast:

1 packet =100 cal
1 fruit = 60 cal

PM Snack

1 bar = 150 calories

Lunch:

Refer to meal plan guide
for food options and
serving sizes
Meal = 350-370 cal

Dinner

Refer to meal plan guide
for food options and
serving sz
Meals = 340-360 cal

Evening snack

1 packet = 100 calories

Daily: Carbs 35%

Protein 45%

Fat: 20%

MY WEIGHT LOSS PRODUCTS SHOPPING LIST

(This list may contain food options that are not on your meal plan. Please email us for advice when needed)

STARCH

____servings per week
(Approx. 80 cal/serving)

- ____Cereal (1/2 cup)
- ____Diet Bread (2 slices)
- ____Regular Bread (1 Slice)
- ____1/2 Bagel (1 oz)
- ____1/2 English Muffin
- ____1 Low-fat Waffle
- ____1/2 Pita Bread (6oz)
- ____Roll (1 oz)
- ____1/2 oz Low Fat Cracker
- ____Melba Toast (4)
- ____Pretzels (3/4oz)
- ____Popcorn, air popped (3 cups)
- ____Pasta, cooked (1/2 cup)
- ____Rice, cooked (1/2 cup)
- ____Corn, frozen (1/2 cup)
- ____Peas, frozen (1/2 cup)
- ____Potato, small (3 oz) Baked or mashed

FRUITS (Fresh)

____servings per week
(Approx. 60 cal/serving)

- ____Apple, small (4 oz)
- ____Applesauce (1/2 cup)
- ____Apricots, fresh (5oz)
- ____Banana, small (4 oz)
- ____Blackberries (3/4 cup)
- ____Blueberries (3/4 cup)
- ____Cherries or Grapes (3oz)
- ____Grapefruit (1/2)
- ____Melon (1 cup)
- ____Orange, small (6oz)
- ____Peach, med. (4 oz)
- ____Pear, small (4 oz)
- ____Pineapple (1/2 cup)
- ____Plum, 2 small (5 oz)
- ____Prunes, dried (3)
- ____Raspberries (1 cup)
- ____Strawberries (1 cup)

VERY LEAN

MEAT=____oz
(<1gram of fat per oz)

- ____servings/week
(Approx. 30 cal/serving)
- ____Turkey Breast (no skin)
- ____Chicken Breast (no skin)
- ____Fish (Cod, Flounder, trout, halibut, tuna in water)
- ____Shellfish (clams, scallops, crab, lobster, shrimp)
- ____Nonfat cheese (1 oz)
- ____Cottage Cheese (1/4 cup) (non fat or low fat)
- ____Egg Substitute (1/4 cup)

LEAN MEAT=____oz
(3 grams of fat per oz)

- ____servings/week
(Approx. 55 cal/serving)
- ____Beef (Sirloin steak)
- ____Veal (chop, roast)
- ____Pork (Center chop)
- ____Seafood (Salmon, Oysters)
- ____Low-Fat Cheese (<3 grams fat per oz)
- ____Low-Fat Lunchmeat (< 3 grams fat per oz)
- ____Medium Egg= 1oz (limit 3 eggs/week)

FATS

- ____servings/week
- ____Margarine (1 tsp)
- ____Mayonnaise (1 tsp)
- ____Reduced-fat Mayo (3 TBSP)
- ____Peanut Butter (2 tsp)
- ____Oil (Canola, Olive) 1 tsp)
- ____Ripe Olives (8 large)

DAIRY

- ____servings/week
(Approx. 100 cal/serving)
- ____Milk, 1% or nonfat (skim) 1c
- ____Yogurt, nonfat or low-fat fruit flavored sweetened with aspartame (1 cup)
- ____Nonfat Plain Yogurt (3/4c)

VEGETABLES Serving size: 1 cup raw OR 1/2 cup cooked

____Servings Raw ____Servings Cooked
(Approx. 25 cal/serving)

OPTIONAL FOODS

- ____servings per week
(<20 cal/serving)
- ____Nonfat Cream Cheese (1 TBSP)

BEVERAGES

- ____servings per week. (Non-caloric and caffeine free)
- ____Spring Water (with or without flavoring or

___Asparagus	___Cucumber	___Radishes
___Beans (gr or yel)	___Eggplant	___Scallions
___Beets	___Greens	___Spinach
___Brussel Sprout	___Lettuce	___Sprouts
___Cabbage	___Mushrooms	___Summer Squash
___Carrots	___Okra	___Tomato
___Cauliflower	___Pea Pods	___Turnips
___Celery	___Peppers	___Watercress
		___Zucchini

___Nonfat
Margarine (4 TBSP)
___Reduced Fat
Margarine (1tsp)
___Nonfat Sour
Cream (1 TBSP)
___Nonfat Salad
Dressing (1TBSP)
___Salsa (1/4 cup)
___Taco Sauce (1
TBSP)
___Ketchup (1
TBSP)
___Sugar Free Syrup
(2 TBSP)
___Low-Sugar jam/
Jelly (2 tsp)

carbonation)
___Bouillon (low
sodium)
___Sugar Free
Drink Mixes
___Club Soda or
Diet Soda
___Decaf Coffee
or Tea
___Herbal Teas

(10
cal/serving)
___AHS Fiber Plus
(Mixed fruit or
Iced Tea)