

Week One Sampler



(From page 13 in the
Nutritional Workbook)

Your “WHY?”: **Fat Truck**



Everyone has fat cells. Unless you are morbidly obese, you have roughly the same amount of fat cells you had since you were a teenager. Gaining weight is not usually the result of creating new fat cells, but rather expanding the ones you already have. In fact, fat cells can expand up to four times their original size. Likewise, losing weight is not the loss of fat cells, but rather the shrinking of fat cells. For that reason, we can easily re-expand those fat cells if we go back to our old eating habits.

Most of us are walking around with untapped energy hanging off our bodies! Your fat is simply stored energy which your body cannot access for fuel. The food you consume results in either storing fat or burning fat. Your food will either allow you to access your stored fat or it will contribute to fat storage.



The Fat Truck Is the hormone:



When your pancreas senses a rise in your blood sugar or glucose level, it makes and dispatches insulin or, as we call it, the Fat Truck. Insulin opens the door to your working cells (e.g., brain, liver, and muscle cells) so they get the energy from the glucose. Once they are fed, the body stores the excess glucose in the form of glycogen in the liver and muscle cells. Once the liver and muscle cells are full of glycogen (the stored form of glucose), insulin opens the doors to the fat cells where the glucose is converted into free fatty acids and stored in the fat cells.ⁱ

“NIH study shows how insulin stimulates fat cells to take in glucose” (2010, September 7) Retrieved from <http://bit.ly/2uewttY>



Results of Fat Truck

1. Increased _____
2. _____ storage
3. _____ fat burn is stopped for up to _____ hours

How to Park the Fat Truck:

1. _____
2. _____
3. _____

*(From pages 75-77 in the
Nutritional Workbook)*

LP Poultry

All-White Meat, skinless Chicken Breast
Egg Whites
99% Fat Free Ground Chicken Breast
(6 other LP Poultry examples in book)

LP Fish

Tilapia
Tuna packed in water
(15 other fish examples in book)

Lean & Fatty Proteins



LP Dairy

Plain Nonfat Greek Yogurt
Kroger Carbmaster Milk (All Flavors)
(5 other LP Dairy examples in book)

LP Deli

(Examples are in book)

LP Vegetarian

(Examples are in book)

Fatty Proteins



FP Beef

96/4 Extra Lean Ground Beef
Top sirloin steak
(32 other FP examples in book)

FP Dairy

(3 FP Dairy examples in book)

FP Deli

(FP Dairy examples in book)

FP Fish

(12 FP Fish examples in book)

FP Poultry

Chicken Thighs
Chicken Legs
Whole Eggs

(7 FP Poultry examples in book)

FP Vegetarian

(8 FP Vegetarian examples in book)

Fibrous Carbohydrates



FC Bread Products

(4 other FC Bread examples in the book)

FC Vegetables

Broccoli
Cauliflower
Celery
Lettuce (all kinds)
Mushrooms (all kinds)
(41 FC Vegetables examples in the book)

Grocery Snacks, Extras & Freebies



(From pages 80-81 in the Nutritional Workbook)

The following are products which were recommended in the course. A much larger, ever-expanding list is available on the website. (Premium membership is required to access full databases.)

Meal Replacements: Frozen Entrees

(Examples are in book)

Meal Replacements: Bars and More

(Examples are in book)

Snacks

- 1 cup Breyer's no sugar added ice cream
 - 1 handful of nuts (not yogurt, chocolate or honey covered)
 - 1 Breyer's Carbsmart ice cream bar
 - 2 One hundred calorie nut packets
- (13 more Snack examples are in book)*

Extras

- 2 sugar free popsicles

5 Healthwise biscotti

(17 more Extras examples are in book)

Freebies

Any FC vegetable

Sugar free Jell-O cups with Fat free Redi Whip

(11 more Freebie examples are in book)

Condiments

0 Calorie Cooking Spray

Olive Garden Light Italian Dressing

Spices & Seasonings

Tomatoes, carrots, and onions (sparingly)

Ultra Thin cheese slices (1)

(17 more Freebies examples are in book)

(From page 99 in the
Nutritional Workbook)

99% Fat Free Ground Chicken Breast: _____
Onion _____
Lean Ham _____
Egg Whites/Substitute _____
2 Sugar Free Popsicles _____
Flounder _____
96/4-92/8% Ground Beef _____
Halibut _____
Mahi-mahi _____
Pork _____
Orange Roughy _____
Snapper _____
Broccoli _____ or *Freebie (F)*
Tilapia _____
All Steaks (except Ribeye) _____
Shellfish _____
Bell Peppers _____ or _____
Cucumber _____ or _____
Sugar Snap Peas (in pod) _____ or _____
Squash (all kinds) _____ or _____
Tuna (in water) _____
93/7% Ground Turkey/Chicken _____
Canadian Bacon _____

Fibrous Carb (FC) veggies
can also be a Freebie.

Week 1 Review Quiz



Fat Free Mayo _____
Cauliflower _____ or _____
Brussels Sprouts _____ or _____
Cabbage _____ or _____
Carrots _____
Catfish _____
5 *Healthwise Biscotti* _____
99% Fat Free Ground Turkey _____
Whole Eggs _____
Sargento's Ultra Thin Cheese _____
Asparagus _____ or _____
Celery _____ or _____
Salsa _____
Lettuce (all kinds) _____ or _____
Aunt Millie's 35 Cal. Whole Grain _____
Mushrooms (all kinds) _____ or _____
Peppers (all kinds) _____ or _____
Ole Extreme Wellness High Fiber _____
Flat Out Light Flatbread _____
Taco Seasoning _____

*Available in the online store.

LP = Lean Protein
FP=Fatty Protein
FC=Fibrous Carb
NC = Natural Carb
CF = Complete Food
MR = Meal Replacement
C=Condiment
E=Extra
S=Snack
F= Freebie

(From page 40 in the
Nutritional Workbook)

Snacks (S)



On our website, we are constantly adding new snacks as they come out in your local grocery stores. Not all snacks are protein shakes or bars. Any snack which meets the formula can work; however, the more protein to Impact Carbohydrates the better.



Snack Guidelines

1. Eat only Achieve! Approved snacks
2. Men: Up to _____ snacks a day *plus* freebies and/or an extra
3. Women: Up to _____ snacks a day *plus* freebies and/or an extra
4. Snacks should be eaten _____ supper.

Number of Snacks

It is good to eat snacks. You should eat every 2-4 hours to keep your metabolism burning at its peak level throughout the day. Snacks, freebies, and extras are great ways of keeping your metabolism on fire between meals.

Men are allowed the extra snack because they have more muscle mass and therefore burn more calories than women. Men do not have to eat two snacks, but we certainly encourage men to have at least one snack.

Ladies, we know that it doesn't seem fair that you can only have one snack a day; however, there are great low-calorie products on the market that qualify as a snack. Because they are low calorie, you can actually enjoy two of these products and still stay under the maximum snack calories for the day- we call these "Split-Snacks."

If you exercise moderately for at least 30 minutes a day, you can enjoy an additional snack, if you choose.

(From page 44 in the
Nutritional Workbook)

Extras (E) & Freebies (F)



This category of food does not count as a snack or a meal, nor are they unlimited. Foods in this category do contain calories and overindulgence can cause you to slow down efficient fat burn. Here are a couple rules for Extras.

Extras can be combined with freebies. Pick an extra for the day and after you have enjoyed it, stick only to freebies for the rest of the day.



Extras

1. Require _____ control
2. Can be eaten _____ time
3. Should only be eaten to satisfy _____
4. Limit to _____ Extra/day

NOTE: just because something is sugar free or no-sugar-added does not mean it will be an Extra. There are sugar-free and no-sugar-added popsicles on the market that do not work as an extra.

Freebies

Freebies are truly free! There is no limit to the amount of food in this category that you can enjoy in a day. However, there is one rule: wait 30 minutes after a meal before you dig into freebies. The reason for this rule is that we want to keep your stomach from stretching; we want your stomach to shrink back to its God-given size. While these foods will not cause the Fat Truck to run, if you pile them into a stomach already full of food, your stomach will have to expand to accommodate them.



Freebies

1. Do _____ require _____ control
2. Can be eaten _____ time
3. Should only be eaten to satisfy _____
4. Wait _____ after a meal.

*(From page 49 in the
Nutritional Workbook)*

The **Knockout Punch**

There are two types of days in the Achieve Weight Loss lifestyle: Healthy Days and Junk Days. You are in control of what you eat and whether or not you are going to have a Healthy or a Junk Day! Remember, the way you will successfully have Healthy Days is keeping your “Why?” in front of you. If you did not work through the section on your “Why?” you need to do it now or you will not succeed!



Exercising the Knockout Punch is what makes a Healthy Day. Just as there are five fingers which make up a fist, so there are five components which make up a Healthy Day. When all five components are present you are knocking out the Diet Demon and making your food work for you.

Finger #1: _____

Finger #2: _____

Finger #3: _____

Finger #4: _____

Finger #5: _____

Each one of these fingers is important to your success. Let's look at each part of the Knockout Punch in detail.

Knockout Punch: Portions



(From page 50 in the
Nutritional Workbook)

Portion Size:

- _____ Hands

Plate Size:

- _____ inches

Protein Portions (Dense)

- Men: _____ Hand (6-8 ounces or 170-226 grams)
- Women: _____ Hand or _____ (4-6 ounces or 113-170 grams)

Protein Portions (Non-Dense. Ex. Eggs/Bacon)

- Men: up to _____ eggs or _____ eggs and _____ slices of bacon*
- Women: _____ eggs or _____ eggs and _____ slices of bacon
(*Bacon must be 100 calories or less per serving.)

Protein Portions (Liquid)

- Men: _____ to _____ cups
- Women: _____ to _____ cups

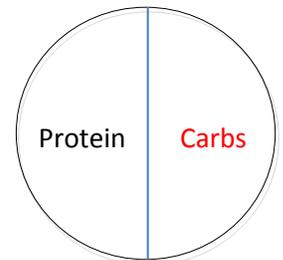
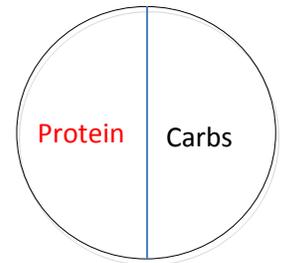
Fibrous Carbohydrates (FC)

- Men & Women: Whole _____ or _____ to _____ cups

Natural Carbohydrates (NC)

- Men & Women: $\frac{1}{2}$ _____ or $\frac{1}{2}$ _____ cooked
 - Exception: Berries _____ cup!

Complete Foods (see chart on page 33)



Knockout Punch: Combinations

*(From page 53 in the
Nutritional Workbook)*

We combine food to maximize the Thermic Effect of Food, to neutralize the Fat Truck, and to engage the Sainly Sweeper to burn body fat. Let's examine the combinations:

- #1: _____ Protein (LP) + Condiments
- #2: _____ Protein (LP) + _____ Carb (FC) + Condiments
- #3: _____ Protein (FP) + _____ Carb (FC) + Condiments
- #4: *(Taught in Week 2 of Class)*
- #5: *(Taught in Week 2 of Class)*
- #6: *(Taught in Week 3 of Class)*
- #7: *(Taught in Week 3 of Class)*
- #8: *(Taught in Week 3 of Class)*
- #9: *(Taught in Week 3 of Class)*
- #10: *(Taught in Week 3 of Class)*

Build your Own Menu

#1: _____ Protein (LP) + Condiments

#2: _____ Protein (LP) + _____ Carb (FC) +
Condiments

#3: _____ Protein (FP) + _____ Carb (FC) + Condiments

Lean Proteins (LP)

Egg Whites and/or Egg Substitutes
Low Fat Cottage Cheese
Chicken/Turkey Breast
Tilapia
Tuna Packed in Water
(More examples in book)

Fibrous Carbohydrates (FC)

Bell Peppers Broccoli
Cauliflower Celery
Cucumbers Green Beans
Lettuce Mushrooms
Spinach Peppers
(More examples in book)

Fatty Proteins (FP)

Whole Eggs
Chicken Legs/Thighs
96/4% - 92/8% Extra Lean Ground
Beef
(More examples in book)

*(From page 60 in the
Nutritional Workbook)*

Water



“Water _____, Fat _____”



Amount of Water:

- _____ ounces of water/daily

Caffeinated Drinks:

- Add an additional _____ ounces of water

Water

1. *(Taught in Week 4 of Class)*
2. *(Taught in Week 4 of Class)*
3. *(Taught in Week 4 of Class)*
4. *(Taught in Week 4 of Class)*
5. *(Taught in Week 4 of Class)*
6. *(Taught in Week 4 of Class)*
7. *(Taught in Week 4 of Class)*

Water FAQ:

1. May I add 0 Calorie flavoring to my water? We want to clean out your liver as much as possible so we prefer you avoid adding these items to your water.
2. May I add anything to my water? You may add a little lemon or lime to your water or 1 TBSP of unfiltered apple cider vinegar.
3. What can I use to sweeten my coffee/tea? You may use an artificial sweetener or sugar alcohol.
4. You may use sugar-free creamer for your coffee.

Your body needs water. Your cells bathe in water. In fact, water makes up about 60% of your body weight. If you weigh 100 pounds, 60 pounds of your weight is in water. The amount of water you are carrying is in direct proportion to your body fat, lean muscle mass, and your transient hydration status.

Most of us think of dehydration as something which occurs when it is hot and we are doing physical labor. But dehydration can occur at any time. In fact, we would argue that the majority of people are dehydrated. As we age our body's ability to conserve water is reduced, we become less sensitive to thirst, and our bodies are not able to adapt as quickly to changes in temperature. Diabetes, other chronic illness, menopause, and some medications also put us at a higher risk of dehydration.

Your Options



Option #1: Attend Live Classes

112 page Nutritional Workbook

- 4 Weeks of Menus/Shopping Lists
 - Food Category Listings
 - Glossary
- Restaurant Ideas

365 Daily Motivational Emails

Weekly Weigh-in & Weight Tracking by Coach

Personal Coaching via Feedback on Food Journal

Private Facebook Page

Online Tools

- Grocery Database (over 1,500 items)
- Recipe Database (Over 325 recipes)
- Restaurant Database (over 35 Restaurants)
- Exercise Database (Nearly 100 exercise vignettes)
- Weight Loss videos/Course
- Meal Planner/ Shopping List Generator

Option #2: Attend Online Only

Procedure

1. Go to: www.loseatachieve.com
2. Select "Weight Loss Meetings"
3. Fill out payment information
4. Use appropriate coupon code and click to "Apply Coupon"
5. Complete payment process
6. Register on the confirmation page. NOTE: Use current date as "Class start Date" (If attending local classes. You do not have to do this for online course.)