

Shopping for Weight Loss



Find the Best Foods and
Start Creating Your Fat-Burning Menus

- ✓ **No Supplements**
- ✓ **No Shakes**
- ✓ **No Required Products**



4 WAYS TO GET VALUE

1. Print the workbook
2. Participate in the *live* chat
3. Seven day free trial
4. Watch the Daily Minute-to-Slim-it video emails

YOU ARE IN THE RIGHT PLACE IF...

You want to....

1. Use your _____ to lose weight...but you don't know how
2. _____ how to make your food work for you
3. Be _____ to make your own choices
4. Enjoy eating out without feeling _____
5. Learn _____ at your grocery store
6. Live a practical _____

You are tired of...

1. _____
2. _____ diet plans
3. Taking _____
4. Living on _____
5. Counting _____ or _____
6. _____ your food

BENEFITS YOU WILL RECIEVE...

1. Greater self-esteem
 2. Looser fitting clothes
 3. Reduction or elimination of medications (Consult your doctor first!!)
 4. Increased energy
 5. More productivity
 6. Less joint pain
 7. Better overall health
-

YOU WILL LEARN...

1. How to qualify _____ protein options
2. How to qualify _____ protein options
3. How to qualify _____ products in the Fibrous Carb category
4. How to start _____ fat burning menus
5. Grocery store options for snacks and freebies

How to Start Living a *Sustainable* Weight Loss Lifestyle

WE ARE ASKING YOU TO...

1. Be willing to try
2. Consult your doctor about your new lifestyle
3. Use food from your refrigerator, freezer or pantry
4. Make recommended purchases at your local grocery store
5. Use common foods from your local grocery store
6. Enjoy your daily inspirational video emails
7. Test drive the website (7 day free trial)

WE ARE NOT ASKING YOU TO...

1. Purchase supplements
2. Get shots
3. Purchase pre-packaged meals
4. Live off of set menus
5. Purchase exotic, unusual foods
6. Create difficult recipes

HOW IS THIS LIFESTYLE SUSTAINABLE?

1. Three _____ a day
2. _____ store based
3. One (_____) to Two (_____) snacks a day (and an “_____”)*
4. Unlimited “_____” a day

*If you exercise for 30 minutes, you may add an additional snack

Step #1

Identify the _____

Protein

Determining a Lean Protein (LP)

1. Know the Formula: 1 gram of fat = 9 calories
2. Determine the Animal: Did it have _____ or _____? If so, it may be a Lean Protein.
3. Know your Percentage: Lean Proteins are _____% or less calories from fat.
4. Find _____ % of the calories.
5. Find how many calories are coming from fat. To do this you take the Total Fat x _____.
6. If the calories from fat are equal to or less than 20% of the calories then it is a Lean Protein.

Calories: _____
 20% of 100 = _____ calories from fat

Total Fat: 0.50grams
 0.50 x 9 = _____ calories from fat

Is this a Lean Protein? Why or Why Not?

Nutrition Facts

Serving Size 4 oz
 Servings Per Container 10

Amount Per Serving	
Calories 100	Calories from Fat 5
	% Daily Value*
Total Fat 0.50g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 70mg	23%
Sodium 110mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	44%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Lean Proteins

- 99% fat free turkey/Chicken breast
- Low Fat Cottage Cheese
- Egg _____/Egg _____
- _____ Packed in Water
- Plain, Non-Fat, _____ Yogurt

Step #1

Identify the Proteins

Protein

Determining a "Safe" Fatty Protein (FP)

1. Know the Formula: 1 gram of fat = 9 calories
2. Determine the Animal: Did it _____ or _____? If so, it may be a Fatty Protein.
3. Know your Percentage: Fatty Proteins are _____% or less calories from fat.
4. Find _____% of the calories.
5. Find how many calories are coming from fat. To do this you take the Total Fat x _____.
6. If the calories from fat are equal to or less than 50% of the calories then it is a Fatty Protein.

Calories: 170
50% of 170 = _____ calories from fat

Total Fat: 8grams
8 x 9 = _____ calories

Is this a Fatty Protein? Why or Why Not?

Nutrition Facts

Serving Size: 5oz. (141g)
Servings Per Container: 1

Amount Per Serving	
Calories 170	Calories from Fat 70
% Daily Value *	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 62mg	21%
Sodium 480mg	20%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 22g	44%
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 17%	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Fatty Proteins

- Whole Eggs
- Pork Chops
- Sirloin Steak
- Chicken/Turkey _____ / _____
- _____% Lean Ground Beef

Step #2

Identify the _____

Carbohydrates

Fibrous Carbohydrates

- Lettuce
- Dill Pickles
- Green Beans
- Broccoli
- Cauliflower
- Mushrooms
- Green Peppers

NOTE;

We cover another category of carbohydrates in the weight loss course.

Fibrous Carb Breads

1. Low in Calories
 - _____ calories per serving (2 slices) max
 - _____ calories or less per slice
2. High in Fiber
 - 1 gram of fiber for every _____ calories OR\
 - 1 gram of fiber + _____ for every 10 calories
 - Generally Whole Wheat/Grain
3. Low in Sugar
 - _____ grams of sugar or less per serving

Nutrition Facts

Serving size 2 slices (47g)
Servings per Container 12

Calories 70
Calories from fat 5

Amount/Serving	%DV*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated 0g	
Monounsaturated 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Potassium 90mg	3%
Total Carbohydrate 20g	7%
Fiber 6g	22%
Sugars 1g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 6%
Thiamine 10%	Riboflavin 6%
Niacin 6%	Folic Acid 10%

NOTE;

We cover the formula for muffins/buns/tortillas in the weight loss course

Fibrous Carb Bread Products

- Aunt Millie's 35 Calorie Whole Grain Bread
- Thomas Light English Muffin

Step #3

IDENTIFY

Condiments

- Low fat mayonnaise or whip
- Mustard (Yellow, Brown, or Spicy)
- *Kikkoman* Teriyaki and Marinade
- Spices/Seasonings
- Ultra Thin Cheese Slice
- Fat Free *Redi Whip*
- Olive Garden Light Italian Dressing

Condiment Rule “Few, 4, 2”

Few = _____ or less calories per meal

4 = _____ grams of fat or less

2 = _____ grams of sugar or less

Serving Size: _____

Calories: _____

Total Fat: _____

Sugars: _____

Does this work? _____

Nutrition Facts

Serving Size	1 Ea
Servings Per Container	24
Amount Per Serving	
Calories	45
Calories From Fat	25
% Daily Value	
Total Fat 3 G	5
Saturated Fat 2 G	10
Trans Fat 0 G	
Cholesterol 10 Mg	3
Sodium 290.0 Mg	12
Total Carbohydrate 2 G	1
Dietary Fiber 0 G	0
Sugars 1 G	
Protein 3 G	
Vitamin A	4
Vitamin C	0
Calcium	40
Iron	0

Step #4

IDENTIFY OTHER FOODS

Snacks

- 2-100 calorie Nut Packets
- 4 strings of Light String Cheese
- 1 Klondike No Sugar Added Ice Cream Sandwich

NOTE: If you do moderate exercise for 30 minutes, you get an extra snack!

Ladies: 1 Snack/day

Men: 2 Snacks/day

*May add an additional snack if moderate exercise for 30 minutes or more

Freebies

Unlimited (eat only to satisfy cravings)

- Dill Pickles
- Sugar Free Gum
- Sugar Free Jell-O + Fat Free *Redi Whip*
- Cauliflower
- Celery

Step #5

Your Food Work
for You

Combination #2:

_____ **Protein (LP)** + _____ **Carb (FC)** +

Turkey Breast Sandwich (& Chips)

- 4-6 slices 99% fat free turkey breast (LP)
- 2 Slice Aunt Millie's 35 calorie whole grain bread (FC)
- Lettuce (FC)
- 10-13 Pop Chips (NC)
- Low fat mayonnaise, mustard (C)

Combination #3:

_____ **Protein (FP)** + _____ **Carb (FC)**
+ **(Condiments)**

Pork Chop & Salad

- 1 pork chop (FP)
- 1 Small side salad (no croutons or crackers) (FC)
- Olive Garden Light Italian Dressing (C)
- Green beans (seasoned to taste) (FC)

Combination #2:

_____ **Protein (LP)** + _____ **Carb (FC)** + (Condiments)

Breakfast Ideas

Unlimited (eat only to satisfy cravings)

Idea #1: (LP) _____ + (FC) _____

+ Condiments: _____

Idea #1: (LP) _____ + (FC) _____

• Condiments: _____

Idea #1: (LP) _____ + (FC) _____

+ Condiments: _____

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Lunch/Supper Ideas

Unlimited (eat only to satisfy cravings)

Idea #1: (LP) _____ + (FC) _____

• Condiments: _____

Idea #1: (LP) _____ + (FC) _____

• Condiments: _____

Idea #1: (LP) _____ + (FC) _____

+ Condiments: _____

Combination #3:

_____ **Protein (FP)** + _____ **Carb (FC)** + (Condiments)

Breakfast Ideas

Unlimited (eat only to satisfy cravings)

Idea #1: (FP) _____ + (FC) _____

+ Condiments: _____

Idea #2: (FP) _____ + (FC) _____

+ Condiments: _____

Idea #3: (FP) _____ + (FC) _____

+ Condiments: _____

Lunch/Supper Ideas

Unlimited (eat only to satisfy cravings)

Idea #1: (FP) _____ + (FC) _____

+ Condiments: _____

Idea #2: (FP) _____ + (FC) _____

+ Condiments: _____

Idea #3: (FP) _____ + (FC) _____

+ Condiments: _____

YOU ATTENDED BECAUSE YOU WANTED TO...

1. Learn to how to shop for weight loss
2. Want to use your food to lose weight
3. Want to investigate a way to lose weight

THERE IS MUCH MORE TO LEARN!

1. *Learn More food categories*
2. *Learn how to make more food groups work together*
3. *Learn about “void” replacements*
4. *Learn tricks for eating out*
5. *How to identify good condiments*
6. *More snack, freebie and extra ideas*

BENEFITS

1. Elimination or reduction of medications
2. Increased energy
3. Greater self-esteem
4. Reduction in joint pain
5. More self-confidence
6. Increased productivity
7. Empowerment over food choices
8. Community support
9. Coach support
10. Motivation
11. Education
12. Access to online databases

Shopping for Weight Loss

In the next 24 hours what is *one action item* you just learned that you are committed to taking to start losing weight?

Additional notes and tips you don't want to forget!
