

Family Health and Wellness Weight Management Program

Induction Phase

The purpose of this phase is to prepare your body in the right chemical balance so that when your nutritional program begins you will lose weight in the safest, fastest, and most enjoyable way possible.

The basic principle behind this phase is to totally eliminate ALL starches, sugar, and carbohydrates from your body so your body goes directly to your storage fat and uses it for energy

For the next <u>3 days</u> you must consume the following:	Food Selections
<ul style="list-style-type: none"> • Proteins (meat, poultry, fish and shellfish) 2-3 lbs per day • Unlimited green raw vegetables, except peas • 2 eggs per day or a substitute such as Egg Beaters for breakfast • 1 orange in the A.M. • 1 orange in the P.M. • ½ tsp. Morton Lite Salt • 10 eight oz glasses of water per day <p>Note: During this phase the following are not permitted: artificial sweeteners, fruit juices, cooked vegetables, bread, milk or cheese, deli meats, peas, pasta, pork, bacon, sausage, condiments such as mayonnaise, mustard and ketchup.</p>	<ul style="list-style-type: none"> • Proteins – Unlimited Meats: steak, hamburger, roast, veal, lamb, chicken, turkey, fish, shrimp, lobster and scallops <p><i>Chicken and turkey can be cooked with skin on, but absolutely NO batters or breading; fish and shellfish can be broiled or basted with butter, oil, or margarine</i></p> <ul style="list-style-type: none"> • Vegetables – Unlimited lettuce, endive, cabbage, spinach, peppers, celery, broccoli, green onions, and cucumbers • Eggs – Two daily or Egg Beaters daily • Morton Lite Salt – ½ tsp sprinkled over food • Water – Ten 8oz glasses of water daily • Limited Selections: <ul style="list-style-type: none"> Coffee – 2 cups regular; 4 cups decaffeinated Tea – 2 cups regular; 4 cups decaffeinated Diet Soda – Two 12oz cans of clear diet soda (NO colas) Seasonings – Any natural seasonings may be used to enhance the flavor of food such as garlic or onion powder (<i>cannot contain salt or sugar</i>)

Plans

Plan 1	Plan 2
<ul style="list-style-type: none"> • 80oz of water each day • 2 Fruits before 6pm • 4 Vegetables • 2 Starches • 2 Proteins • 1 Fat • ¼ cup of skim milk • ¼ - ½ tsp Morton’s Light Salt daily 	<p style="text-align: center;"><i>This plan is started when you are half way to your goal</i></p> <ul style="list-style-type: none"> • 80oz of water each day • 2 Fruits before 6pm • 2 Vegetables • 2 Starches • 2 Proteins • 1 Fat • ¼ - ½ tsp Morton’s Light Salt daily

Refer to the food list for all portion sizes!

Vegetables Portion

Asparagus	1 cup
Bean Sprouts	1 cup
Broccoli	1 cup
Cabbage	1 cup
Cauliflower	1 cup
Celery	1 Large Stalk
Chard	1 cup
Cucumbers	½ Medium
Eggplant	1 cup
Green Onions	5 Small
Lettuce or Endive	1 cup
Mushrooms	1 cup
Mustard Greens	1 cup
Okra	1 cup
Peppers (green or red) ..	½ Medium
Radishes	10 Medium
Rhubarb	1 Stalk
Spinach or Kale	1 cup
Squash (summer)	1 cup
String Beans	1 cup
Tomatoes	1 Small
Turnip Sprouts/Greens ...	1 cup
Zucchini	1 cup

Fruits

Grapes (green)	10 Regular
Apple	1 Small
Apricot	3 Medium
Blueberries	¼ Cup
Cantaloupe	1/8 Large
Cherries	9 Medium
Grapefruit	½ Small
Lemon	Lemon
Orange	1 Small
Peach	1 Small
Pineapple	¾ Cup
Prunes	2 Medium
Raspberries	¼ Cup
Strawberries	12 Small
Tangerine	1 Small
Watermelon	1 Cup Diced

Dairy and Eggs Serving

Cottage Cheese 1%.....	5 oz
Eggs	2 Large
Chobani Plain Non-Fat Greek Yogurt	5 oz

Starches

Diet Bread (40 calories)	1 Slice
SaraLee 80 Calorie Wheat Bun	1 Bun
Melba Toast (unseasoned)	2 Slices
Bread Sticks (Diet Stella D’Orol)	1 Large Stick
Akmak Cracker	½
Rice Cake (unsalted)	1 Cake
Millers Bran	2 Tbsp
Kavali Crispy Bread (thin)	1 Wafer
Corn Tortillas (6” dia.)	½ Tortilla
Ryvta Cracker	½ of 1 Package

Baked Potato	½ Small
Brown Rice	¼ Cup Cooked
Sweet Potato	½ Small

Fats

Diet Margarine	1 Tbsp
Promise Lite	1 Tbsp
Promise Ultra	1 Tbsp
Fleishman’s Lite	1 Tbsp
Diet Mayonnaise	1 Tbsp
Olive Oil	1tsp

Liquids

Fresh Water	80 oz Daily
Tea or Coffee	2 Cups Daily
Diet Pop (no colas)	Two 12 oz Cans
Crystal Light	16 oz
Herbal Tea	No Restriction
Parsley Tea	As Needed
Decaffeinated Coffee	No Restriction
Flavored Water (no sugar, no sodium)	Two 12oz Glasses

Proteins Servings Daily

Beef – HIGH FAT ... Portion

Arm Roast	4 oz
Chuck Roast	4 oz
Rump Roast	4 oz
Ground Sirloin	4 oz
Club Steak	4 oz
Flank Steak	4 oz
Round Steak	4 oz
Sirloin Steak	4 oz
T-Bone Steak	4 oz
Lamb Loin	4 oz
Ground Turkey	4 oz
Buffalo	4 oz
Elk	4 oz
Venison	4 oz
Swordfish	5 oz

Crab (steamed)	5 oz
Salmon Steak	4 oz
Scallops	4 oz

Veal – MEDIUM FAT

Cutlet	5 oz
Rump	5 oz
Chop	5 oz

Poultry – LOW FAT

Chicken Breast	6 oz
Turkey Breast	5 oz

Liver – LOW FAT

Beef Liver	4 oz
Calf Liver	4 oz
Chicken Liver	3 oz

Fish – LOW FAT

Bluefish	6 oz
Cod	6 oz
Flounder	6 oz
Haddock	6 oz
Halibut (steamed)	6 oz
Striped Bass	5 oz
Lake Perch	5 oz
Fresh Tuna	5 oz
Mahi-Mahi	5 oz
Lobster	5 oz
Shrimp (fresh)	5 oz
Sole	5 oz
Whitefish	5 oz
Orange Roughy	5 oz
Scrod	5 oz
Red Snapper	5 oz
Grouper	5 oz
Yellow Tail	5 oz
Tilapia	5 oz

Tuna (water packed) ... 4 oz
(limited to 1x per week)

Restaurant Guide

Applebee's

- Sirloin Steak
- Grilled Chicken Breast
- Lemon Chicken
- Garden Salad (*use discretion!*)
- Fish (*ask for no marinade and seasonings – only fresh lemon juice!*)

Chili's

- 7oz Chicken Breast
- Brown Rice
- Fresh Steamed Vegetables (*ask for a manager – they will do anything you ask!*)

Chinese Restaurants

- Shrimp Steamed Vegetables
- Mixed Vegetables
- Asparagus
- Chicken with Vegetables
- Scallops with Vegetables

Golden Corral

- Sirloin Steak
- Grilled Chicken
- Salad

Houston's

- Sirloin Steak
- Grilled Chicken (*ask for no seasonings*)
- Traditional Salad

Houlihan's

- Grilled Chicken Salad (*ask for no cheese*)
- Fish Specials – Snapper (*ask for no seasonings*)

I-Hop

- Sirloin Steak
- Grilled Chicken Breast
- Salad

Olive Garden

- Grilled Chicken (*no marinade*)

Outback/Lonestar/Longhorn Steakhouse

- Sirloin Steak
- Baked Potato
- Traditional Salad

Red Lobster

- Order any fish on the diet (*they will prepare it any way you want it!*)
- Baked Potato
- Salad
- Steamed Vegetables

TGI Fridays

- Potato
- Grilled Chicken
- Turkey Breast
- Steak
- Vegetables