



Weight Loss Guide

7810 Ballantyne Commons Parkway, Suite 201, Charlotte, NC

www.cosmeticwellnessinstitute.com

704-559-9313

We believe true beauty starts from within. That's why our weight loss approach focuses on your whole body—helping you not only lose weight but keep it off for good. With a ***Tailored Weight Loss Approach*** along with sustainable, personalized lifestyle changes, we guide you toward becoming the healthiest, most confident version of yourself.

Remember weight loss is a journey; it will NOT happen overnight, and it will not always be easy. We've got you covered. Our monthly 1-on-1 weight loss health coaching sessions keep you on track to reach your goals while focusing on what's most important: getting healthier and working towards feeling your best.

"If you don't
make time for
your wellness
you will be
forced to make
time for your
illness."

quotelab.com

We don't focus on the number on the scale; we want the complete picture of your health. Each visit we will use our InBody technology to manage your biometrics with a body composition analysis. Using our InBody scale we can measure your Body Mass Index (BMI), Body Fat percentage, Skeletal Muscle Mass, water weight, and metabolism. These key metrics allow us to make proper recommendations to your diet and any appetite suppressants or other prescription weight loss medications prescribed. It helps to keep a food journal. We offer an app that will allow you to do just that and SO much more. With our THINNR app you can track your food, have access to recipes, you also have an AI food support system and meal planning just to start. By using our app, together we can review your dietary habits and identify any areas of improvement.

Healthy eating is important for maintaining a healthy weight and general health.

When it comes to eating, many of us have developed habits. Some eating habits are good, such as drinking water instead of sugary drinks. However, some are not so good, such as rewarding yourself with dessert after a hard day of work. Even if you've had the same eating pattern for years, it's not too late to make improvements.

Making sudden, radical changes, such as eating nothing but cabbage soup, can lead to short-term weight loss. However, such radical changes are neither healthy nor a good idea and won't be successful in the long run. Permanently improving your eating habits requires a thoughtful approach in which you:

- **Reflect** on your eating habits.
- **Replace** unhealthy eating habits with healthier ones.
- **Reinforce** your new, healthier eating habits.

Reflect

Create a list of your habits.

USE the THINNR app to take note of everything you eat and drink, including sugary drinks and alcohol. Write down the time of day you ate or drank the item.

Note how you felt when you decided to eat, especially if you were not hungry. Were you tired? Stressed?

Highlight the habits that lead you to overeat and pick a few to work on.

Common eating habits that can lead to eating too much in a day are:

- Eating too fast
- Eating standing up
- Always cleaning your plate
- Eating when not hungry
- Always eating dessert
- Skipping meals, even if you just skip breakfast.



Create a list of cues by reviewing your food diary

Look at the habits you highlighted. Identify triggers that cause you to engage in those habits. This will help you become more aware of when and where you eat for reasons other than hunger. Note how you typically feel at those times. These common environmental cues or emotions can encourage eating when not hungry:

- Opening the cabinet and seeing unhealthy snack food.
- Being in a stressful meeting at work.
- Seeing a plate of doughnuts at a meeting.
- Watching television.
- Having no idea what's for dinner.
- Feeling bored or tired and thinking food might offer a pick-me-up.

Ask yourself these questions for each cue:

Is there anything I can do to avoid the cue or situation?

This option works best for cues that do not involve others. For example, could you choose a different route to work to avoid the habit of stopping at a fast-food restaurant?

For things I can't avoid, can I do something different that would be healthier?

If you can't avoid the situation, evaluate your options. During work meetings, could you suggest or bring healthier snacks or beverages? Could you offer to take notes to distract your attention?

Replace

Replace unhealthy habits with new, healthy ones

Minimize distractions

Minimize distractions, such as watching the news while you eat. Such distractions keep you from paying attention to how quickly and how much you're eating.

Eat slowly

If you eat too quickly, you may clean your plate instead of paying attention to whether your hunger is satisfied.

You may realize that you eat too fast when you eat alone. If so, share a lunch each week with a colleague. Or, have a neighbor over for dinner one night a week. Another strategy is to put your fork down between bites.

Eat only when you're truly hungry

This will help you avoid eating when you are tired or anxious. Try to find a non-eating activity to do instead. You may find a quick walk or phone call with a friend can help you feel better.

Plan meals ahead of time

This will help ensure you eat a healthy well-balanced meal.

Protein is a nutrient that plays an essential role in building and maintaining the health of your body, including your muscles, skin and bones. It's also an important part of your diet when it comes to achieving or maintaining a healthy weight.

Protein is invaluable when it comes to increased fullness and satisfaction after a meal. It takes longer for protein to digest than other types of nutrients, thus, keeping you feeling satisfied for longer. This can potentially help you stave off snacking and cut some calories.

It also helps to preserve lean body mass by reducing the harmful fats in your body, especially around your abdomen. When you eat, your body burns calories as it breaks down food, absorbs nutrients and turns food into energy for your body. This is called the thermic effect of food (TEF).

Your body burns more calories digesting protein than carbohydrates, so protein has a higher TEF. Just by eating protein, you're already burning more calories. That's good news if you're trying to burn an extra 500 calories each day in order to lose weight.

Knowing how to use this key nutrient as part of a balanced diet puts the odds of losing weight on your side.

You can find many widely available and affordable sources of protein. Animal-based foods, such as meats and eggs, provide protein that can be more easily absorbed and used by your body than plant-based proteins.



HIGH PROTEIN FOODS

Nutrition Value per Serving; Serving Sizes see Chart; Unit: Gram, Calories in Kcal



 Lean Meat	Serving	Protein	Calories
Chicken Breast	3 oz (85g)	26	140
Turkey Breast	3 oz (85g)	25	125
Pork Tenderloin	3 oz (85g)	23	122
Lean Beef	3 oz (85g)	22	160
Venison	3 oz (85g)	21	100
Lean Lamb	3 oz (85g)	21	150
Duck (skinless)	3 oz (85g)	20	115

 Fish & Seafood	Serving	Protein	Calories
Tuna (in water)	3 oz (85g)	22	100
Sardines (in oil)	3 oz (85g)	21	180
Shrimp	3 oz (85g)	20	84
Halibut	3 oz (85g)	20	95
Mussels	3 oz (85g)	20	146
Salmon	3 oz (85g)	17	175
Haddock	3 oz (85g)	17	70
Trout	3 oz (85g)	17	125
Mackerel	3 oz (85g)	16	175
Cod	3 oz (85g)	15	70

 Dairy & Eggs	Serving	Protein	Calories
Greek Yogurt	3/4 cup (170g)	15	165
Cottage Cheese	1/2 cup (113g)	13	110
Parmesan	1 oz (28g)	10	122
Skim Milk	1 cup (240ml)	8	85
Mozzarella	1 oz (28g)	7	85
Cheddar	1 oz (28g)	7	114
Feta Cheese	1 oz (28g)	4	75
Cream Cheese	1 tbsp (15g)	1.5	50
Eggs	1 egg (50g)	6.3	70
Egg White	1 egg (33g)	3.6	17

 Grains	Serving	Protein	Calories
Quinoa	1 cup (185g)	8.1	222
Amaranth	1 cup (246g)	9.3	251
Buckwheat	1 cup (170g)	5.7	155
Oats	1 cup (81g)	13.2	307
Farro	1 cup (120g)	6	170
Millet	1 cup (174g)	6.1	207
Brown Rice	1 cup (195g)	5	216



Legumes	Serving	Protein	Calories
Soybeans (dry)	1 cup (172g)	62	776
Lentils	1 cup (198g)	50	704
Split Peas	1 cup (196g)	49	681
Adzuki Beans	1 cup (230g)	46	756
Fava Beans	1 cup (170g)	45	580
Kidney Beans	1 cup (177g)	43	590
White Beans	1 cup (179g)	39	601
Black-eyed Peas	1 cup (160g)	37	549
Black Beans	1 cup (172g)	36	588
Chickpeas	1 cup (164g)	31	598



Seeds & Nuts	Serving	Protein	Calories
Hemp Seeds	3 tbsp (30g)	9.3	166
Pumpkin Seeds	1 oz (28g)	8.4	158
Peanuts	1 oz (28g)	7.3	161
Almonds	1 oz (28g)	6	161
Sunflower Seeds	1 oz (28g)	5.9	164
Cashews	1 oz (28g)	5.1	155
Chia Seeds	2 tbsp (28g)	4.8	137
Walnuts	1 oz (28g)	4.3	183



Vegetables	Serving	Protein	Calories
Edamame	1 cup (155g)	17	188
Brussels Sprouts	1 cup (88g)	3.4	43
Artichokes	1 (120g)	3.3	47
Mushrooms	1 cup (70g)	3.1	22
Spinach	1 cup (30g)	2.9	23
Broccoli	1 cup (91g)	2.8	34
Kale	1 cup (67g)	2.7	28



Fruits	Serving	Protein	Calories
Guava	1 cup (165g)	2.6	68
Avocado	1/2 (100g)	2	160
Blackberries	1 cup (144g)	2	43
Pomegranate	1/2 cup (87g)	1.7	83
Black Currants	1 cup (112g)	1.6	63
Raspberries	1 cup (123g)	1.5	52



Plant-Based	Serving	Protein	Calories
Seitan	3 oz (85g)	21.3	119
Tempeh	3 oz (85g)	16.2	165
Tofu	3 oz (85g)	7.2	65

You need to eat _____ grams of Protein per day.

Reinforce

Reinforce your new, healthy habits

Habits take time to develop, so be patient with yourself.

If you engage in an unhealthy habit, stop as quickly as possible and ask yourself:

- Why do I do this?
- When did I start doing this?
- What changes do I need to make?

Remember to pat yourself on the back for the things you're doing right. Maybe you started eating more vegetables or drinking low-fat or fat-free milk. Recognizing your successes will encourage more changes.

Be careful not to berate yourself or think that one mistake blows a whole day's worth of healthy habits. Keep working to build healthy eating habits one day at a time.



Remember

We're With You Every Step of the Way!

You're not alone on this weight loss journey—**we're right here with you**, cheering you on and committed to helping you succeed. Our team is here to guide, support, and provide the tools you need to stay on track and reach your goals.

If you ever have questions, need motivation, or simply want to check in, **don't hesitate to reach out**. You can message us by email anytime at info@cosmeticwellnessinstitute.com.

Let's do this—**together!**

7810 Ballantyne Commons Parkway, Suite 201, Charlotte, NC

www.cosmeticwellnessinstitute.com

704-559-9313

Weight Management Membership Options

Our membership programs offer a cost-effective way to receive additional support and benefits while saving money on services you may already be using. Depending on the selected membership, benefits may include discounted follow-up visits, body composition analyses, exclusive pricing on treatments and supplements, and ongoing accountability to help you stay on track with your weight loss goals. We will be happy to review the available options and help you.

If you have any questions or would like to determine if a membership is right for you can inquire in office or contact,

Wendy Hurst

wendy@cosmeticwellnessinstitute.com

704-559-9313 ext 106

MONTH 2 MONTH OPTION

- Office Visit with 1:1 Weight Loss Coaching, Body Composition Analysis and Measurements, and Pictures. (cost \$150)
- Cost of Medications (GLP-1, Appetite Suppressants, Prescription weight loss medications, vitamins/supplements, etc.) are SEPARATE from Office visit.
 - 4 BIOBOOST aka: Skinny Shot INJECTIONS FOR 4 WEEKS, (1 INJECTION PER WEEK) – (cost \$40mthly)
 - A LA CARTE SUPPLEMENTS/VITAMINS/ETC AT RETAIL PRICE

MEMBERSHIP LEVEL 1- THE TEASER

\$199/MONTH

- Office Visit with 1:1 Weight Loss Coaching, Body Composition Analysis and Measurements, and Pictures (INCLUDED) *(saves \$150)*
 - 4 BIOBOOST INJECTIONS FOR 4 WEEKS, (1 INJECTION PER WEEK) – INCLUDED *(saves \$40)*
 - VITAL COLLAGEN PROTEIN – INCLUDED *(saves \$27.99)*
 - A LA CARTE SUPPLEMENTS/VITAMINS/ETC AT RETAIL PRICE WITH 5% DISCOUNT
- Cost of Medications (GLP-1, Appetite Suppressants, Prescription weight loss medications, vitamins/supplements, etc.) are SEPARATE from Office visit.

MEMBERSHIP LEVEL 2- METABO-LITE

\$249/MONTH

- Office Visit with 1:1 Weight Loss Coaching, Body Composition Analysis and Measurements, and Pictures (INCLUDED) *(saves \$150)*
 - 4 BIOBOOST INJECTIONS FOR 4 WEEKS, (1 INJECTION PER WEEK) – INCLUDED *(saves \$40)*
 - VITAL COLLAGEN PROTEIN – INCLUDED *(saves \$27.99)*
 - CORTISOL MANAGER (STRESS SUPPLEMENT)- INCLUDED *(saves \$25.99)*
 - 4 NAD+ 100mg INJECTIONS (1 PER WEEK) – INCLUDED *(saves \$120)*
 - A LA CARTE SUPPLEMENTS/VITAMINS/ETC AT RETAIL PRICE WITH 10% DISCOUNT
- Cost of Medications (GLP-1, Appetite Suppressants, Prescription weight loss medications, vitamins/supplements, etc.) are SEPARATE from Office visit.

MEMBERSHIP LEVEL 3-METABO-MAX

\$299/MONTH

- Office Visit with 1:1 Weight Loss Coaching, Body Composition Analysis and Measurements, and Pictures (INCLUDED) *(saves \$150)*
 - 4 BIOBOOST INJECTIONS FOR 4 WEEKS, (1 INJECTION PER WEEK) – INCLUDED *(saves \$40)*
 - NUTRAFOL COLLAGEN PROTEIN – INCLUDED *(saves \$59)*
 - NUTRAFOL STRESS ADAPTOGEN MD (NOT AVAILBALE ONLINE) – INCLUDED *(saves \$40)*
 - 4 NAD+ 100mg INJECTIONS (1 PER WEEK) – INCLUDED *(saves \$240)*
 - A LA CARTE SUPPLEMENTS/VITAMINS/ETC AT RETAIL PRICE WITH 10 % DISCOUNT
- Cost of Medications (GLP-1, Appetite Suppressants, Prescription weight loss medications, vitamins/supplements, etc.) are SEPARATE from Office visit