

BETTER WEIGHS- FIRST SESSION INSTRUCTIONS

Consume two to three shakes and/or soups per day (approximately 320-480 calories), spread throughout the day

1. There is no maximum number of shakes / soups per day
 - a. The more you drink, the more weight you will lose (because you are not eating other food which is higher in calories)
2. Mix with water or non-caloric beverage
3. Adding ice in a blender makes the shake thick and creamy and adds volume
4. When preparing a hot soup or shake, it is best to mix it first and then heat it
5. Use less water to create a pudding
6. Use less water and bake it on cookie sheet with non-stick spray to create cookies or chips
7. Flavored, minimal calorie syrups like Torani add variety to the shakes.
8. Salsa adds variety to the soups, as do spices, such as onion flakes, garlic powder, hot sauce, basil, curry powder, Mrs. Dash's blends, etc
10. Bouillon has minimal calories and is okay. Sodium-free bouillon is best, but regular bouillon is better if you have low blood pressure and feel light-headed when standing up
11. Have extra packets at work, in your purse, in your car so you aren't caught without one. When caught without a shake, 8 ounces of non-fat /skim milk is a satisfactory substitute

Consume a 450 calorie meal per day

1. The meal should be breakfast, lunch or dinner. Limit your eating to one pre-planned meal time.
2. Our dietitian will help you

Water

1. At least 64 ounces per day, in addition to other beverages

Track your Intake and Exercise

1. Keep a diet diary and exercise log
2. Record your measurements

Caffeine and Alcohol

1. Avoid them
2. Decaffeinated beverages are okay. When weaning off of caffeine, it may be helpful to mix ½ and ½ to avoid headaches

Sugar-less gum and mints

1. Recommended
2. Beware that artificial sweetener may be sorbitol, which is a baby laxative, and may cause gas

Dental care

1. Floss your teeth regularly

Exercise

1. In general, don't worry about exercise the first week. Your assignment for the first week is to get OFF food and onto the shakes/soups
2. Walking is recommended. Increase duration of walk gradually
3. Exercise may be broken up into many sessions during the day. Duration of exercise is more important than how fast you perform it
4. Goal is 6-9 hours per week in total: 1-1½ hours per day, 6 days per week
5. Purchase a pedometer and walk 10,000 steps per day
 - a. Omron is recommended; best deal is through Amazon.com. Many people use Fit Bits or Jaw Bones or phone apps
6. Park far away, use the stairs, carry one bag from the car at a time, use the restroom most distant from your desk...it's all about the steps
7. Weight-training / resistance training is also very important—builds muscle that is the engine that burns calories

Constipation-Remember to discuss this with the physician

1. Your bowel movements will not be the same: it is important to not become uncomfortable
2. Fiber, often in the form of psyllium, is safe and is recommended, once or twice per day. Most people use **Benefiber** in their shakes 1 to 3 times per day as needed.