

FIRST SESSION INSTRUCTIONS

Empty your refrigerator and snack cabinet.

Shakes and Soups

1. Two meal plans to choose from:
 - a. Meal Plan 1, approximately 650 calories = 4 packets per day
 - b. Meal Plan 2, approximately 800 calories = 5 packets per dayAn additional box will be required for purchase (\$40) every 2 weeks
 - Option to add 200-300 calories of vegetables and fruits daily to either plan
2. 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)
3. Mix with 6-8 ounces of water or non-caloric beverage.
4. Adding ice in a blender makes the shake thick and creamy and adds volume
5. Add less water and enjoy as a pudding, freeze it to create 'ice cream'
6. When preparing a hot soup or shake, it is best to mix it first and then heat it
7. Use less water and bake it on a cookie sheet with nonstick spray to create cookies or chips, see our recipes
8. Flavored, minimal calorie syrups like Torani add variety to the shakes
9. Salsa adds variety to the soups, as do spices such as onion flakes, garlic powder, hot sauce, basil, curry powder, Mrs. Dash's, etc.
10. Bouillon / chicken broth has minimal calories and is okay. Sodium free bouillon is best, but regular bouillon is better if you have low blood pressure and feel lightheaded 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 nonfat/skim milk is a satisfactory substitute

Water

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

Caffeine

1. Decaffeinated beverages are preferred. When weaning off of caffeine, it may be helpful to mix $\frac{1}{2}$ and $\frac{1}{2}$ to avoid headaches

Alcohol

1. Best to abstain

Sugarless gum and mints

1. Recommended

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 shakes and 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. Your goal is 6-9 hours per week in total: 1- 1 ½ hours per day, 6 days per week
5. Purchase a pedometer and walk 10,000 steps per day
 - a. Omron pedometers are recommended, best deal is often through Amazon.com. Many people use Fit Bits or Jawbones or phone apps
6. Park far away, use the stairs, carry one bag at a time, use the restroom most distant from your desk... It's about the steps
7. Weight training/resistance training is also very important-- builds muscle that is the engine that burns calories. Thirty minutes at least twice per week is recommended

Constipation-remember to discuss this with the physician

1. Your bowel movements will likely not be the same; it is important not to become uncomfortable
2. Fiber, often in the form of psyllium, is safe and recommended at least twice per day
 - a. Most people use **Benefiber**
 - b. Fiber "lets you go"
3. Stool softeners may be helpful
 - a. Docusate (Colace, Surfak)
 - b. "Lets you go"
4. Easing the way-lubricating and making it easier to pass hard stools
 - a. Glycerin suppositories or Fleets oil enemas
 - b. "Lets you go"
5. Laxatives and suppositories "Make you go"
 - a. Dulcolax or Correctol (bisacodyl), oral or suppository
 - b. Milk of Magnesia
 - c. Senna
 - d. Use every second or third evening, as needed
 - e. **Miralax** is effective, not habit forming and should be used daily

Track your shake/soup intake, your fluid intake, your exercise and your measurements. Getting into the practice will help you maintain your weight loss in the future.