

FIRST SESSION INSTRUCTIONS

Empty your refrigerator and snack cabinet.

Shakes and Soups

1. Four packets per day is the **minimum** amount, spread out throughout the day, if you have been prescribed 650 calories and 60 grams protein/day
2. Five packets per day is the **minimum** amount, spread out throughout the day, if you have been prescribed 800 calories and 75 grams protein /day
 - Option to add 200-300 calories of vegetables and fruits daily
3. 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)
4. Mix with 6-8 ounces of water or non-caloric beverage.
5. Adding ice in a blender makes the shake thick and creamy and adds volume
6. When preparing a hot soup or shake, it is best to mix it first and then heat it
7. Add less water and enjoy as a pudding, freeze it to create 'ice cream'
8. Use less water and bake it on a cookie sheet with nonstick spray to create cookies or chips, see our **recipes on our website**
9. Flavored, minimal calorie syrups like Torani add variety to the shakes
10. Salsa adds variety to the soups, as do spices such as onion flakes, garlic powder, hot sauce, basil, curry powder, Mrs. Dash's, etc.
11. 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
12. 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: Decaffeinated beverages are preferred.

Alcohol: Best to abstain

Sugarless gum and mints: Recommended, beware that the sweetener 'sorbitol' may cause gas

Dental care: 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
 - b. 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. Focus on your thighs and buttocks. 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 "lets you go", is safe and recommended at least twice per day
 - a. Most people use **Benefiber**
 - a. Stool softeners 'let you go' and may be helpful: Docusate (Colace)
3. Easing the way-lubricating and making it easier to pass hard stools
 - a. Glycerin suppositories or Fleets oil enemas; "makes you go"
4. Laxatives and suppositories may be used every second or third evening "make you go"
 - a. Dulcolax or Correctol (bisacodyl), oral or suppository, Milk of Magnesia, Senna
 - b. Miralax is effective, not habit forming and should be used daily

Lab Testing

1. You will have blood testing every two weeks. Please remember not to drink a shake for two hours before your visit to obtain more accurate results.

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