



Core EssentialsSM

Suggestions for Successful Dieting

- I suggest you put away an hour or two a week and design an ample amount of meal plans for the week.
- Design a shopping list from the meal plans you design or from our sample menus. In general, try to shop the perimeter of the grocery store, since the foods in these isles are healthier.
- Keep a food diary and record everything you eat. Keep a worksheet/grid in your pocketbook or pocket to record foods consumed. After completion, store in a notebook for future reference. Research has shown that individuals who keep food journals tend to be more successful in their weight loss efforts.
- Try to include protein in most of your meals. Try to include the following:
 - From the Meat Exchange:** Eggs (hard boiled are portable), tofu, tempeh, chicken, turkey, fish, protein shake (ready to drink low carb shake), cheese (low fat like cottage cheese).
 - From the Fat Exchange:** Nuts, natural peanut butter.
 - From the Milk Exchange:** Low fat yogurt, Milk (1% or skim).
- If you want to include more fat exchanges in your daily menus (which is advisable if you wish to predominately consume lean meats), adhere to the following guidelines:**
 - If your worksheet/grid is for [1400](#) calories:
 - You can include 3 more additional fats (total of 4) but you must choose meats from the very lean and/or the lean meat category*.
 - If your worksheet/grid is for [1600](#) calories:
 - You can include 4 more additional fats (total of 5) but you must choose meats from the very lean and/or the lean meat category*.
 - If your worksheet/grid is for [1800](#) calories:
 - You can include 5 more additional fats (total of 7) but you must choose meats from the very lean and/or the lean meat category*.

*From the lean meat category, choose chicken or turkey (white meat, no skin), fish (fresh cod, flounder, haddock, halibut, trout, tuna fresh or canned in water), shellfish (clams, crab, lobster, scallops, or shrimp), wild game including duck or pheasant (no skin), cottage cheese or cheeses that are non-fat, and egg whites or egg substitutes.

- If you choose cereal for breakfast, choose one that is high in fiber, like Kashi (Go Lean) or Fiber one. In addition, when choosing foods from the starch and bread list, try to choose the foods that are high in fiber (depicted by a smiling face), especially during the first 2 weeks.
- When choosing sweets, try to avoid foods high in sugar. Choose foods that are naturally sweetened like fruits. I have, however, included sweets like Edy's Ice Cream that has no sugar as well as VitaMuffin™ Deep Chocolate.
- Choose fibrous rich vegetables over starchy ones. For example, vegetables such as broccoli, asparagus, green beans are better choices than potatoes (mashed or otherwise), corn or butternut squash. Try the "South Beach" Mashed potatoes as an alternative for traditional mashed potatoes.
- Steam your vegetables and if you choose to have flavoring, sauté them in olive oil, which is a heart healthy oil.
- Try to eat 4-5 small meals per day, instead of 3 big meals.
- Drink 8 glasses of water per day. Remember, All fluids count--plain water, juice, soup, watermelon—and even coffee.
- If you work during the day, like most of us, prepare your lunch and snacks the night before. Bringing in your own healthy food will make you less likely to be tempted by foods hanging around in the office.
- We have provided you with 6 sample menus.
- In addition, I also have sample menus as part of my book "Getting to the Bottom of It". The menus start on page 44. Pick the menus that correspond to the caloric amount we suggested for you.
- REMEMBER, *be patient* with your weight loss. Set realistic goals* for yourself. Strive to lose 1-2 pounds per week. Although losing more than that is ok, it most probably will consist of water, especially during the first 2 weeks. BE PATIENT. You WILL succeed!

*Refer to page 151 in the book "Getting to the Bottom of It" to determine how to set Realistic Goals.