





Step 1: calculate your BMR (*basal metabolic rate*):

Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

This is the amount of calories your body burns at rest every day. Depending on your weight loss goals, use the BMR to determine how many calories you need each day. Remember: to lose weight, you have to eat! When we don't eat, our body goes into starvation mode, causing an increase in fat storage. You need to create a fat burning machine and the best way to do this is to exercise and eat. It is just about making the right food choices and giving our body what it needs to burn off excess fat.

Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
 <p>Upon rising, drink 8 oz. of hot water with the juice of half of a lemon</p> <p>nanomeal^G Mix 1 packet with 12 oz. cold water <i>(You may also use unsweetened rice or almond milk)</i></p> <p>Lean Protein + Healthy Carb</p>	 <p>nanolean[®] Mix 1 packet with 16 oz. cold water <i>(Helps you stay full, reduce body fat, boost metabolism, control stress, increase energy, control cravings)</i></p> <p>AND</p> <p>Healthy Carb + Healthy Fat</p>	 <p>AND</p> <p>Lean Protein + Healthy Carb</p>	 <p>Mix 1 packet with 16 oz. cold water <i>(Helps you stay full, reduce body fat, boost metabolism, control stress, increase energy, control cravings)</i></p> <p>And also have either:</p> <p>Lean Protein + Healthy Fat</p> <p>Lean Protein + Healthy Carb</p>	<p>Lean Protein + Healthy Fat</p> <p>+ Healthy Carb</p>

Healthy Carb Options

- Berries
- Cherries
- Apple
- Pear
- Grapefruit
- Peach
- Fig
- ½ cup organic, gluten free oats
- Veggies (*broccoli, asparagus, etc.*)
- ½ cup quinoa
- ½ cup organic brown rice
- ½ cup organic black beans

Healthy Fat Options

- ½ small avocado
- 7 whole walnuts
- 49 pistachios
- 23 almonds
- 2 Tbsp natural almond butter or tahini
- 2 Tbsp coconut butter
- 4-6 oz. salmon or other fatty fish

Lean Protein Options

- 2 hard boiled eggs
- 3 egg whites
- 4 oz. chicken breast
- 3 oz. tempeh
- 6 oz. tofu
- 4-6 oz. fish
- 4 oz. veggie burger
- ¾ cup cottage cheese (*nonfat or lowfat*)
- ½ cup organic black beans

Drink plenty of water.

Average weight loss in a 90 day study in 2012 was 19 pounds.

*Always check with your Health Care Professional before starting your weight-loss program. These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

IT TAKES

4 WEEKS

FOR YOU TO SEE YOUR BODY CHANGING

IT TAKES

8 WEEKS

FOR YOUR FRIENDS AND FAMILY

IT TAKES

12 WEEKS

FOR THE REST OF THE WORLD

KEEP GOING!

1. Clean out your pantry and fridge to get rid of temptation.
2. Set small goals. Instead of saying you want to lose 30 pounds, start with 5 pound increments.
3. Reward yourself for hitting goals (new running shoes, new iPod, that shirt you have been eyeing, etc.)
4. Do not use food as a reward. We want to get rid of that association with food.
5. Avoid gluten, even if you don't have an allergy, gluten can inhibit weight loss.
6. Avoid corn and look for non-GMO foods.
7. When eating meat, choose grass fed, organic.
8. When choosing dairy, choose dairy from grass fed animals not treated with hormones.
9. Limit cheese (I know, I know.)
10. Control portions by using smaller plates and pay attention to serving sizes.
11. Avoid processed foods. Does it have a commercial or come in a box? Don't eat it.
12. Only eat natural foods and avoid artificial sweeteners.
13. Listen to your body: when you start feeling full, stop eating, no matter what is left on your plate.
14. EAT BREAKFAST! It is a great way to get your metabolism started for the day.
15. Track your calories at first until you get a routine down. There are several free apps that are perfect for this. (MyFitnessPal and Lose It! are great ones.)
16. Get a buddy! Most people are more successful at weight loss when they do it with someone.
17. Get out and move! Try something new like yoga. It may be the best thing that has ever happened to your health.
18. Get educated. Watch documentaries like *Food Matters*, *Food, Inc.*; *Fat, Sick & Nearly Dead*; *Forks Over Knives*; *King Corn* (prepare to have your life changed). A good book to read is *Wheat Belly*.
19. Keep healthy snacks with you at all times (raw almonds, Goji berries, etc.).
20. If you go out to eat, find a salad with grilled chicken and always ask for the dressing on the side.
21. Cut out liquid calories from soda, juices, lattes, etc.
22. Weigh yourself weekly. First thing in the morning.
23. Get some zzzzz's! Sleep is essential for weight loss and to keep hunger down. Have late night hunger? Go to bed; your body is telling you it is tired.
24. Drink plenty of water.
25. The sooner you start, the sooner you will see results! Do it today.
26. It will be difficult at first, but making these changes will drastically improve your health and your life!