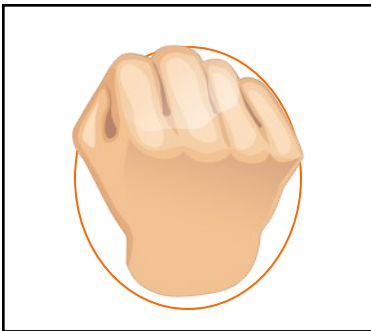


Public Safety Health and Wellness  
**KEYPOINTE MEICAL WEIGHT LOSS & WELLNESS**

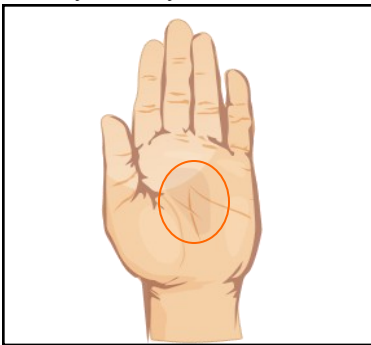
**Back to Basics: Nutritional Foundation**



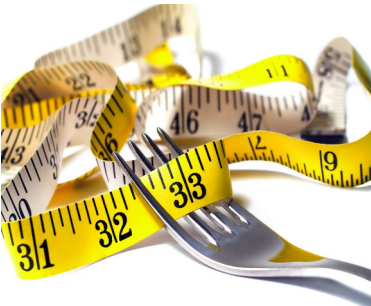
Palm size measurement for protein (3-4oz)



Fist size measurement for vegetables (1 cup) and for healthy carbohydrates



Measurement for fat's such as tablespoon of natural peanut butter, or 1 oz of nuts



**Outline for Meals:**

Breakfast: Lean Protein, Complex Carbohydrate and Fruit

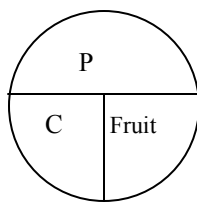
Snack: Protein (bar or drink)

Lunch: Lean Protein , Fat, Complex Carbohydrate, and Vegetables

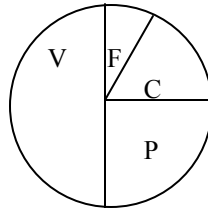
Snack: Protein (bar or drink)

Dinner: Lean Protein, Fat and Vegetable

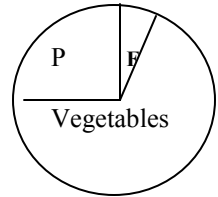
Snack: (optional) choose a low carbohydrate choice



Breakfast



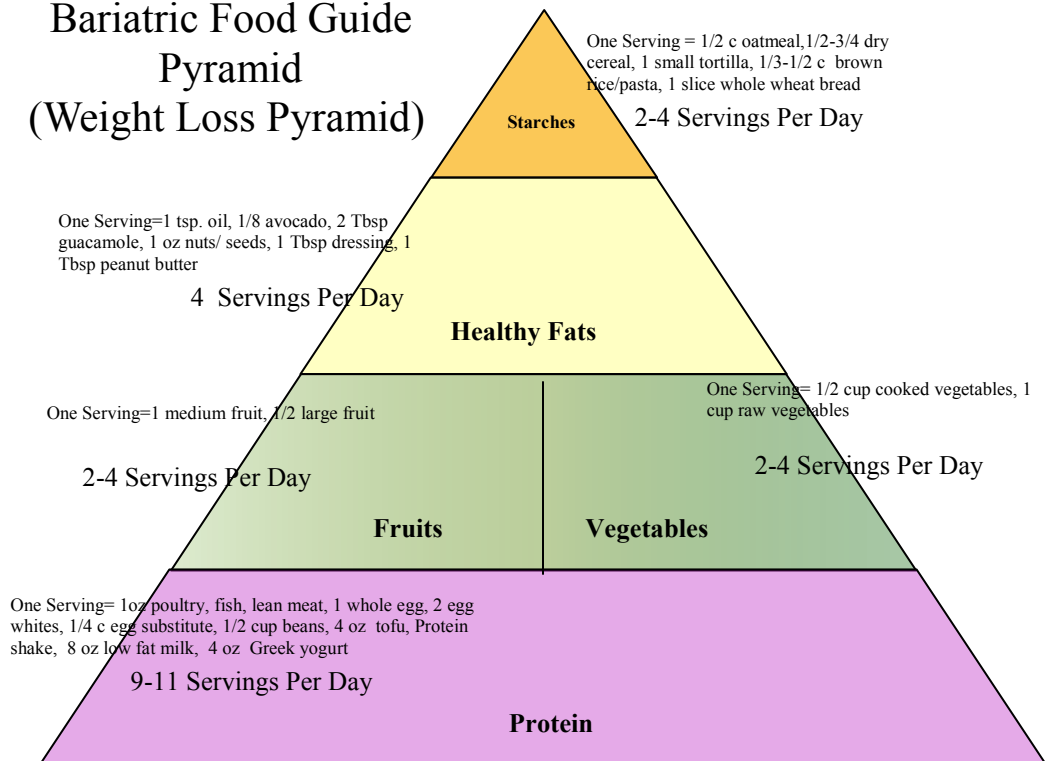
Lunch



Dinner

P= Protein, C= Carbohydrate, V= Vegetable, F= Fat, Fruit=Fruit

**Bariatric Food Guide Pyramid (Weight Loss Pyramid)**



## Strategies for A Lean Lifestyle

1. Commit to be fit: Remove all non-recommended foods, then restock with lean fat burning foods
2. Start Slow and Build: Incorporate a new healthy habit every week and stay consistent. Consistency in healthy habits= change and results
3. Be creative: Try new foods and new food combinations. Use our approved Parrillo Cookbook or Clean Eating Magazine. Healthy food does not mean boring food.
4. Tools for success: Be sure you own a traveling food container, a lunch bag, protein shaker cup, food scale, and measuring cups. Invest in good knives and pots and pans to facilitate cooking so that its enjoyable.
5. Preparation will make or break your success: Do weekly shopping/ chopping/ cooking and portioning. Doing these tasks one day ahead or for the week ahead will in turn relieve stress of what to eat when hunger strikes. Plus having meals prepare you will most likely avoid over eating and choosing non –recommended foods.



Foods for Life		
Lean Protein	Leaning Carbs	Leaning Fats
<b>Lean Meats:</b> -Chicken/ Turkey -Seafood -Beef (Fillet, Flank, Laura's Lean Beef) -Wild Game: Bison, Elk, Venison	<b>Vegetables:</b> -High Fiber (Super Foods) Spinach, Broccoli, Cabbage, Arugula, Kale, Green Beans, Brussels Sprouts, Zucchini -Other: tomato, onions, bell peppers, cucumber, squash, pumpkin, peppers	<b>Monosaturated:</b> -Olive oil (use to cook and as a dressing) -Avocado -Nuts (almonds, walnuts, macadamian,, pecan, cashews, pistachios) -Nut Butter (natural brands with the stir) Peanut and Almond
<b>Eggs:</b> -Omega 3 eggs, Free Range -Egg Whites -Egg Beaters	<b>Fruit: (before 2pm)</b> -High Fiber (Super Foods) Berries (blueberries, strawberries, raspberries) -Other: apple, oranges, grapefruit, melon	<b>Polyunsaturated:</b> -Omega 3, 6 and 9 -Fish -Flax Seed -Walnuts -Peanuts/ Peanut Butter
<b>Dairy:</b> -Fat Free Cottage Cheese -Greek Yogurt (plain) -Carb Master Yogurt -Low fat/ Non-Fat Cheese -Non Fat Milk	<b>Meal Carbs:</b> -High Fiber Wrap/ Tortillas -High Fiber Oatmeal -High Fiber Bread (Ezekiel) -High Fiber Cereal	<b>Saturated:</b> -Animal Fat From Meats -Dark Chocolate
<b>Protein Supplements:</b> -Robard Meal Replacments -Robard Shakes, bars, and puddings -Parrillo Protein (whey) -Parrillo protein bars -Parrillo Brownies -Parrillo Cookies	<b>Try New Carbs:</b> -Brown Rice -Wild Rice -Sweet Potatoes -Quinoa -Beans (black, kidney, pinto, lima)	<b>Other Fats:</b> -MCT's (Medium Chain Triglycerides) Cap Tri

## Be Choosy When Eating Out:

Life happens and eating out is part of our culture, since we can't avoid it we have to learn how to react in these situations. First off, choose foods within your meal plan. Most restaurants provide nutritional fact brochures or offer information on their web site. Practice food measuring at home to learn how to estimate portion sizes in a restaurant. Follow the tips below to help guide you through the menu selection process.

Browse the entire menu before choosing and look for dishes cooked with healthier methods as listed below

- Steamed
- Roasted
- Baked
- Red Sauce (not white)
- Grilled
- Broiled
- Poached
- Lightly Sautéed

Browse the menu and choose a food with fiber ask for whole wheat options, include vegetables in your selection

Don't be afraid to ask for what you want:

- nutritional information
- description about how the food is cooked
- dressing on the side
- smaller or half portions
- less sauce in general
- extra vegetables on the side (with no added butter)
- skip appetizers, bread, and butter
- avoid high caloric sauces
- avoid high caloric drinks
- avoid high caloric desserts