



## Dr. Clark's "Mini" Jump Start Plan

### Low Calorie/Controlled Carb 2 Week Eating Plan

This is a food and protein supplementation diet consisting of approximately 1100 -1200 calories depending on food choices selected. It is ideal for individuals who wish to "accelerate" their weight loss and get on the right track with a flexible healthy eating plan. The afternoon snack may be taken mid-morning instead. The Weight & Inches shake comes in chocolate and vanilla flavors (7 per box). They can be purchased at the CFWLS Nutritional Store, 645 J. Clyde Morris Blvd., Newport News, VA or online at [www.cfwls.com](http://www.cfwls.com) (the cost is less than \$3.00/meal) – you can't beat that!

**Breakfast** (200 calories): 1 Weight & Inches shake\*

**Lunch** (200 calories): 1 Weight & Inches shake

**Afternoon Snack** (200 calories): 1 Weight & Inches shake

**Main Meal** (approx. 500-600 calories):

Include protein, salad, and vegetable.

**Protein** (approx. 200-250 calories):

1 serving daily (approx. cooked weight) from the following with all skin, bone, visible fat removed and use a cooking method that does not add fat.

- ✓ 5 oz ground beef (lean 10%), very lean steak, veal, or pork
- ✓ 6 oz chicken or turkey (white meat only)
- ✓ 6 oz venison or lean ham
- ✓ 6-8 oz white fish, shell fish, or canned fish (must be water packed or rinsed)

**Salad** (approx 50 calories):

- ✓ 2 cups lettuce or other leafy greens
- ✓ 1 cup vegetables (celery, tomato, cucumber, etc.)

**AND**

- ✓ Low calorie dressing (25 calorie limit) **OR** vinegar, salt, lemon juice and other desired spices

**Vegetables** (approx. 50-100 calories):

- ✓ Choose 1 cup cooked broccoli, spinach, beets, asparagus, green beans or cauliflower

To get the most out of this plan, Dr. Clark recommends adding the **Essential Weight Loss Vitamin Pack \$55:**

- **Complete Multi-Vitamin:** Everyone should take a good multivitamin. It is amazing to me how common vitamin deficiencies are. Remember that the RDA is the absolute minimum required to prevent deficiency diseases for most people. The RDA has nothing to do with optimum amounts for best health. Since the FDA does not oversee over-the-counter vitamins or mineral and herbal supplements, using pharmacy grade vitamins are your best bet on bioavailability of the product in question (and sometimes even if it contains what the label claims). A typical dose is usually on the bottle – usually 2 per day.
- **Essential Fatty Acids (EFA's):** Take them – they're just good for you. By taking fish oil supplements, Omega-3 fatty acids are ingested in their biologically active form. They can be directly used to support cardiovascular, brain, nervous system, and immune function. The mini-soft gels are smaller and have a natural lemon flavor to prevent a "fishy" after taste. Our product is ultra-filtered to guarantee removal of mercury and other possible contaminants. Most people should take 2- 4 soft gels per day.
- **Activated B-Complex:** B-vitamins are often referred to as "energy vitamins" since they are important cofactors for many of your body's energy producing biochemical equations. They tend to make these energy producing steps run more efficiently. Vitamin B-12 is often considered the most important, but all of the B-vitamins are essential to our overall health and well-being. Activated B-vitamins are already in a form the body can use immediately and therefore – bioavailability and use is more efficient. A typical dose is 1-2 caps per day.
- **Magnesium/Potassium Aspartate:** During weight loss your body tends to waste both magnesium and potassium. Both of these minerals are essential to normal muscular and cardiovascular function. Magnesium is involved in over 300 biological reactions throughout the body. It can help prevent/treat fatigue. If you are prone to muscle cramps – you need to add this supplement. Typical doses are 1 tablet twice daily with food.

It is also important to note that the vitamins you choose should be pharmaceutical grade (meeting the most stringent standards in the industry) and designed for ease of digestion and superior absorption. Quality does matter when it comes to vitamin supplementation and these are the only type of vitamins we sell at CFWLS. Besides, why take a vitamin if it doesn't contain what it is supposed to and/or isn't properly absorbed? You may also want to consider adding B-Complex injections to help prevent fatigue, commonly associated with calorie restricted diet plans.

**Water/Beverages:** Try to drink at least 8 cups (64oz) of water each day. You can drink other beverages as long as they are calorie-free (less than 5 calories per serving) and caffeine-free. Suggestions for these types of beverages include decaf coffee and tea, decaf diet soda, Crystal Light, diet seltzer or diet mineral water, and herbal teas. Remember, caffeine acts as a diuretic and causes you to lose water from your body. If you must have caffeine please limit to one serving per day.

**Journaling:** We recommend that all of our patients begin journaling your food and fluid intake as well as daily exercise. We will want you to continue journaling throughout your weight loss journey to help you become more conscious of your food selections and intake – and to track your success! Try "cfwls" FREE Phone App

Blending Ingredients to Try with Your Shakes:

- Capella Flavor Drops – All flavors
- Coffee decaf or regular, flavored or unflavored, prepared in advance and chilled, or instant crystals
- PB2 Powdered Peanut Butter, Regular and Chocolate

**Weight & Inches Mixing Best Practices: Blend with 12 – 14 oz Cold Water and Ice**