



Carson Medical Group

Your Healthy Lifestyle

Journey





Carson Medical Group



Quick Reference Guide

Welcome to your new weight loss journey and guide to lower your blood sugar and make a healthier version of yourself!

We will not focus on calories. Instead of counting calories or starving yourself. You will learn to use delicious, satisfying foods to encourage your body to enter a natural fat-burning state. You will learn to count carbohydrates, proteins, and healthy fats. **Patients that count carbohydrates, proteins, and fats are THREE TIMES more successful than those that don't.** You will focus on whole fresh foods, small amounts of nutrient-dense carbohydrates (vegetables,) moderate proteins, and healthy fats.

All Calories Are Not Created Equal

Calories come from three sources known as Macronutrients: protein, fat, and carbohydrates. Contrary to what most people think or have been taught, calories are not interchangeable. Instead, our bodies react differently to each type in ways that affect our body weight and overall health.

Protein

Protein is primarily found in meats, poultry, fish, and meat substitutes but also exists in cheese, milk products (full-fat only), eggs, nuts, and legumes such as beans.

Protein is an important building block for bones, muscle, cartilage, skin, and blood. It is also a natural appetite suppressant that will help you feel full. Remember, though, not too little, and not too much. A serving is 3-4 ounces (about the size of the palm of your hand or a deck of cards.) Remember, a food scale is always your best option to ensure serving size accuracy!

It is best to avoid all kinds of beans, chickpeas, and lentils unless you are vegan or vegetarian. Although nuts contain protein and healthy fat, they do contain a significant amount of carbohydrates and should be limited as well.

Healthy Fats

Do not fear fats despite what you may have been told by your doctor, nutritionist, and the media. Healthy fats are part of a complete and nutritious diet.

Healthy fats are essential to our health because they

- Curb appetite and hunger
- May improve cholesterol levels and reduce your risk of heart disease, stroke, and Type II Diabetes
- Relieve constipation
- Are an essential component in cell membranes
- Help brain cells communicate with one another
- Encourage your body to transition into a fat-burning state
- Add flavor

Focus on the three healthy fats

Focus on monounsaturated, saturated, and omega-3 fatty acids.

Monounsaturated fats are preferred because they lower “bad” cholesterol (low-density lipoprotein or LDL) and raise “good” cholesterol (high-density lipoprotein or HDL.) These fats are found in nuts, avocados, eggs, and several oils.

Saturated fats are cardiovascular neutral (neither good nor bad) and a key component of a low-carb lifestyle.

Omega- 3 fatty acids are polyunsaturated fats with potent anti-inflammatory, mental and cardiovascular health benefits (e.g., lower triglycerides and raise HDL.) Unfortunately, your body will not make Omega 3-fatty acids; therefore, you must consume them.

Helpful Tips

- Saturated fats are found in coconut oil and dairy (e.g., milk, butter, yogurt, cheese, and meats). Coconut oils contain medium-chain triglycerides (MCT oil), which is directly absorbed and used as energy stored as fat in the body.
- In meats, you can find a healthier mix of fats (e.g., greater omega 3's) from pasture-raised, grass-fed, and sustainably raised animals.
- Use olive oil as your primary cooking oil. Consider these healthy alternatives: canola, avocado, peanut, and high-oleic safflower oils.
- Remember: healthy fats make you full, not "fat."

Unhealthy fats – fats to avoid

Humans evolved to eat naturally occurring fats. Unfortunately, industrially engineered foods are prevalent in the modern diet. Unhealthy fats like margarine, trans-fats, and corn oil pose serious health risks by promoting inflammation (the root cause of chronic diseases) and causing cardiovascular disease. As a result, we recommend avoiding polyunsaturated “hydrogenated” oils, which are all processed fats.

Trans fats are found in “partially hydrogenated oils.” If you see this term listed on the ingredients list of a packaged food, avoid it.

Sources of trans fat include packaged sweets, snack foods, margarine, vegetable shortening, fried foods, and candy bars.

Industrialized seed oils are highly processed oils extracted from soybeans, corn, cottonseed, and sunflower, safflower seeds (non-high oleic.)

Remember to use up to three or more **healthy fats** in your daily eating.

Carbohydrates

Carbohydrates (carbs) stimulate the energy storage hormone called “insulin,” which stores fat. Foods that are high in carbs are digested more quickly. Examples of these are sugars: honey, agave, high-fructose corn syrup, potatoes, corn, pasta, rice, crackers, chips, and high-fructose fruit like mangos, bananas, grapes, raisins, dried fruit, and grapefruit.

Overconsumption of carbs, especially the processed kinds, drives health risks by triggering:

Inflammation that leads to a host of diseases such as diabetes, heart attacks, strokes, dementia, and various cancers.

The formation of small dangerous cholesterol particles in the bloodstream, leading to heart attack and stroke.

Acceleration of the aging process and a decrease in longevity.

Cholesterol

Cholesterol is a waxy substance that circulates in your blood. Your liver produces blood cholesterol naturally, and it is essential to your body's function! It helps your body make vitamins and build cells. However, dietary cholesterol, which comes from foods that are high in saturated fats, can pose a threat to your health. High cholesterol levels often cause inflammation, and put you at greater risk for heart disease and stroke. There are dietary and lifestyle changes that can help keep cholesterol levels in a healthy range.

- Watch animal fats - eat lean, grass-fed red meat or pork no more than once a week
- Eat high-fiber vegetables such as artichoke, spinach, broccoli, Brussels sprouts, and green beans
- Cardio exercise - 20 minutes 3-5 times per week

Best Fish for Healthy Cholesterol Levels

High in Omega-3s, eat at least 2 a week

Wild salmon from Alaska
Arctic char
Atlantic mackerel
Sardines
Sablefish/black cod
Anchovies
Oysters
Rainbow trout
Albacore tuna (Safe Catch)
Mussels
Pacific halibut
Rockfish
Catfish

Supplements

Will help reduce inflammation caused by high cholesterol, triglycerides and LDL (bad cholesterol in arteries of your heart)

IsoVive (pre-biotic, feeds your good gut bacteria)
Curcumin, 500mg a day (Turmeric)
Omega 3 fish oil, 2,000 mg a day

Diabetic Requirements

A1c - *every 3 months*
Urine Micro albumin/creatinine ratio - *yearly*
Cholesterol panel - *yearly*
Cholesterol medication - *ages 40-75*

Additional Blood Test

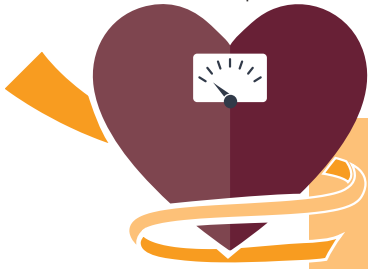
Vitamin D level - *optional, but low levels of Vitamin D can cause belly fat, loss of muscle, osteoporosis, Alzheimer's disease, dementia, increase risk of falling.*

About The Plan

Why follow a low-carb, moderate protein, and moderate healthy fat plan? Because it works! *Think of it as a lifestyle, not a diet.* **Change your mindset now, and you will be more successful.**

Set yourself up for success

It is important to give yourself the tools and knowledge in order to set yourself up for success.



Nutritional Ketosis vs A Keto Diet

Nutritional ketosis is not the same as a “keto diet.” Once you begin eating low-carb, moderate protein, and moderate healthy fat, your body will start using the fat stored in your body as an energy source. This conversion of stored fat into energy is called “nutritional ketosis.” This process for some starts in 48 hours, and for others, it can take up to 2-3 weeks.

If you eat too many carbs or go off of the program, it can take up to 48 hours to get back into the nutritional ketosis stage.

Side Effects

During the first few weeks of this program, it is normal to experience a few side effects as your body adapts. These are temporary, but is essential to know how to safely respond to them.

Dizziness and Fatigue

Increase water intake, consume 2 cups salted broth or bullion

Headaches

*Increase water intake, consume 2 cups salted broth or bullion
Take Advil or Tylenol as directed on bottle*

Leg Cramps

*Increase water intake, consume 2 cups salted broth or bullion
Nuun or Hydralate tabs
Magnesium (250-500mg)
Propel, Ultima, Ucan, Zipfizz, or Sugar-Free Gatorade*

Constipation

*Increase water intake, consume 2 cups salted broth or bullion
Miralax, Dicolax, other stool softeners
Magnesium (250-500mg)
Omega 3 fatty acids*

NEVER go longer than three days without a bowel movement. On day three, try half a bottle of Mag-Citrate. Contact our office if there is no change.

Important Things To Know Before You Begin

Water

You must drink enough water to lose weight. Remember, thirst can be confused for hunger. If you are hungry, take a step back and ask yourself, "how much water have I had to drink today?"

If you are under 70 years of age, you should consume 80-100 ounces per day

If you are over 70 years of age, you should drink 60 ounces per day.

- ❖ *If you have kidney disease, please consult your nephrologist. You may supplement 40 ounces of this with sparkling water, herbal tea, salted bullion in two cups of hot water, unsweetened almond, or coconut milk. Caffeinated beverages and alcohol do not count towards your goal because they are a diuretic, which causes your kidneys to flush extra sodium and water from the body through urine.*

Alcohol

The less you drink, the better the results. Some reasons to avoid alcohol are:

- It is broken down directly in the liver and strongly promotes the formation of fat cells
 - It has little to no nutritional value
 - It lowers inhibitions, which often leads to poor food choices
 - It is caloric, but it does not satisfy hunger, so it adds to the calories you intake without the benefit of curbing your appetite
- ❖ *If you choose to consume alcohol, limit your intake to two or fewer drinks a week. Be sure to steer away from sugary drinks like margaritas and piña coladas. Better choices are whiskey, vodka, tequila, light beer, and champagne.*

Eat Slowly

- Sit at a table, don't stand and eat
- It takes 20 minutes for your stomach to signal that you are full to your brain
- Put down your fork between each bite and chew your food thoroughly



The history of dinner plate sizes corresponds to the increase in obesity

1960's
8.5 -9 inches
Holds about
800 calories

1980's
10 inches
Holds about
1000 calories

2000's
11 inches
Holds about
1600 calories

2009
12 inches
Holds about
1900 calories

Do you know what plate color makes you eat less?

Bright warm-tone colors like red, orange, and yellow increase appetites. Particularly red, it increases blood pressure and heart rate and makes you feel hungrier.

The color blue has shown to be the best of all; however, grey, black, brown, and purple also have appetite suppressant qualities.

Plates make a difference

Plate sizes have increased dramatically over the years. Consider using smaller plates to encourage portion control. Also, remember to fill half of your plate with lettuce, a quarter with vegetables, and a quarter with protein.

Planning is everything

The key to success is consistently planning and organizing your meals and snacks ahead of time.

- Invest an hour or two a week in planning, shopping, and preparing your meals and snacks
- Check weekly ads and plan meals based on nutritional value and sales
- Consider using a keto meal delivery service for a main meal and supplement with salads and snacks
- Try to batch cook on your days off, label glass containers, and put them in the freezer for future meals
- You can find almost any recipe you crave online. Just remember to put the words "keto" or "low carb" in front of what you are searching for in the search bar (i.e., keto lasagna)

Track it

Track your carbs, protein, and healthy fats. You will be three times more successful if you track everything you put in your mouth. The first week is always the hardest, but by week two, it becomes easier.

CarbManager is an easy app you can use, but there are other great apps to track your success, like My Fitness Pal. Find the one you are the most comfortable with, and stick with it.

CarbManager sets up your nutritional goals based on your weight (i.e., <50g carbs, 90-120g protein, and 70-80g healthy fats.)

Increase Your Activity Level

Research provides significant evidence that all physical activity contributes to overall health and well-being. So, instead of just focusing on exercise, focus on being more physically active. Start small, with a walk around the block when you wake up or a 10 minute chair workout. Then, gradually add more activity to your day.

The difference between exercise and being physically active

Physical activity is a movement carried out by the skeletal muscles that requires energy. In other words, any movement one does is physical activity.

Exercise, however, is a planned, structured, repetitive, and intentional movement to improve or maintain physical fitness. Therefore, exercise is a subcategory of physical activity.

Time to commit.

Consider exercise an essential part of your daily routine, just like eating or sleeping. Create a plan with your provider that you can commit to. Start with:

Strength Training

A long-time rumor is that cardio training is the only way to lose weight. While cardio is great for your heart and lungs, it is actually not the most important component in weight loss. Strength or resistance training is what's essential in a healthy lifestyle. According to Harvard Health Publications, those who practice regular strength training burn up to 15% more calories - even in an idle state - than those who don't! It is still recommended to work in twenty minutes of cardio at least three times a week, but equally important to preform strength training as often or more often. In addition to fat loss, it also helps your joints and thinking skills and reduces symptoms of arthritis, chronic back pain, and heart disease. Try including Pilates, free weights, or resistance bands into your exercise routine to build your muscles and maximize these benefits.

The scale may not be changing as much as you are.

Keep in mind, that the scale may not be changing as much as your body is. Sometimes you will not see a reflection of your hard work on the scale, but your body will be changing. Your clothes may feel looser, you may find you have more energy or you are able to do more than you had in the past. We recommend using a scale that measures your percentage of body fat, not just your weight. This type of scale will help you to track your progress more thoroughly than a traditional scale. The goal is to decrease the percentage of body fat and increase lean muscle mass in our bodies.

1 Pound Muscle vs 1 Pound Fat



Gameplan

Take a minute to reflect on your daily activity levels, and consider making a detailed plan that includes both elements:

- Daily increased physical activity
- Structured, planned, intentional exercise to improve physical fitness as your body gets into the ketosis stage

What Carbohydrate Restriction Does

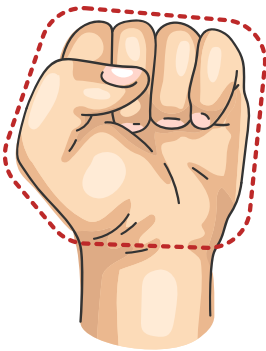
Carbohydrate restriction enables weight loss by promoting the breakdown of fat in your body and minimizes hunger and reduces long-term carbohydrate cravings. Depending on your starting weight and degree of insulin resistance (or carb sensitivity,) your provider will prescribe a certain number of carbs, proteins and healthy fats per day.

The best sources of carbohydrates are fresh fruits and vegetables that have high-fiber content and low effects on blood sugars. These can be found in the "preferred fruits and vegetables" section. The reason the items listed are preferred during your weight loss phase is because they have a lower effect on your blood insulin levels and ensure a slow and sustained release of glucose, rather than causing spikes and falls of glucose levels. Spikes and falls in insulin levels result in feeling poor, tired, hungry or with cravings. In addition, preferred carbohydrates contain vitamins, minerals, fiber and a host of important phytonutrients.

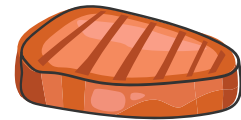
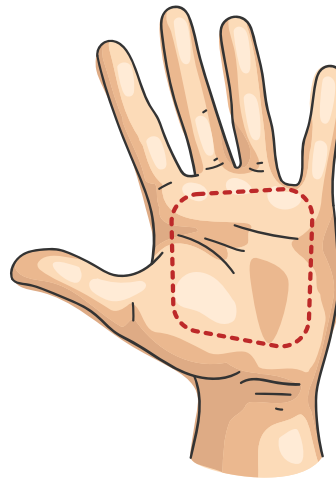
During the weight loss phase, we recommend that you limit fruit to one serving per day and consume 2 cups of preferred vegetables if you are under 200lbs, or 3 cups if you are over 200 lbs.

Keep in mind, there are many "free" vegetables, or fillers, that you can consume as much of as you like.

PORTION SIZE



FIST
1 cup



PALM
(3 ounces) Meat

Tip

To measure serving sizes, use a measuring cup.

If you don't have one handy, use this rule of thumb, one cup is roughly the size of a baseball.

Vegetables

Free-Fillers

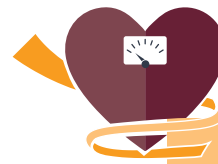
Eat as much as you like

Alfalfa Sprouts
Bamboo Shoots
Celery
Greens (spinach, chicory, mustard, Swiss chard, Bok choy)
Lettuces (arugula, green leaf, red leaf, romaine, butter Frisee, radicchio and endive)
Mushrooms (raw)

Preferred Vegetables

Serving size 1 cup (2 cups per day for those under 200 pounds, 3 cups for those over 200 pounds)

Artichoke hearts - 13g carbs
Artichoke (½ medium sized) - 10g carbs
Asparagus, raw or cooked (15 spears) - 5g carbs
Bean sprouts (Mung), raw - 6g carbs
Bell peppers sweet (all colors), raw or cooked - 4g carbs
Broccoli, raw or cooked - 6g carbs
Brussel sprouts, raw or cooked - 8g carbs
Cabbage, raw or cooked - 4g carbs
Cauliflower, cooked - 5g carbs
Celery root, cooked - 6g carbs
Cucumber - 3g carbs
Eggplant, cooked - 5g carbs
Green beans, cooked - 7g carbs
Jicama, raw - 11g carbs
Kale, raw - 7g carbs
Leeks, bulb and leaf, cooked - 13g carbs
Mushrooms, cooked - 4g carbs
Okra, cooked - 5g carbs
Pumpkin (fresh) cooked & mashed - 8g carbs
Radishes, raw - 4g carbs
Sauerkraut, drained - 6g carbs
Snow peas, raw or cooked - 7.4g carbs
Spaghetti squash, cooked - 7g carbs
Squash, summer and zucchini, cooked - 4g carbs
Tomatoes, raw - 6g carbs
Turnips, cooked - 8g carbs



Tip

To find preferred vegetables on your app or online, make sure to put the word “nutrition” in your search.

Vegetables To Limit

(They are higher in sugar content)

Serving size 1 cup or as noted otherwise

Beets, raw or boiled - 18g carbs
Carrots, raw or boiled - 12g carbs
Corn, raw or cooked - 30g carbs
Onions, raw or cooked - 14g carbs
Peas, raw or cooked - 21g carbs
Potatos, cooked - 12g carbs
Rutabaga, raw or boiled - 12g carbs



Preferred Fruit

One serving per day, serving sizes vary

Apple – ½ regular sized - 12g carbs
Apricots – 2 small - 8g carbs
Blackberries – ½ cup - 7g carbs
Blueberries – ½ cup - 11g carbs
Cantaloupe – ½ cup - 7g carbs
Clementine – 1 medium - 9g carbs
Honeydew melon – ½ cup - 8g carbs
Kiwi – 1 medium - 10g carbs
Nectarine – ½ small - 7g carbs
Orange – ½ small - 5g carbs
Passion fruit – 1 medium - 4g carbs
Peach – ½ small - 7g carbs
Pear – ½ medium - 14g carbs
Pineapple – ½ cup - 11g carbs
Plum – 1 medium - 8g carbs
Raspberries – ½ cup - 7g carbs
Rhubarb – 1 cup - 6g carbs
Strawberries – 1 cup - 12g carbs
Tangerine – 1 medium - 12g carbs
Watermelon – 1 cup - 12g carbs

Fruit to Avoid

Banana – 1 medium - 27g carbs
Cherries (pitted) – ½ cup - 10g carbs
Dates – ¼ cup - 27g carbs
Dried fruit mix – 1 oz - 23g carbs
Figs – ½ cup - 18g carbs
Grapefruit – ½ medium - 13g carbs
Grapes – ½ cup - 14g carbs
Mango – 1 medium - 35g carbs
Papaya – ½ medium - 15g carbs
Pomegranate Seeds – ¼ cup - 16g carbs
Prunes (pitted) – ¼ cup - 26g carbs
Raisins – 1 small box - 34g carbs

Free Foods and Flavor Enhancements

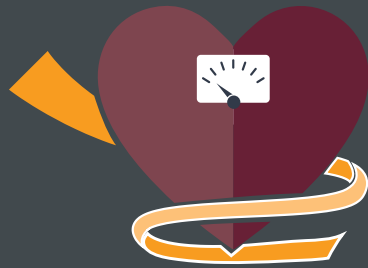
Cinnamon
Extracts (lemon, vanilla and almond)
Garlic – fresh, powdered, or salt
Ginger, dried
Ginger, pickled
Horseradish
Hot sauce
Lemon or lime juice
Mustard
Natural herbs & spices – fresh or dried
Olives
Pickles (dill, not sweet)
Salad dressing, no sugar added Salsa
Wasabi
Worcestershire sauce



Reading Nutrition Label

1. Check serving size to ensure count is accurate
2. Check TOTAL fat
3. Check TOTAL carbs, NOT NET CARBS
4. Check TOTAL protein

That's it! You only need these four things in order to track your macronutrients. Record the numbers in your log and be sure you are keeping within your provider's suggested range as often as possible. Those who track their food are significantly more likely to reach their goal.



Nutrition Facts

8 servings per container

Serving Size 2/3 cup (55g)

Amount per serving
Calories **230**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

Healthier Alternatives to High-Carb Foods

Instead of...	Let's try...
Traditional Tortillas	Mission 25 Calories Yellow Corn Tortillas (5g carbs, Savemart, Raley's), Mission Almond Tortillas (12g carbs, Walmart, Smith's), Siete Almond Flour Grain-Free Tortillas (10g carbs, Costco refrigerated section, Raley's and Whole Foods frozen section), Mr. Tortilla Multigrain Tortillas (3g carbs, Amazon), Trader Joe's Carb Savvy Tortillas (9g carbs), Guerrero Zero Net Carb Tortilla (7g carbs, Savemart)
Pasta	It's Skinny Pasta (2g carbs, Amazon, Raley's), Miracle Noodle (3g carbs, Amazon, Raley's), Trader Joe's Hearts of Palm Pasta (4g carbs), Spaghetti Squash (1 cup, 10g carbs), Zucchini Noodles (3g carbs)
Snacks, Bars, and Cereal	Power Crunch Energy Bars (12g carbs, Walmart, Amazon, Savemart, Winco), Think! Keto Cookie Dough Protein Bars (9g carbs, Walmart), Trader Joe's Super Seedy Cheese Snack Bites (5g carbs), Costco Low Carb Keto Nut Granola (9g carbs), Ratio Keto Toasted Almond Granola (7g carbs, Walmart), Premier Protein Mixed Berry Almond Cereal (14g carbs, Walmart, Savemart), Special K Zero Added Sugar (8g carbs Walmart, Savemart), Wonderworks Keto Cereal (12g carbs, Walmart), Genius Gourmet Keto Bars (6g carbs, Amazon)
Rice	Trader Joe's Rices Hearts of Palm (4g carbs), It's Skinny Pasta Rice (5g carbs, Amazon), Riced Cauliflower (4g carbs)
Dessert	Rebel Ice Cream (14g carbs, Walmart, Raley's, Savemart), Sugar-Free Jell-O (carb-free), Sugar Free Jell-O Pudding Cups (10g carbs), Mammoth Creameries Frozen Custard (10g carbs, Raley's), Keto Zero Sugar Ice Cream Bar (11g carbs, Raley's), Breyers Carb Smart Ice Cream Bar (12g carbs, Walmart, Raley's, Savemart)
Traditional Bread	Dave's Bread Thin Sliced (13g carbs), Orowheat Keto Bread (11g carbs, Walmart, Smith's, Savemart), Joseph's Flax, Oat Bran, & Whole Wheat Pita Bread (9g carbs, Walmart), Sola Bread Golden Wheat (7g carbs, Walmart), Carbonaut Bread (8g carbs, Raley's frozen section), Crystal Farms Cheese Wraps (carb-free, Walmart, Target), Nature's Own Keto Bread (10g carbs, Savemart)


Set Up Carb Manager

Follow the QR code below to access the Carb Manager site. You will need to enter preliminary profile information such as current weight, goal weight, height, and age. You do not need to pay for the premium version unless you want to.

Once profile is complete, click the "Settings" icon in the top left corner. Select "App Settings," then "Total Carbs" under "Carbs to Track." Do not select "NET Carbs."

Next, click on "Settings" again and select "Macro-nutrient & Energy." Input the Macro values set by your practitioner (see below). Once inputted, these targets will automatically save for you.

Now that you have everything customized based on your provider's directions, use the Daily Log to track your meals. The log will show you where you fall within your macro targets.



_____	TOTAL Carbs
_____	Protein
_____	Fats

Track Manually

While we like Carb Manager best for tracking, those who prefer pen and paper can and should also track their nutrition! We recommend the NewMe Fitness journal, "Track Your Nutrition," which is available on Amazon. Use the QR code below to purchase a copy. The importance of tracking your carbs, proteins, and fats cannot be overstated!



Family Medicine 775-882-1324

Monday - Friday

8:00 AM - 5:00 PM

Working together towards a healthier you.

Seven Day Meal Plan

Monday

Breakfast: 2 eggs, scrambled in butter with a touch of cream + 1 oz cheddar cheese + 1/4 cup salsa

AM Snack: 1 oz mozzarella cheese + 1/2 cup cherry tomatoes

Lunch: Chicken Salad (3 oz grilled, chopped chicken breast + 3 cups chopped romaine + 1 cup raw cucumbers + 1 cup kale + 2 tbsp vinaigrette dressing)

PM Snack: 4 oz plain Greek yogurt with cinnamon + 1-2 cups miso broth

Dinner: 3 oz baked tilapia (or other fish) with Old Bay seasoning + 2 cups cooked spinach + 1 tbsp olive oil

Tuesday

Breakfast: 4 oz plain Greek yogurt + 6 walnut halves

AM Snack: 2 oz deli sliced roast beef + Dijon mustard

Lunch: Turkey Lettuce Wrap (3 oz browned, ground turkey + 1 cup sautéed garlic mushrooms + 2 cups butter lettuce leaves)

PM Snack: 1 oz mozzarella string cheese + 1-2 cups miso broth

Dinner: 3 oz grilled flank steak + 4 cups raw spinach + 1 cup roasted turnips + 2 tbsp oil and vinegar Italian dressing

Wednesday

Breakfast: 1 egg + 1 oz bacon + coffee or tea with cream

AM Snack: 1/2 cup cottage cheese + 10 almonds

Lunch: 2 oz grilled tuna steak + 1 cup chopped mix of cucumber and tomatoes + 3 cups mixed baby greens

PM Snack: 4 oz plain Greek yogurt + 1 tbsp PB2 (peanut butter powder) + 1-2 cups miso broth

Dinner: 3 oz grilled garlic-lime shrimp + 1 cup steamed broccoli + 3 cups arugula salad



Seven Day Meal Plan

Thursday

Breakfast: 2 oz smoked salmon + 1 cup sliced cucumber + 2 tbsp cream cheese

AM Snack: 1 oz cheddar cheese slice

Lunch: Chicken Fajita Salad (3 oz grilled chicken breast + 3 cups red leaf lettuce + 1 cup sautéed bell peppers + 1/4 cup salsa + 2 tbsp whole fat sour cream)

PM Snack: 1 Laughing Cow cheese + 1 cup celery + 1-2 cups miso broth

Dinner: 3 oz roasted pork or beef loin roast + 1 cup cooked Swiss chard

Friday

Breakfast: 1 egg, scrambled + 1 oz shredded cheddar cheese + 1 cup mix of mushrooms and spinach

AM Snack: 1/2 cup shelled edamame

Lunch: 2 beef hot dogs + 1 dill pickle + spicy mustard

PM Snack: 1/2 cup cottage cheese + 1-2 cups miso broth

Dinner: 3 oz lamb chops with mint chimichurri + 15 grilled asparagus spears + 1 cup roasted Brussels sprouts + mixed baby greens dressing

Saturday

Breakfast: 2 Morning Star vegetarian sausages

AM Snack: 2 deviled egg halves + 2 cups celery + 1 tbsp ranch dressing + 1-2 cups miso broth

Lunch: Chicken Caesar Salad (3 oz grilled chicken + 4 cups romaine lettuce + 2 tbsp Caesar dressing)

PM Snack: 2 Smart Dogs with mustard + 1/2 cup coleslaw + 1-2 cups miso broth

Dinner: 3 oz seared pork chop + 1 cup roasted or sautéed eggplant



Seven Day Meal Plan

Sunday

Breakfast: 8 oz plain Greek yogurt + 1 tbsp ground flax seed

AM Snack: 1 oz turkey jerky

Lunch: 3 oz beef burger + mustard, hot sauce + 1 cup coleslaw

PM Snack: 2 deviled egg halves + 1/2 cup radishes + 1-2 cups miso broth

Dinner: 3 oz grilled scallops + 1 cup cooked spaghetti squash with herbs

Notes:



*Manual
MacroLog*





Carson Medical Group



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