



Meal Planning & Exercise for Weight Loss

RECOMMENDATIONS & RESOURCES

Combining proper nutrition and regular exercise with medication is crucial for effective and sustained weight loss.

Nutrition provides the body with essential nutrients while helping to manage calorie intake, which is key to losing weight. Exercise complements this by boosting metabolism, improving cardiovascular health, and preserving muscle mass. Together, they create a balanced approach that enhances the effectiveness of medication, leading to sustainable weight loss and overall well-being. Big Tree has compiled the following recommendations to help build a program that will support your total health.

NUTRITION RECOMMENDATIONS

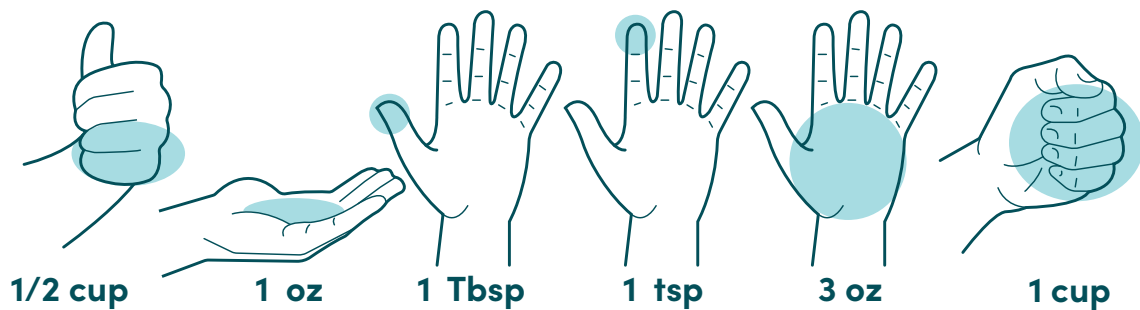
- Plan to have three meals each day.
- Drink plenty of calorie-free/low-calorie fluids throughout the day; water is a great choice. Avoid sodas of any type, sweet tea, fruit juice, Kool-Aid, specialty coffee drinks, alcoholic beverages, chocolate milk, and 2% or whole milk. LIMIT anything artificially sweetened – Crystal Light, Mio, Propel water, Sobe Lifewater, etc. These drinks may not hydrate you well, and could lead to more sugar cravings. It is easy to interpret thirst as hunger. Staying hydrated may help you eat less.
- Avoid starchy foods like potatoes (*including chips and fries*), corn (*on the cob, popcorn, high fructose corn syrup, corn chips*) rice, crackers, breads, and cereals.
- Bake, grill, or slow-cook meats. Do not deep fry. Avoid adding extra fat and calories to your foods (*gravy, mayo, ketchup, cheese, full-fat salad dressing, etc.*)
- Avoid snacking and grazing.
- Limit fruit. Berries, apples, and plums are some of the lowest sugar fruits. Bananas, grapes, and pineapples are some of the highest in sugar.
- Avoid anything that contains trans fats or hydrogenated oils. Commercially produced baked goods and snacks – often contain hydrogenated oils Vegetable oil, corn oil, canola oil, margarine, soybean oil, grapeseed oil, sunflower oil, safflower oil, rice bran oil – damaged fats. These damaged fats promote inflammation in the body which may lead to development of other chronic diseases including heart disease.
- When choosing a protein supplement, whether it be a protein drink, protein bar, or another alternative protein product, there are a couple guidelines to follow. In general, you want to look for a supplement that contains:
 - 200 calories or less per serving
 - 15 grams protein or more
 - 20 grams carbohydrates or less

MEAL PLANNING

At each meal, serve yourself (1) serving of protein and (2) cups of non-starchy vegetables. You might substitute a half cup of fruit for one cup of vegetables at one meal each day. Choose your protein and non-starchy vegetable option from the next page to plan your meals.

Add healthy fats for an optional boost. Healthy fats promote satiety and help you feel more satisfied between meals. These healthy fats come packaged with plenty of nutrients and some provide a source of fiber, as well. This category can add up quickly, so be sure to watch portion size.

EASY PORTION ESTIMATES



INGREDIENTS

LEAN PROTEINS

- Eggs (limit oil/butter) (1 egg = 1 oz. = 7 grams of protein)
- Chicken
- Turkey
- Fish
- Shrimp
- Scallops
- Beef or pork round or loin cuts (sirloin, tenderloin, round steaks, or center loin chops) (1 serving of poultry, beef, pork, or shellfish = 3-5 oz. = 21-35 grams of protein)
- Low-fat cottage cheese (1 serving = 1/2 cup)
- Reduced fat/sugar-free yogurt or Greek yogurt (1 serving = 2/3 cup or about 6 oz.)

NON-STARCHY VEGETABLES

- Artichokes
- Asparagus
- Beans (green, wax, Italian)
- Bean sprouts
- Beets

- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green onions
- Greens (collard, kale, mustard, turnip)
- Leeks
- Mushrooms
- Okra
- Pea pods
- Peppers
- Radishes
- Salad greens
- Sauerkraut
- Summer squash (zucchini, yellow squash)
- Tomatoes
- Turnips

FRUIT

- Apples

- Peaches
- Oranges
- Kiwi
- Nectarines
- Pears
- Mango
- 1/2 cup canned fruit (canned in 100% fruit juice – NOT syrup)
- Grapes
- 1 cup melon
- 1 cup berries
- 1/2 large grapefruit
- 1/2 cup unsweetened applesauce

HEALTHY FATS

- Almonds: 16-20
- Brazil nuts: 4
- Cashews: 14-16
- Hazelnuts: 10-12
- Macadamia nuts: 7-9
- Pecans, halves: 18-20
- Pine nuts: 2 Tbsp.
- Pistachios: 20
- Walnuts, halves: 8-10
- Chia seeds: 3 Tbsp.

- Flax seeds: 3 Tbsp.
- Hemp hearts: 3Tbsp.
- Pumpkin seeds/pepitas: 2-3 Tbsp.
- Sesame seeds: 2 Tbsp.
- Sunflower seeds: 2-3 Tbsp.
- Nut and seed butter: 2 Tbsp. (No sugar added)
- Coconut oil: 1 Tbsp.
- Olive oil: 1 Tbsp.
- Walnut oil: 1 Tbsp.
- Olives: 8-10 Olives
- Coconut milk: 1/4 - 1/3 Cup
- Coconut butter: 2 Tbsp.
- Unsweetened coconut flakes: 1/4 cup
- Unsweetened shredded coconut: 2 Tbsp.
- Avocado: 1/2 medium
- Avocado oil: 1 Tbsp.
- Mayonnaise: 1 Tbsp.
- Ghee: 1 Tbsp.
- Butter: 1Tbsp.
- Cheese: 1 oz.
- Sour cream: 2 Tbsp.
- Heavy cream: 2 Tbsp.

MEAL IDEAS

The portions are just a recommendation – listen to your body and feel free to adjust serving sizes as necessary based on your body's needs.

BREAKFAST

- | | | |
|---|---|---|
| <input type="checkbox"/> 3 hard-boiled eggs | <input type="checkbox"/> 1 cup low-fat cottage cheese | <input type="checkbox"/> 2 eggs scrambled with choice of vegetables and diced ham or Canadian bacon |
| <input type="checkbox"/> 1/2 cup berries | <input type="checkbox"/> Cherry tomatoes | |
| <input type="checkbox"/> 1/2 cup baby carrots | <input type="checkbox"/> Salt & pepper | |

LUNCH/DINNER

- | | | |
|---|---|---|
| <input type="checkbox"/> 3-4 oz lean turkey or ham | <input type="checkbox"/> 3-4 oz grilled chicken | <input type="checkbox"/> 3-4 oz grilled chicken |
| <input type="checkbox"/> 1 oz cheese | <input type="checkbox"/> 1oz sliced almonds | <input type="checkbox"/> 2 cups Brussels sprouts |
| <input type="checkbox"/> Tomato, cucumber, lettuce - roll all together like a burrito | <input type="checkbox"/> 1/2 cup broccoli | <input type="checkbox"/> 1 can tuna |
| <input type="checkbox"/> 1/2 grapefruit | <input type="checkbox"/> 3-4 oz grilled or baked fish | <input type="checkbox"/> 1 hard-boiled egg |
| | <input type="checkbox"/> 2 cups vegetables | <input type="checkbox"/> Spicy mustard |
| <input type="checkbox"/> 3-4 oz hamburger without bun | <input type="checkbox"/> 3 hard-boiled eggs | <input type="checkbox"/> 1-2 cups cucumber and tomato |
| <input type="checkbox"/> Lettuce, tomato, pickle or small side salad | <input type="checkbox"/> 1/2 avocado | |
| <input type="checkbox"/> 4-6 oz Greek yogurt | <input type="checkbox"/> Diced peppers and onions | <input type="checkbox"/> 2 cups vegetable beef soup |
| <input type="checkbox"/> 2 cups chili | <input type="checkbox"/> Chef salad (2-3 cups lettuce and vegetables, 1oz mozzarella cheese, 1 hard-boiled egg, lean ham or turkey with light dressing) | <input type="checkbox"/> 3-4 oz grilled pork chop or roast beef |
| <input type="checkbox"/> Carrots and celery sticks | | <input type="checkbox"/> 2 cups mixed vegetables |
| <input type="checkbox"/> 1/2 cup berries | | |

SNACKS

- | | | |
|---|---|--|
| <input type="checkbox"/> 1 cup Greek yogurt with 1 oz. nuts | <input type="checkbox"/> 1 hard-boiled egg with 1/4 avocado and sliced cucumber | <input type="checkbox"/> Beef jerky with 1/2 cup berries |
| <input type="checkbox"/> 1 apple with 2 Tbsp. peanut butter | | <input type="checkbox"/> 1 oz. almonds with kale chips and 1 tangerine |
| <input type="checkbox"/> Raw carrots/celery with 1/4 cup hummus | <input type="checkbox"/> 1/2 cup cottage cheese with peaches | |

TIPS FOR DINING OUT

Remember: It is always better to cook food yourself in order to keep as much control over what goes into your body. However, when you do eat outside of your home at another establishment, here are a few tips to help you stay on track with your weight loss goals:

- Browse the menu online ahead of time. Almost all restaurants now publish their menu, and often times the nutritional information, online to peruse ahead of time.
- Check the whole menu. Sometimes you may find a healthier option in the appetizer section. Be careful though, many appetizers tend to be deep fried and are not always a healthier option.
- Pick protein first, and then make sure non-starchy vegetables are on the side. Basically, forgo the French fries (or sweet potato fries) and baked potatoes.
- Watch for high-fat keywords such as: battered, fried, crispy, sautéed, cheese sauce, butter sauce, hollandaise sauce. Instead, look for items that are: broiled, poached, roasted, steamed, charbroiled, or grilled.
- Swap for healthier options when possible. Choose vegetables instead of fries, potatoes, or rice.
- Share a meal. Restaurant portion sizes are already large to begin with, so sharing with a friend not only cuts down on the portion size, but also on the price. In general, when larger portion sizes are presented, more food is eaten.
- Order sauces and dressings on the side. Many sauces and dressings often contain added sugars and/or fats.
- Get a to-go box when your meal arrives. By packaging up half (or more) of your meal ahead of time, you will be a lot less tempted to over eat.
- Avoid pre-meal snacks. If you're often tempted by the bread basket on the table, kindly ask your server to remove it.

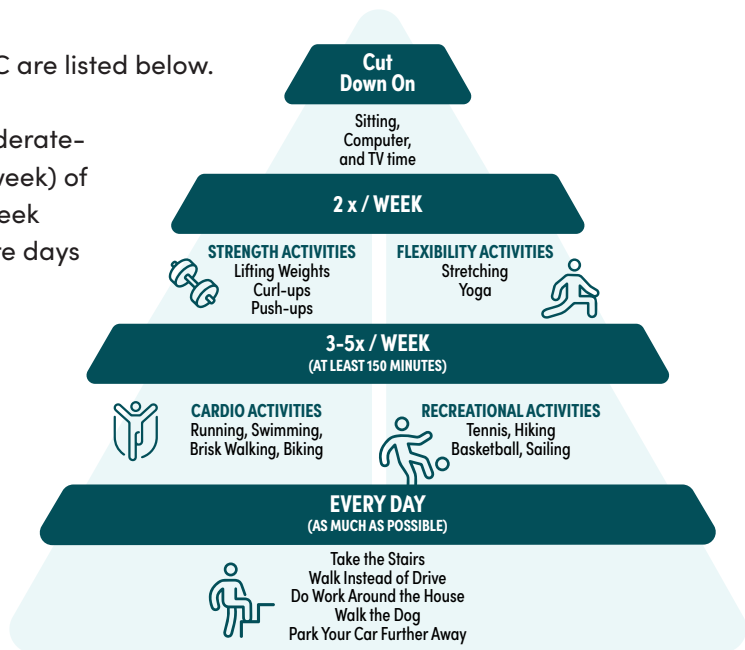
ADDING PHYSICAL ACTIVITY

The general recommendations from the CDC are listed below.

- 150 minutes (30 minutes, 5x week) of moderate-intensity OR 75 minutes (15 minutes, 5x week) of vigorous-intensity aerobic activity per week
- Muscle-strengthening activities 2 or more days per week

For even greater health benefits:

- 300 minutes (60 minutes, 5x week) of moderate intensity OR 150 minutes (30 minutes, 5x week) of vigorous-intensity aerobic activity per week
- Muscle-strengthening activities 2 or more days per week



How to get started:

- Start slow! Don't try to push yourself too hard right away.
- Find a work out partner – someone to keep you accountable and someone who encourages you.
- Pick something enjoyable that rewards you mentally, physically and emotionally.
- Add some form of entertainment such as music, watching TV, or listening to a podcast or book on tape.
- Document your progress: Keep an exercise log or take before and after pictures.
- Remember: there is always something you CAN do.
- Have some self-compassion. Don't beat yourself up because you can't do what you think you should do.
- You don't have to spend hours in the gym to see results – even 10 to 15 minute sessions are just as effective as long bouts of exercise.
- Don't have time to exercise? Think about your daily activities and other things you do on a daily basis like taking the stairs, parking farther away, or standing for tasks you would usually sit for.

Questions?

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