

Dr. Douglas Daub's Weight Loss Program Overview

Weight Loss Program Overview

- The program is called the Take Shape for Life (TSFL) "5 & 1" using Medifast meals
- Lose 2-5 lbs per week for the first 2 weeks and 1-2 lbs per week thereafter.
- Clinically proven to be safe and effective and used by more than 1 million people since 1980
- Recommended by over 20,000 physicians

About the TSFL "5 & 1" Plan

- You eat six meals a day—"5" Medifast meals and "1" self-prepared "Lean and Green" meal, spaced two to three hours apart
- Medifast meals are soy based and low in calories and carbohydrates
- There are over 70 Medifast meal options including soups, oatmeal, scrambled eggs, fruit drinks, hot beverages, shakes, bars, etc.
- The "Lean" refers to your choice of lean protein such as meal, poultry, fish or other meatless options and the "Green" refers to your choice of certain vegetables

The Program Cost

- Only \$11/day for the 5 Medifast meals you will eat each day
- Grocery and restaurant bills are cut down significantly while on this program

How Weight Loss Occurs

- Low calorie program with an average intake of 900/calories a day
- Amount of carbohydrates is less than what is typically consumed, with less than 85gm/day
- Metabolism improves as one becomes leaner and also by eating multiple times a day
- The low carbohydrate intake is designed to get you into a fat-burning state known as ketosis

Ketosis (Fat-Burning State)

- The key to this program and why you can lose up to 2-5 lbs per week
- Takes 3-5 days to get in this state
- Responsible for minimizing hunger, feeling more energized and preventing muscle loss
- Occurs when there is not enough carbohydrates in the diet and the body begins to metabolize stored fat for its primary fuel source
- Alcohol, grains, pasta, fruit and high starchy vegetables like carrots or corn are not permitted in the beginning phase of the program since they raise the carbohydrate levels and interfere with ketosis

Medical Monitoring

- Notify your personal physician prior to beginning this program to make sure you have no medical contraindications to a very low calorie diet especially if under 18 or over 70 years old
- Diabetic patients will need extra glucose monitoring. Insulin or other diabetic medicines like Amaryl® or Glucotrol® may need to be stopped or reduced even from day 1 because of the low glycemic index and low calorie intake of the program
- High Blood Pressure patients often need to reduce or stop their medicines as weight loss occurs.
- Extra blood test monitoring is necessary if taking anti-seizure medicines, lithium, thyroid medicine, or the blood thinner known as Coumadin® (Warfarin)

Dr. Douglas Daub

Email: DrDaub@teamtsfl.com Order: www.drdaub.tsfl.com Coach #772224370

What You Need To Know To Achieve Weight Loss Success:

- Read this document, & the “**Quick Start Guide**” that will arrive with your meals.
- Carry the Quick Reference Guide in this packet when you are planning your Lean & Green meal.
- Make sure you have an accurate weight scale and food scale in your home.
- Weigh weekly to make sure you are following the program correctly. You should lose 2-5 lbs/week.
- BeSlim Club members receive automatic reordering reminders and special discounts. If you are not part of the BeSlim Club, please remember to reorder on week 3 so you don’t run out of food.
- The first 3 days of the program are very difficult and can be difficult for some. Once in Ketosis, the fat burning state, it will become much easier, so hang in there.
- Weight loss can be very dramatic and some people can even lose more than 80 pounds on this program. You may need to reassure your friends and family members that you are on a healthy transition to better health.
- I recommend the purchase of Dr. Wayne Andersen’s Habits of Health book and its companion guide in your next order. They will be invaluable in helping you keep the weight off in the long term.

When Your Food Arrives-“Getting Started”:

1. Plan Your Meals and Meal Times

- Eat 5 Medifast meals and 1 "lean and green" meal a day.
- Plan your lean and green meal in advance. The lean refers to either fish, chicken, meat or other meatless options. All weights refer to the cooked weight. AVOID carrots, peas, potatoes, artichoke, corn; the sugar content is too high. Eat ONLY the veggies on the approved list which I’ve included. You can have three servings of the veggies with your lean and green meal. A serving is considered ½ cup unless otherwise noted in the table.
- “Meals “should be spaced 2-3 hours a part. “Snacks” can be eaten anytime even with a meal.
- Eat your first meal no later than 60 minutes after you wake up to kick start your metabolism.
- Consider setting your cell phone alarm as a reminder or if able download free app called TSFL
- Carry some Medifast pretzels or crunch bars with you when you’re away from home to keep your routine from getting interrupted.
- Medifast meals are interchangeable, so you can choose any product, even if they are all the same type, ex. 5 Medifast crunch bars and 1 lean and green is an allowable option.
- Write out what and when you’re going to eat each day, Example below:
- Example Day:

6:00a Wake Up

6:30a Medifast (MF) #1-Shake

9:00a MF #2- Crunch Bar

11:30a MF #3- Soup

2:30pm MF #4- Crunch Bar

(3:00pm “Snack”- 3 celery sticks-can be eaten anytime)

5:30pm “Lean and Green” Meal: 6 oz. chicken breast, 1cup lettuce, 1/2 cup tomatoes, 1/2 cup cucumber with 2 tbs. salad dressing containing <6 gms of carbohydrates and <5 gms of fat per serving).

8:30pm MF #5 -Pudding

Your Typical Day:

_____ Wake Up

- 2. **Never Skip a Meal.** Even if you’re not hungry, follow the plan to maintain your metabolism.

3. Drink at Least Eight 8 oz Glasses of Water. You can have coffee, diet sodas or other zero calorie drinks but they do not replace water consumption.

4. Cut Back the Caffeine. It's ok to have some, but because your calorie intake is reduced the caffeine will have a stronger affect on you. Limit coffee to 3 cups a day. You can use unsweetened milk, soy milk, and artificial sweeteners in your coffee, but these are considered condiments (follow portions in guidelines).

5. Do Not Cheat! (Not even a little) Remember, the ketosis is what rapidly burns stored body fats. Just ½ slice of bread, a piece of fruit or *any amount* of alcohol can take you out of ketosis. Remember it usually takes **3 days** to get back into this state and you will lose the benefits which include rapid weight loss, increased energy, decreased hunger, reduced cravings and minimal loss of muscle mass. Cheating also spikes your blood sugar, so you get hungry again and it makes staying on the program more challenging.

6. Measure Food Portions and Follow Lean and Green Guidelines Strictly. A food scale can cost less than \$15 and purchased at most home good stores. The portions in the lean section of the guide always refer to the “**cooked**” weight. Always follow the specific quantity guidelines, with close attention to the condiment and seasoning section. These essential sections are in this document for your reference.

Here are some tips on serving sizes in case your scale isn't handy:

- 1/2 cup of cooked vegetables =
scoop of ice cream
- 1 ounce of cheese = a pair of dice
- 3 oz chicken/fish = 1 deck of cards
- 1 tablespoon of salad dressing =
1/2 of a ping pong ball
- 1 teaspoon oil or butter = tip of
your thumb

7. 1 Optional Snack/ Day It can be eaten at any interval, even with a meal. (Try to avoid having this daily.)

You may choose one of the following:

- 3 celery stalks
- 1 sugar-free Popsicle®
- 1/2 cup of sugar-free Jell-O®
- 3 pieces sugar-free gum/mints
- 2 dill pickle spears
- 1 package Medifast crackers or
soy crisps (not counted as a meal)
- 1 Tbsp Peanut Butter
- ½ oz of nuts: almonds (10 whole),
walnuts (7 halves), pistachios (20)

8. Additional Supplements. Constipation can occur given the new level of calories being consumed (less in = less out). If needed, you can use a sugar-free fiber for regularity like psyllium. You may also consider adding a probiotic like Medifast's Essential 1 Digestive Health supplement if you experience excessive gas on this program. This supplement helps break down your food to aid in digestion.

Avoid vitamin/mineral supplements that are in liquid, chewable or powder forms since they often have added carbohydrates and calories that may interfere with the ketosis state.

9. Don't Over Exert Yourself. If you are not currently exercising regularly, it is best to wait 2-3 weeks while your body gets adjusted to the ketosis and very low calorie content of the program. Walking is a great way to start. If you are currently exercising, it is important to cut the intensity and duration by 50% for the first couple of weeks. Limit vigorous exercise to less than 45 minutes a day for the entire time you are on the 5 and 1 plan. You'll have plenty of time to resume full workouts soon.

10. Find a Buddy. Consider asking family, friends or co-workers to join you in this lifestyle change. It can be a good source of support and help you stay on track. I'd be happy to coach them also. Simply provide them with my contact information. I function as a coach and not as a physician for them.

Quick Reference Guide: “Lean & Green” Meal

1. Lean: Portions refer to the COOKED weight

LEANEST: Choose a 7-oz portion Plus 2 Healthy Fat servings	LEANER: Choose a 6-oz portion Plus 1 Healthy Fat Serving	LEAN: Choose a 5-oz portion <u>No</u> Healthy Fat Choice
<ul style="list-style-type: none"> • Fish: cod, flounder, haddock, orange roughly, grouper, tilapia, mahi mahi, tuna (yellow fin steak or canned in water), wild catfish • Shellfish: crab, scallop, shrimp, lobster • Game meat: deer, buffalo, elk • Ground turkey or other meat: ≥ 98% lean • Meatless options: <ul style="list-style-type: none"> • 14 egg whites • 2 cups of Egg Beaters* • 2 Boca Burger® Morningstar Farms® or Garden Burgers® patties, or other varieties with < 6 grams of carbohydrates /patty 	<ul style="list-style-type: none"> • Fish: swordfish, trout, halibut • Chicken: breast /white meat without skin • Ground turkey or other meat: 95–97% lean • Turkey: light meat • Meatless options: <ul style="list-style-type: none"> • 15 oz extra-firm tofu • 2 whole eggs plus 4 egg whites 	<ul style="list-style-type: none"> • Fish: salmon, tuna (blue fin steak), farmed catfish, mackerel, herring • Lean beef: steak, roast, ground • Lamb • Pork chop or pork tenderloin • Ground turkey or other meat: 85–94% lean • Chicken or turkey: dark meat • Meatless options: <ul style="list-style-type: none"> • 15oz firm or soft tofu • 3 whole eggs (limit to once a week)

2. Healthy Fat: (Add 0-2 fat servings as directed above on the “Lean” table.) One Serving = 1 of:

- 1 teaspoon of oil (canola, flaxseed, walnut or olive)
- 5-6 black or green olives
- Up to 2 tablespoons of salad dressing (must be <6gm of carbs and <5gm of fats/serving)
- 1 teaspoon of trans fat-free margarine
- Other less healthy fat choices include 1 tbsp of skim, 1%, 2%, whole or half & half

3. “Green”: Avoid high sugar vegetables like carrots, corn, peas, potatoes, brussel sprouts, artichokes and any other vegetable not listed below. Select any combination of 3 servings.

LOWER CARBOHYDRATE	MODERATE CARBOHYDRATE	HIGHER CARBOHYDRATE
<ul style="list-style-type: none"> • 1 cup: collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress. • ½ cup: celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw). 	<ul style="list-style-type: none"> • ½ cup: asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini). 	<ul style="list-style-type: none"> • ½ cup: broccoli, red cabbage, collard or mustard greens (cooked), green or wax beans, kohlrabi, okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes (red, ripe), turnips, spaghetti squash, hearts of palm, jicama (cooked), Swiss chard (cooked).

4. Condiments & Seasonings: Enjoy up to 3 servings a day. Each of the following equals 1 serving:

- ½ teaspoon of dried herbs and spices, catsup, BBQ sauce or cocktail sauce
- 1 tablespoon of yellow mustard, salsa, soy sauce, fresh herbs, unsweetened milk or soy milk, balsamic vinegar, chopped onion, or lemon or lime juice
- Up to 2 tablespoons of sugar-free flavored syrup (Torani®, DaVinci®, etc.)
- 1 packet of artificial sweetener such as Equal® of Splenda®
- Up to 3 tablespoons of hot sauces, Tabasco® sauce, or red, white, or cider vinegar

Things to Know

Most program questions can be answered by reviewing the Frequently Asked Questions(FAQ) section found on the Take Shape for Life website or by going to this link:

http://www.tsfl.com/faqs/general_information.jsp?cid=30003296

Free Support Options:

**Support in Motion
(24 hour online support)**

www.tsflsupportmotion.com

**Nutrition Support (Can answer most
program related questions)**

Monday-Friday 9am-5pm ET

nutritionsupport@tsfl.com

**Nurse's Call (Learn supportive information
to maximize your weight loss and health
goals.)**

Monday 5:30- 6pm PT

512-225-3178 code: 579476#

Recorded Playback available 24hrs later:

(512) 505-6856

**Doctor's Call (Learn current health topics
surrounding Optimal Health)**

Wednesday 5:30p – 6pm PT

Doctor's call (512) 225-3178 code 896742#

Recorded Playback after 24 hrs:

(512) 404-1220

Habits of Health Maintenance Call

**(Learn helpful hints and tips for everyone on
the Maintenance program from those who
have lost more than 60+ lbs and kept the
weight off > 4 years.)**

Wednesday 5pm PT

(512) 225-9427 code: 77421#

Recorded Playback after 24hrs:

(512) 505-6863

Client Contact Center

Monday-Friday 8:00am-11:00pm ET

Saturday-Sunday 9:00am-6:00pm ET

Phone: 800-572-4417 option 1

Fax: 410-581-2137

clientservice@tsfl.com
