

Weight Loss Program



Essentially, I want you to follow a ketogenic type diet limiting carbohydrates and sugars, while fueling your body with protein and healthy fats; with an overall caloric deficit diet. You can reach a ketosis state, meaning when you are using your fat storage as a source of energy rather than sugars ingested, through different type of ketogenic diet, intermittent fasting diet or even water fasting diet -I have tried them all. It is not new science, but often time renamed and gaining more popularity. I want you to eat clean and in NO excess.

The program below is a overall a hybrid keto/caloric deficit diet with the sole goal to reduce weight and body fat. Once you have reach your healthy body weight you should maintain it with a well-balanced, ketogenic based diet while reintroducing carbohydrates in controlled portions. Carbohydrates are still essential to our bodies, and useful if you want to gain more mass after leaning out and increase your fitness level. Once you have reached your healthy goal weight, I advised carb cycling, meaning reintroducing carbohydrates based on you body weight . Carbohydrates as not the enemy, and are still an important part of our nutrition. There are many books, and cooking books to do so available out there, look around and pick the one the fit your taste buds the best!

➤ **Diet Program recommendation:**

Start following the food intake table below, you can always modify it to your liking, but try to keep you total daily carbohydrates intake to below 20grams

Time	Food intake
8:00	1 scoop protein shake
	1/4 cup oatmeal
10:30	4 almonds
	1/2 slice of turkey
	1/2 cheese stick
1:00 PM	1 scoop protein
3:30 PM	4 almonds
	1/2 slice of turkey
	1/2 cheese stick
7:00 PM	Normal meal: Steak/chicken/ Fish Salad 1/4 cup brown rice
10:30 PM	Optional evening snack: 4 almonds

If you decide to make your own meals, you will have to keep count of calories (1200-1400Kcal per day) and the amount of carbohydrates/sugar in grams (less than 20 grams total per day). I have listed some foods with their carbs content at the end to help.

Remember some people might need more calories daily than others, but again this program is to lose fat, NOT maintaining nor gaining more mass, which would need more carbohydrates intake.

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➤ **Drinking:**

WATER, WATER and WATER. Preferably alkaline, but filtered water is fine.

Drink (0.7 ounces) X (body weight) of water EVERYDAY. For example: 145 lbs X 0.7 = 101.5 ounces/daily 190 lbs X 0.7 = 133 ounces/daily

Black Coffee, green teat, black tea, Kombucha (be carefull some have sugars/ carbs), or Apple cider vinegar mix allowed.

My personal favorite is a mix of a teaspoon of organic apple cider vinegar, some green tea mixed in 8 oz of water (or more) and a zest (or juice) of lime/ lemon. Great for your gut bacteria, to keep healthy!!!

No Alcohol, No Soda, No juices, nothing that has sugars, no milk.

➤ **Protein and vitamins supplements: TO TAKE DAILY**

Below are my favorite supplements. They are easily available, cheap and get the job done. They are definitively better supplements out there, but I wanted something easy, still healthy and cost effective. You can find all of them at Costco, Target or Walmart.

I do however prefer the “Garden of Life” Raw Brand supplement for vitamins, also NOW foods magnesium, Nordic naturals for fish oil -you might need to look around more for those, and they are a bit more expensive.

- Vitamins: Multivitamins / Vitamin D 1000 to 5000 iu/ fish oil/ magnesium 400mg (before sleep)/ 1 scoop of Green Superfood (optional)



-Protein supplement: choose one of the following (vegaprotein, orgain protein, isopure protein), you can also use your own as long as the carb count is low - always double check!!!



TIPS: I buy more than one to have variety in flavor and rotate them throughout the week.

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-Injections: Even if you get some of the shots in our clinic, you can still take the above supplements and I highly advise to do so. They work together.

➤ EXERCISES:

CARDIO: Running, elliptical, Biking, swimming, for at least 30minutes or more daily. Beachbody at home video program are great such as Insanity with Shaun T, P90X and others...

High Intensity Interval Training exercises tend to be better at burning more calories in shorter time spent and would also count as cardio.

You can try do HIIT type workout but it is hard to execute on a low carb diet, you will feel very tired and might not be able to do as many rep or set as you used to... not to worry since once you'll re-introduce carb in your diet, you will perform better. It is a normal adjustment that your body will go through, but overtime your body will readjust. Remember this program is not to increase performance but for weight loss. Once you have reach your healthy weight, you should reintroduce carbohydrates, eat steady well-balanced meals and re-adjust your supplements to maintain your weight, increase muscle lean mass and improve athletic performance.

WEIGHT TRAINING is also essential to increase your muscle fibers so that you can burn more energy (fats). I have attached a exercise lifting training routine to guide you, but feel free to follow your own. I advised to lift weights daily if possible with one day of rest weekly, the alternative if you can only workout once daily is to do a 2 days of weight lifting weekly. While doing so , you should work different muscle group on different days. While on the hybrid Keto/low calories diet you will have hard time to increase your personal record, and lifting your usual max weight will be very hard -which I do not advise to do during that program. You should be able to do 10-12 repetition of each exercise with moderate struggle for at least 3-4 sets. Take short break between sets and longer between exercises. STAY Hydrated !!!

NO Pre or post workout supplement or drinks: For the time being, you do not need those. We want to force your body to deplete its glycogen storage from your muscles and replenish them with your stored fats. Later on you can used those once you have reach your healthy weight and increase your fitness level/ goals.

➤ Sleep:

7+ hours of quality, restorative sleep every night ----> Early to bed, early to rise is associated with lower body fat percentages (along with multiple other health benefits) .

CAUTION, GOOD TO KNOW SIDES EFFECTS when starting the program:

The changes in diet and level of activity will most likely cause side effects at first until your body get use to the adjustments, and functions well on ketosis stage.

You may experience: Headaches, Irritably, Fatigue, Constipation...

Those adverse side effects will get better over time but can take a couple days or weeks. You can use over the counter Ibuprofen or Tylenol if not contraindicated by your Primary care provider.

Listen to your body! If you encounter any medical issues, you should discontinue the program or contact your primary care provider.

YOU CAN FOLLOW THOSE DIET AND EXERCISE GUIDELINES FOR 1 OR 2 MONTHS, then start eating regular ketogenic based meals daily. A great resource is the website: www.ruled.me , and of course Instagram or pinterest since the ketogenic has gained tremendous popularity! You can also checkout www.dietdoctor.com.

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