



Carson Medical Group

# YOUR HEALTHY LIFESTYLE *Journey*





Carson Medical Group



# THE *new* YOU

## QUICK REFERENCE GUIDE

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

We will not focus on calories. Instead of always 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), and eggs.

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 limit 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 previous healthcare providers, nutritionists, 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 olive or avocado oil.

**Saturated fats** are cardiovascular neutral (neither good nor bad) and a key component of a low-carb lifestyle. Coconut oil, milk, butter, whole yogurt, and cheese are examples of saturated fats.

**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. See page 4 for fish options high in Omega-3.

### 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 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 (Crisco), 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 lowers blood sugar, but also stores fat. Foods that are high in simple carbs are digested more quickly. Examples of foods with simple carbs and sugars are 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:

- **Chronic inflammation**, which 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.

## INFLAMMATION

There are two types of inflammation: **acute**, which is short-term and helps the body heal, and **chronic**, which is long-lasting and can harm health. Diet plays a key role in this.

Simple carbs are digested quickly, making it easy to overeat them and causing blood sugar spikes. Our bodies perceive these spikes in the same way we perceive injuries, and so we respond in the same way: with acute inflammation.

Over time, frequent intake of these foods that trigger inflammation can lead to the acute inflammation becoming chronic. This persistent immune response has been linked to conditions like obesity, diabetes, and heart disease.

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



## YOUR LEVELS

TChol \_\_\_\_\_

Trig \_\_\_\_\_

HDL \_\_\_\_\_

LDL \_\_\_\_\_

Ratio \_\_\_\_\_

On Medications

## 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
- Krill oil, 2000 mg a day
- Fiber, 25-30 mg a day
- Zetia or Repatha (for those who are statin intolerant)

## DIABETIC REQUIREMENTS

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

## ADDITIONAL TESTS

- 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
- Calcium scoring test - ultrasound of the vessels of the heart (may need to pay out-of-pocket)



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

# fat FOR fuel

Once you begin eating low-carb, moderate protein, and moderate healthy fat, your body will start using the fat for fuel. This conversion of stored fat into energy is what allows you to get leaner. 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 to burning fat for fuel.

The first few weeks of the program, as your body changes, you may experience temporary mild side effects (see below). This is a natural part of the process that occurs as your body responds to burning fat rather than carbs as a primary fuel source. One side effect is a natural state in which the body will excrete high levels of both water and electrolytes like sodium (salt), potassium and magnesium. We encourage 80-100 oz of fluids for those under 70 years old and 60 oz for those over 70 years old (see page 6).

## 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 & Fatigue	Headaches	Leg Cramps	Constipation
<ul style="list-style-type: none"><li>• <u>Increase water intake, consume 2 cups salted broth or bullion</u></li></ul>	<ul style="list-style-type: none"><li>• <u>Increase water intake, consume 2 cups salted broth or bullion</u></li><li>• Take Advil or Tylenol as directed on bottle</li></ul>	<ul style="list-style-type: none"><li>• <u>Increase water intake, consume 2 cups salted broth or bullion</u></li><li>• Nuun or Hydralate tabs</li><li>• Magnesium (250-500mg)</li><li>• Propel, Ultima, Ucan, Zipfizz, or Sugar-Free Gatorade</li></ul>	<ul style="list-style-type: none"><li>• <u>Increase water intake, consume 2 cups salted broth or bullion</u></li><li>• Psyllium husk, Miralax, Ducolax, other stool softeners, no sugar added Citrucel, Inulin, Fiber (Optifiber, Benefiber)</li><li>• Magnesium (250-500mg)</li><li>• Omega 3 fatty acids</li></ul>

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.

## HYDRATION

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?"

**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.**

### IF YOU ARE YOUNGER THAN 70 YEARS OLD

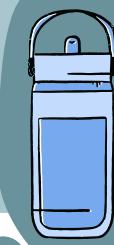
You **must** consume 80-100 ounces of fluids per day.

### IF YOU ARE 70+ YEARS OLD

You **must** consume 60 ounces of fluids per day.

### WATER ALTERNATIVES

You may supplement 40 ounces of this with sparkling water, herbal tea, broth, unsweetened almond, coconut, or cow's milk, Zero Vitamin Water, sugar-free juice, or protein drinks.



**If you have kidney disease, please consult your nephrologist.**

## 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.

## OTHER TIPS BEFORE YOU BEGIN

- 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
- Studies show foods should be chewed about 32 times, or up to 40 times for foods that are harder to chew
- Invest an hour or two a week in planning, shopping, and preparing your meals and snacks

## 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.

## INCREASE YOUR ACTIVITY LEVEL

Research provides significant evidence that all physical activity contributes to overall health and wellbeing. 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. Then, gradually add more activity to your day.

### PHYSICAL ACTIVITY VS EXERCISE

**Physical activity** is simply any *movement*.

**Exercise**, however, is a planned, structured, repetitive, and intentional movement to improve or maintain physical fitness. **Both** are essential to your health. Between exercise sessions, try to get your body up and moving as often as possible. We are not meant to be still for long periods of time.

### 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 perform 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 your weight is not the most direct reflection of your progress. 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



MUSCLE

FAT

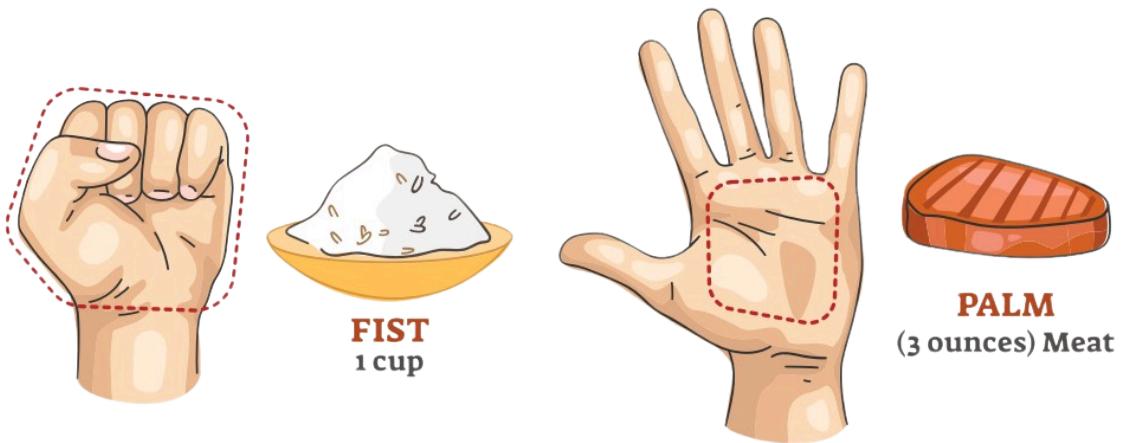
### GAME PLAN

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 adapts to your new lifestyle



# Portion Size



## 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.

## FIBER

Foods rich in dietary fiber are essential to a balanced diet. Fiber is a type of carbohydrate that, unlike sugars and starches, cannot be broken down into glucose by the body. Instead, it passes through the digestive system largely undigested, which helps promote digestive health and a feeling of fullness after meals. Because fiber isn't absorbed like other carbs, it doesn't contribute to blood sugar spikes or direct fat storage. However, some high-fiber foods can also be high in total carbohydrates, so it's helpful to read nutrition labels. Good sources of fiber that are also relatively low in net carbs include raspberries, blackberries, avocado, artichoke, Brussels sprouts, broccoli, and cauliflower. Aim for 25-30g of fiber each day.

# VEGETABLES

## FREE-FILLERS

Eat as much as you'd 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 200lbs, 3 cups for those over 200lbs)

- 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
- Brussels sprouts, raw or cooked - 8g carbs
- Cabbage, raw or cooked - 4g carbs
- Carrots, raw or boiled - 12g 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
- Onions, raw or cooked - 14g 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

One cup of pasta contains 40g carbs. One cup of rice contains 45g. Opt for healthier versions that are just as filling, but with more nutritional value and less carbs!



## VEGETABLES TO LIMIT (HIGHER SUGAR CONTENT)

Serving size 1 cup or as noted otherwise

- Beets, raw or boiled - 18g carbs
- Corn, raw or cooked - 30g carbs
- Peas, raw or cooked - 21g carbs
- Potato, baked (½ cup) - 16g carbs
- Sweet potato, baked (½ cup) - 24g carbs
- Rutabaga, raw or boiled - 12g carbs



## FRUITS

### PREFERRED FRUIT

One serving per day, serving sizes vary

- Apple –  $\frac{1}{2}$  medium (3") - 12g carbs
- Apricots – 2 small - 8g carbs
- Blackberries –  $\frac{1}{2}$  cup - 7g carbs
- Blueberries –  $\frac{1}{2}$  cup - 11g carbs
- Cantaloupe –  $\frac{1}{2}$  cup - 7g carbs
- Clementine – 1 medium - 9g carbs
- Honeydew melon –  $\frac{1}{2}$  cup - 8g carbs
- Kiwi – 1 medium - 10g carbs
- Nectarine –  $\frac{1}{2}$  small - 7g carbs
- Orange –  $\frac{1}{2}$  small - 5g carbs
- Passion fruit – 1 medium - 4g carbs
- Peach –  $\frac{1}{2}$  small - 7g carbs
- Pear –  $\frac{1}{2}$  medium - 14g carbs
- Pineapple –  $\frac{1}{2}$  cup - 11g carbs
- Plum – 1 medium - 8g carbs
- Raspberries –  $\frac{1}{2}$  cup - 7g carbs
- Rhubarb – 1 cup - 6g carbs
- Strawberries – 1 cup - 12g carbs
- Tangerine – 1 medium - 12g carbs
- Watermelon – 1 cup - 12g 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

### FRUIT TO AVOID

- Banana – 1 medium - 27g carbs
- Cherries (pitted) –  $\frac{1}{2}$  cup - 10g carbs
- Dates –  $\frac{1}{4}$  cup - 27g carbs
- Dried fruit mix – 1 oz - 23g carbs
- Figs –  $\frac{1}{2}$  cup - 18g carbs
- Grapefruit –  $\frac{1}{2}$  medium - 13g carbs
- Grapes –  $\frac{1}{2}$  cup - 14g carbs
- Mango – 1 medium - 35g carbs
- Papaya –  $\frac{1}{2}$  medium - 15g carbs
- Pomegranate Seeds –  $\frac{1}{4}$  cup - 16g carbs
- Prunes (pitted) –  $\frac{1}{4}$  cup - 26g carbs
- Raisins – 1 small box - 34g carbs





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

## READING NUTRITION LABELS

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.



## TRACKING WITH 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 and Energy." Input the Macro values set by your practitioner (see page 13). 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.



## TRACKING 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!



## HEALTHIER ALTERNATIVES TO HIGH-CARB FOODS

Traditional Tortillas	Mission 25 Calories Yellow Corn Tortillas (5g carbs, Target), 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 & Macaroni	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), It's Skinny Mac (7g carbs, Amazon), Healthsmart Mac and Cheese (16g carbs, Amazon)
Traditional Bread	Dave's Bread Thin Sliced (13g carbs, available in most stores), 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, Whole Foods, Raley's frozen section), Crystal Farms Cheese Wraps (carb-free, Walmart, Target), Nature's Own Keto Bread (10g carbs, Savemart)
Rice	Trader Joe's Rices Hearts of Palm (4g carbs), It's Skinny Pasta Rice (5g carbs, Amazon), Riced Cauliflower (4g carbs)
Desserts	Rebel Ice Cream (14g carbs, Walmart, Raley's, Savemart), Sugar-Free Jell-O (carb-free), Sugar Free Jell-O Pudding Cups (10g carbs), Keto Zero Sugar Ice Cream Bar (11g carbs, Raley's), Breyers Carb Smart Ice Cream Bar (12g carbs, Walmart, Raley's, Savemart)
Snacks, Bars, and Cereals	Power Crunch Energy Bars (12g carbs, Walmart, Amazon, Savemart, Winco), Think! Keto Cookie Dough Protein Bars (9g carbs, Walmart), 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)



## LET'S RECAP

So, long story short, we are going to start your healthy lifestyle journey by incorporating three key practices: **carbohydrate restriction, nutrition tracking, and increased physical activity.**

Your provider would like you to start with:

\_\_\_\_\_ TOTAL carbs (**not net carbs**)  
\_\_\_\_\_ protein, with \_\_\_\_\_ exercise  
& \_\_\_\_\_ fats  
per day.

Additional provider notes/medication instructions:

### To Do

- Download & set up Carb Manager
- Plan your meals for the week
- Re-read this book thoroughly
- Schedule your follow up in \_\_\_\_\_

Our goal is for you to

before your next appointment with us. Let's work together to achieve this!



SEE OUR BASIC 7 DAY MEAL PLAN IN THIS BOOK, OR VISIT OUR WEBSITE FOR VEGAN AND VEGETARIAN VERSIONS. VIEW ADDITIONAL EDUCATION AND RESOURCES HERE AS WELL.



**CARSONMEDICALGROUP.COM**  
**FAMILY MEDICINE: 775-882-1324**  
**MONDAY - FRIDAY**  
**8:00 AM - 5:00 PM**



## SEVEN DAY MEAL PLAN

MONDAY	<p>Breakfast: 2 eggs, scrambled in butter with a touch of cream + 1 oz cheddar cheese + 1/4 cup salsa</p> <p>AM Snack: 1 oz mozzarella cheese + 1/2 cup cherry tomatoes</p> <p>Lunch: Chicken Salad (3 oz grilled, chopped chicken breast + 3 cups chopped romaine + 1 cup raw cucumbers + 1 cup kale + 2 tbsp vinaigrette dressing)</p> <p>PM Snack: 4 oz plain Greek yogurt with cinnamon + 1-2 cups broth (miso, beef, chicken)</p> <p>Dinner: 3 oz baked tilapia (or other fish) with Old Bay seasoning + 2 cups cooked spinach + 1 tbsp olive oil</p>
TUESDAY	<p>Breakfast: 4 oz plain Greek (or high protein, low carb) yogurt + 6 walnut halves</p> <p>AM Snack: 2 oz deli sliced roast beef + Dijon mustard</p> <p>Lunch: Turkey Lettuce Wrap (3 oz browned, ground turkey + 1 cup sautéed garlic mushrooms + 2 cups butter lettuce leaves)</p> <p>PM Snack: 1 oz mozzarella string cheese + 1-2 cups broth (miso, beef, chicken)</p> <p>Dinner: 3 oz grilled flank steak + 4 cups raw spinach + 1 cup roasted turnips + 2 tbsp oil and vinegar Italian dressing</p>
WEDNESDAY	<p>Breakfast: 1 egg + 1 oz bacon + coffee or tea with cream</p> <p>AM Snack: 1/2 cup cottage cheese + 10 almonds</p> <p>Lunch: 2 oz grilled tuna steak + 1 cup chopped mix of cucumber and tomatoes + 3 cups mixed baby greens</p> <p>PM Snack: 4 oz plain Greek yogurt + 1 tbsp PB2 (peanut butter powder) + 1-2 cups broth (miso, beef, chicken)</p> <p>Dinner: 3 oz grilled garlic-lime shrimp + 1 cup steamed broccoli + 3 cups arugula salad</p>
THURSDAY	<p>Breakfast: 2 oz smoked salmon + 1 cup sliced cucumber + 2 tbsp cream cheese</p> <p>AM Snack: 1 oz cheddar cheese slice</p> <p>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)</p> <p>PM Snack: 1 Laughing Cow cheese + 1 cup celery + 1-2 cups broth (miso, beef, chicken)</p> <p>Dinner: 3 oz roasted pork or beef loin roast + 1 cup cooked Swiss chard</p>
FRIDAY	<p>Breakfast: 1 egg, scrambled + 1 oz shredded cheddar cheese + 1 cup mix of mushrooms and spinach</p> <p>AM Snack: 1/2 cup shelled edamame</p> <p>Lunch: Cobb salad</p> <p>PM Snack: 1/2 cup cottage cheese + 1-2 cups broth (miso, beef, chicken)</p> <p>Dinner: 3 oz lamb chops with mint chimichurri + 15 grilled asparagus spears + 1 cup roasted Brussels sprouts + mixed baby greens dressing</p>
SATURDAY	<p>Breakfast: 2 Morning Star vegetarian sausages</p> <p>AM Snack: 2 deviled egg halves + 2 cups celery + 1 tbsp ranch dressing + 1-2 cups broth (miso, beef, chicken)</p> <p>Lunch: Chicken Caesar Salad (3 oz grilled chicken + 4 cups romaine lettuce + 2 tbsp Caesar dressing)</p> <p>PM Snack: 1 oz beef or turkey jerky + 1 cup cucumber + 1 tbsp cream cheese</p> <p>Dinner: 3 oz seared pork chop + 1 cup roasted or sautéed eggplant</p>
SUNDAY	<p>Breakfast: 8 oz plain Greek (or high protein, low carb) yogurt + 1 tbsp ground flax seed</p> <p>AM Snack: 1 oz turkey jerky</p> <p>Lunch: 3 oz beef burger + mustard, hot sauce + 1 cup coleslaw</p> <p>PM Snack: 2 deviled egg halves + 1/2 cup radishes + 1-2 cups broth (miso, beef, chicken)</p> <p>Dinner: 3 oz grilled scallops + 1 cup cooked spaghetti squash with herbs</p>



## MACRONUTRIENT TRACKER

DATE	BREAKFAST	LUNCH	DINNER	SNACKS	WATER INTAKE	TOTAL PROTEIN	TOTAL FAT	TOTAL CARB
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								

## MACRONUTRIENT TRACKER

DATE	BREAKFAST	LUNCH	DINNER	SNACKS	WATER INTAKE	TOTAL PROTEIN	TOTAL FAT	TOTAL CARB
16								
17								
18								
19								
20								
21								
22								
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24								
25								
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## NOTES



Carson Medical Group

