



DOCTOR LED
14 DAY
WEIGHT LOSS
PROGRAM

GUIDEBOOK

 **BE FIT
ATLANTIS**

The Weight Loss Program is designed to make it easy for you to achieve the healthy weight loss results you want. Combining healthy, real foods with weight loss shakes, and weight loss support packets, the program is simple to follow and adaptable to your lifestyle. This guide will help you understand how to use these products and incorporate the right nourishing foods into the program for optimal success.

Our Weight Loss and Management Philosophy

One of the keys to losing weight and keeping it off is maintaining muscle during weight loss. Why? Because muscle burns calories and is a major factor in your overall metabolism. If you lose muscle during weight loss, you lose some of your capacity to burn calories. That's exactly what happens to many people who lose weight, but later gain it all back. Keeping your muscle metabolism high makes it easier to lose fat and keep it off long term. It's the key to getting the lean body you've always wanted. That's what the Weight Loss Program is all about.



A Healthy food plan is effective for fat loss and muscle maintenance, and for attaining other long-term health benefits. Centered on commonly available modern foods, the contemporary "Paleolithic diet" consists mainly of fish, grass-fed pastured meats, eggs, vegetables, fruit, fungi, roots, and nuts; it excludes grains, legumes, dairy products, potatoes, refined salt, refined sugar, and processed oils.

This program combines healthy foods like those mentioned above, with properly designed protein shakes and other nutrients to support metabolism, maintain muscle, burn fat, balance blood sugar, and control appetite and cravings. This comprehensive approach addresses common problem areas and makes it easier for most people to achieve and maintain successful, healthy weight loss.

WHAT'S IN THE WEIGHT LOSS PROGRAM

Weight Loss Single-Serving Drink Mix Packets

This program contains single-serving weight loss drink mix packets. Mix one packet of powder with 8 oz. water in a blender or shaker bottle and drink twice daily.* Each serving provides 17 grams of protein to help you maintain muscle as you lose fat, and to fuel the metabolic systems that drive fat loss.** This easy-to-digest protein comes from non-GMO, North American grown yellow peas, providing an excellent array of amino acids, including healthy levels of the important BCAAs (branched chain amino acids).

These weight loss packets contain a great tasting, nutrient-rich powdered meal supplement designed to help promote an optimal intake of protein, vitamins, minerals and fiber. The ingredients make this formula ideal for patients needing support with weight control and muscle maintenance.

Weight Loss Support Packets:

Each capsule packet contains three unique formulations, which offer comprehensive weight loss support.

The first formulation is designed to support healthy weight loss by helping to increase the body's metabolic rate safely without causing any stimulant-associated side effects often seen with other weight reduction formulas.

The second formula provides carnitine. Without carnitine, fats cannot be burned for energy; without energy, cells become weak and can die. Optimizing carnitine levels has been found to have dramatic benefits for low energy, obesity, and fatigue. Controlled trials have demonstrated that carnitine helps to support healthy weight loss by promoting optimal fat burning by the mitochondria. Carnitine also helps promote heart health, maintenance of healthy cholesterol levels, and sports endurance and recovery.

The third formulation is a comprehensive endocrine and metabolic balancing formula designed to promote optimal body composition by favorably modulating the hormones insulin, leptin and cortisol; balancing blood sugar; optimizing the lipoprotein lipase enzyme; and limiting cravings. The specific ingredients were chosen based on the latest research in overcoming the challenges of losing body fat while maintaining, and even increasing, lean body mass and basal metabolic rate. This formula is also designed to control appetite, the stress response, moods and energy.

**If your healthy body weight is over 200 pounds consider consuming 3 weight loss shakes daily or adding an extra meal. Ask your health care provider about additional options for supporting your lifestyle and lean body success.*

WEIGHT LOSS PROGRAM SIMPLE SCHEDULE

Directions: Consume two weight loss shakes per day and one healthy meal, based on the guidelines of the program.

AN EXAMPLE IF YOU CHOOSE LUNCH AS YOUR MEAL

Snacks: If you feel hungry between meals, you can snack on healthy whole foods like nuts and healthy fats. However, make sure that you are truly hungry and not just bored, tired, or stressed!

Weight loss shake for
BREAKFAST

+
Weight Loss Capsules

Mix one single-serving drink mix packet in water or your choice of unsweetened almond milk, coconut milk, or other milk alternative. Take one weight loss capsule packet.

Meal for
LUNCH Salad or pick from choices

+
Weight Loss Capsules

Choose healthy items from the optimal food choices in this packet. Take one weight loss capsule packet.

Weight loss shake for
DINNER

NO Capsules

Mix one single-serving drink mix packet in water or your choice of unsweetened almond milk, coconut milk, or other milk alternative.



HELPFUL HINT

If desired, lunch and dinner can be switched in order to meet your schedule needs.

DAILY ACTIVITY: HOW EXERCISE CAN ADD THREE YEARS TO YOUR LIFE

Exercise may have you thinking...
“What’s the use?”

It is important to address this head-on. First, the majority of large health organizations recommend, as a minimum, the following:

150 minutes of moderate exercise weekly. This can be as simple as brisk walking

OR

75 minutes of high intensity exercise weekly. This is defined as continual activity in a heart rate zone of 70-85% of your max.

Note: Max heart rate can be determined by subtracting your age from 220. The result is 100% of your max heart rate. You will then multiply that number by .70 and .85 to determine the range.

HOW MUCH TIME CAN EXERCISE ADD TO YOUR LIFE?

- For each hour of moderate exercise, studies show an increase in average life expectancy of 2 hours
- For each minute of moderate intensity exercise, you will receive an average return on investment (ROI) of 1 to 7 (1 minute of moderate exercise = 7 additional minutes of life expectancy)
- For each minute of high intensity exercise, you will DOUBLE your ROI to 1 to 14 (1 minute of high intensity exercise = 14 additional minutes of life expectancy)

OVER A LIFETIME

- 1 If a person simply does the minimum recommended weekly amount of moderate exercise, they can potentially add 3.4 years to their life.
- 2 If a person does twice the minimum recommended weekly amount of moderate exercise, they can potentially add 4.2 years to their life.
- 3 If a person does EVEN HALF of the recommended weekly amount of moderate exercise, they can potentially add 1.8 years to their life.

Evidence reveals, it is NOT just about the amount of life lived, but it is also about QUALITY. Exercise is not only necessary for longevity, but also for promoting good health throughout your life. The “What’s the use?” question should therefore become, **“I will exercise in order to achieve a better quality of life.” YOU WILL BE HAPPY YOU DID.**

PROTEIN

Organic, Hormone-Free, Free-Range/Wild Caught Bison, Chicken, Cod, Eggs, Halibut, Lamb, Ostrich, Pork tenderloin, Salmon, Sardines, Scallops, Shrimp, Turkey

VEGETABLES

Fresh, Raw, Steamed, Juiced or Roasted Augula, Asparagus, Avocado, Bamboo shoots, Beet greens, Bell peppers, Bok choy, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Celery, Collard greens, Cucumber, Green beans, Jicama, Kale, Lettuce, Mustard greens, Onions, Snap peas, Snow peas, Spinach, Squash, Swiss chard

BEANS

Black beans, Chickpeas, Kidney beans, Lentils, Lima beans, Mung beans, Pinto beans, White beans, Yellow beans

FRUITS

Apples, Blackberries, Blueberries, Boysenberries, Cherries, Cranberries, Pears, Plums, Pomegranates, Raspberries, Strawberries

GLUTEN-FREE GRAINS AND FLOUR

Amaranth, Millet, Rice (Brown, Wild or Basmati), Quinoa, Buckwheat

NUTS AND SEEDS

UNSALTED, RAW, OR DRY ROASTED

Almonds, Hazelnuts, Pecans, Pistachios, Sesame seeds, Walnuts

CONDIMENTS

Use oils that are cold expeller pressed and non-hydrogenated

Assorted olives, Ghee - clarified butter, Capers, Coconut oil, Extra virgin olive oil, Fresh herbs and spices, Grapeseed oil, Grated horseradish, Roasted red peppers, Sea salt, Sesame oil, Stone ground mustard

SWEETENERS

Stevia,[®] Honey

SNACK SUGGESTIONS

1 small apple (sliced) and 1 tbs. nut butter, hard boiled egg, cucumber slices with lemon juice or salsa, 1 tbs. nut butter on a celery stick, ¼ cup hummus on a celery stick or ½ red pepper sliced, ¼ cup walnuts and ½ cup strawberries, 4-8 rice crackers w/ 3 tbs. hummus, ½ avocado, ½ tomato -sliced with a sprinkle of sea salt and drizzle of olive oil, 1 piece of fruit and 10 to 12 raw nuts, 1 ounce of meat, 10-15 unsalted cashews, almonds, or pecans.



FOODS TO AVOID

The Problem with Grains and Gluten

A core element of this food plan is to reduce or eliminate the consumption of grains, especially those which contain a protein known as gluten. Gluten protein, present in grains such as wheat, rye, barley, and oats, is potentially problematic for individuals that are gluten sensitive or gluten intolerant. Consumption of gluten for such individuals can lead to autoimmunity and inflammation of the intestines, joints, thyroid, nervous system and other tissues of the body.

Apart from gluten sensitivity, grains like wheat, soy, and corn are also common food allergens. Therefore, foods that are potential allergens and grains that may provoke gluten sensitivity/intolerance reactions can cause inflammation, and thus should be eliminated from the diet for optimal success in this program.

Spelt, kamut, and triticale are wheat-related grains that are potentially troublesome to gluten sensitive/intolerant individuals. Triticale is a hybrid of wheat and rye.

Foods and Beverages to Avoid

- Sugar in all forms, including sucrose, fructose, high fructose corn syrup, honey, and maple syrup. Natural low-impact sweeteners such as stevia & polyols (e.g., xylitol & erythritol) are allowed.
- Artificial sweeteners (sucralose, maltodextrin, saccharin, aspartame, Sweet'N Low®, Splenda®, Equal®)
- Gluten-containing grains: avoid foods which contain wheat, oats, rye, spelt, kamut, bulgur, couscous, and barley. This includes pastas, bread, crackers, cereals, and other products made from these grains. Gluten-free whole grains such as brown rice, wild rice, millet, quinoa, amaranth, and buckwheat are allowable during the program.
- Dairy products including milk, cheese, yogurt and ice cream
- All alcohol and caffeine-containing beverages including coffee, tea and soda
- Soy protein, including tofu and tempeh
- Desserts, including chocolate, candy, cakes and cookies
- Processed, packaged foods
- Fried foods, hydrogenated oils, margarine
- Peanuts/peanut butter (high allergen legumes)



HELPFUL HINT

Always avoid processed or pre-packaged foods.



HELPFUL HINT

It is recommended that you drink ½ oz. of pure water per pound of body weight every day.

	BREAKFAST	LUNCH	DINNER
MONDAY	Weight loss shake + capsule packet	Rotisserie chicken with sliced apple	Weight loss shake with 1/2 avocado and 1/2 banana
TUESDAY	Weight loss shake + capsule packet	Grilled chicken strips and asparagus + capsule packet	Weight loss shake with 1/2 avocado and 1/2 banana
WEDNESDAY	Weight loss shake + capsule packet	Grilled chicken with a side of mixed berries + capsule packet	Weight loss shake with 1/2 avocado and 1/2 banana
THURSDAY	Weight loss shake + capsule packet	Grilled steak and mashed cauliflower + capsule packet	Weight loss shake with 1/2 avocado and 1/2 banana
FRIDAY	Weight loss shake + capsule packet	Salmon and avocado + capsule packet	Weight loss shake with 1/2 avocado and 1/2 banana
SATURDAY	Weight loss shake + capsule packet	Grilled chicken and steamed vegetables + capsule packet	Weight loss shake with 1/2 avocado and 1/2 banana
SUNDAY	Weight loss shake + capsule packet	Pork chops and a sweet potato + capsule packet	Weight loss shake with 1/2 avocado and 1/2 banana

It is important to address stress in your life, as it can promote unhealthy choices. Stress can cause overeating, unhealthy beverage choices, reduced or excess sleep, and fatigue. Any of these stress effects will limit the level of success you have in meeting your healthy body weight goal. **Ask your health care provider about overcoming stress and promoting a healthy sleep pattern.**

ADDITIONAL MENU OPTIONS

OPTION ONE

- Beet greens with extra virgin olive oil & squeezed lemon or lime
- Baked wild salmon
- Steamed beets: steam 20-30 minutes or until soft, then peel off skin

OPTION TWO

- Steamed kale, Swiss chard & collard greens sautéed with olive oil and garlic
- Grilled chicken with garlic pesto: mince 2 cloves of garlic and combine with 1/8 cup extra virgin olive oil with some finely chopped fresh basil or 1/2 tsp of dried basil. Spread garlic-basil mixture on chicken breasts and allow them to marinate while preparing the rest of dinner. Grill.
- 1/2 baked yam

OPTION THREE

- Baby greens, chopped red cabbage, celery, and broccoli with extra virgin olive oil and squeezed lemon or lime
- Baked Alaskan halibut topped with tomato pesto

OPTION FOUR

- Roasted green beans
- Grilled turkey breast with sage
- 1/2 cup cooked wild brown rice

OPTION FIVE

- Turkey roll ups: chop up tomato, cucumber, and 1/4 avocado, grate a carrot, and add to the middle of a slice of nitrate-free turkey. Roll the turkey around the ingredients.
- **Variation:** add salsa or hummus



Continue to utilize this guide when developing your weekly meal plans. Additionally, the Weight Loss Program can be used long-term as a complement to a healthy lifestyle.



Visit AtlantisWellness.com/BeFit14DayWeightloss for information to support your long-term wellness and listen to Day 1, Day 7 and Day 14 recordings hosted by Dr. Peter Martone.

We hope this guide has been helpful and **wish you the best** on your two-week journey along the path to better health.

These statements have not been evaluated by the Food and Drug Administration. These Products are not intended to diagnose, treat, cure, or prevent any disease.