

BREAKFAST: Mounjaro/Ozempic/Wegovy Weight Loss

women: up to 200 cal
men up to 240 cal

Low carb pita, wrap, crackers



50-90 cal, 5-9 carbs

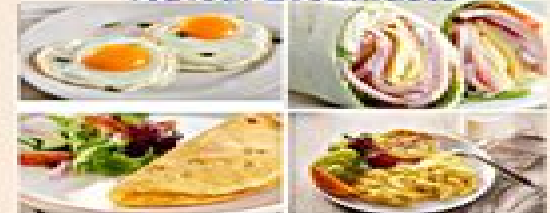
Add to wrap, pita or crackers:



2 oz low fat turkey bacon or cheese= 200 cal/2 carbs.

	WOMAN	MAN
Maintain	1800 cal	2000+cal
Lose Weight	1100 cal	1450 cal
carbs.	< 50 g	< 50 g
protein	>80 g	> 100 g

Typical Breakfasts



Quick-On-th-Run: high protein



Just Crack an Egg 120/2/18

Frozen Breakfasts



170 cal/5carbs



210cal/ 4 carbs

Low Carb Dairy Products



90cal/5 carb



60cal/6



35-45 cal 2-5 carb



Beverages & Condiments

Beverages (low calorie & sugar) free all day including diet sodas, coffee, tea, add artificial sweeteners



*Nutrient Code: calories/ net carbs/ protein
All carbs are net carbs: total carbs-fiber -sugar alcohols

Weight Loss Plan Compare

Barbara Wexler

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located on the right side of the slide.

Weight Loss Plan Compare:

Prevention's 3-2-1 Weight Loss Plan Joy Bauer, Editors Of Prevention Magazine, 2007-12-26 1 New York Times best selling author Joy Bauer shows you how you can eat your favorite foods kick up your energy level and take off pounds Joy Bauer the 1 New York Times best selling author of Joy Bauer's Food Cures and one of the nation's leading nutrition authorities teams up with Prevention America's favorite health magazine for an easy to follow diet and exercise program that delivers steady safe and impressive weight loss up to 6 pounds in the first week and up to 2 pounds every week thereafter and you'll enjoy every minute of it Millions of viewers who watch Joy Bauer's regular appearances on the Today show have come to rely on her sound nutritional advice and encouraging motivational tips Prevention's 3 2 1 Weight Loss Plan combines effective eating fitness and thinking into one winning formula 3 2 1 eating Boost energy and reduce cravings by eating 3 meals 2 snacks and 1 delicious treat every day 3 2 1 fitness Boost your metabolism burn fat and stay motivated with 3 minutes of cardio exercise 2 minutes of strengthening movements and 1 minute of abdominal work 3 2 1 thinking Easy to remember positive behavior techniques Some you do 3 times a day each time you eat a meal 2 times a day just before or during lunch and dinner or just 1 time a day at the end of the day or week The 3 2 1 approach minimizes the effort and maximizes the satisfaction How does it do this With the following unique and powerful benefits Less hunger and more satisfaction from every bite The opportunity to eat your favorite foods every day A sane meal plan for people with insane lives Effective exercise that is invigorating interesting and motivating A faster metabolism A system for staying motivated And best of all it works Prevention's 3 2 1 Weight Loss Plan is the last weight loss plan you'll ever need *The Diet Food Finder* Joan T. Casale, 1975 *Eat Light* Sue Deeming, 1985 **Diet Nation** Patrick Basham, Gio B. Gori, John C. Luik, 2006 Does the obesity epidemic require radical countermeasures Contrary to the obesity crusaders belief this work argues that we cannot overcome the obesity problem through legislation **Dietotherapy** William Edward Fitch, 1918 **Medical Record** George Frederick Shrady, Thomas Lathrop Stedman, 1906 **Personal Health** Patricia A. Floyd, Sandra E. Mimms, Caroline Yelding, 2003 PERSONAL HEALTH PERSPECTIVES AND LIFESTYLES emphasizes the individual's personal responsibility for wellness by presenting general core and current health information to guide decision making The focus of the text is to present health topics including cultural racial ethnic and gender diversity identify risk factors and give students useful and sensible suggestions to reduce their risk for preventable diseases and conditions in order to achieve optimal levels of wellness for themselves friends and family Filled with practical advice stimulating discussion questions and self assessment exercises this text take an applied approach and empowers students to take control of their own health Concentrated emphasis on health issues as they relate to various cultural differences make this text one of the most up to date resources for health related culture gender ethnic and age issues *The Publishers Weekly*, 1972 **Weight in America** Barbara Wexler, 2008-10 Contains studies surveys and statistics on issues related to weight in America covering weight and physical health dietary treatment for overweight

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