



Course of Treatment and Weight Loss Aids

Nutritional Plan

Your individually-designed dietary plan of carefully planned foods consisting of proteins, fruits, vegetables, starches, and fats will help you meet your weight loss goal. Your Nutritional Plan Guide and educational materials for improved eating habits and behavior modification are essential to your weight loss success.

Weight Loss Phase

Your plan starts with the weight loss phase with 3 to 6 visits per week. Your program and center visits include: one-to-one nutritional counseling where Quick Weight Loss Centers Counselors will measure and chart your weight, blood pressure, body measurements, review your food journal, and make individual program modifications as required while providing guidance, support, and encouragement for your success.

Stabilization Phase

At least two visits weekly including all weight loss phase services, plus the gradual reintroduction of restricted food varieties/quantities with a controlled increase in caloric intake and a determination of caloric requirements for weight maintenance based on your activity level and other factors.

Maintenance Phase

Two to four visits monthly to monitor your weight loss on an on-going basis. Any visits as required whenever home monitoring shows a 3-5 pound regain. Free re-treatment privilege during this phase to help keep you at your goal weight.

Q-Line Weight Loss Aids

Q-Line products are specifically formulated to work synergistically and to complement the Quick Weight Loss system. The exclusively-formulated, proprietary Q-Line consists of appetite suppressants, in addition to essential fatty acids, starch and sugar blockers, energy boosting drinks, vitamins, and more.

Q-Snacks

Three Q-Snacks (Protein Supplements) per day are required throughout the weight loss and stabilization periods, providing up to 45 grams of easily digested vegetable protein for faster and more consistent weight loss with fewer plateaus. Q-Snacks come in the form of delicious dessert bars, a variety of hot and cold beverages, puddings, and soups, and will aid in the preparation of food recipes while adding variety to your food plan. Q-Snacks also work to decrease hunger, reduce cravings, stimulate your metabolism, and help you to stay on your food plan. Products obtained from outside sources are not approved for use in the program and will void the written guarantee.

Platinum Membership

A Platinum Upgrade to your program is available. In addition to exclusive product discounts, this upgrade guarantees unlimited free weight loss if, after you reach your goal weight, you should gain any weight back for any reason. It's your weight loss insurance policy. In addition, Platinum Members receive the best pricing on all products and services. There are no annual dues; one weigh-in per year re-activates your membership.

This Nutritional Plan has been prepared with the utmost care and research. We are constantly doing research and updating our program. However, as individuals vary so do certain specifics of the program. Your Quick Weight Loss Centers Counselor will be working with you on an individual basis and will make all necessary changes to your program as required for your personal success.





Nutritional Plans and Instructions

Your plan has been selected and modified for you based on your health history and weight loss goals. This Nutritional Plan was designed to provide a balance of calories from protein, fat, and carbohydrates. This is crucial in our reducing regime. For success on the program, please DO NOT substitute other food which may have the same amount of calories, for it may contain an entirely different mixture of protein, fat, and carbohydrate calories, which would cause a slower weight loss. It is important that you follow it precisely to ensure the most effective weight loss.

For best results, visit the center every day for the first two weeks, then at least three times per week for the remainder of your weight loss phase. Our programs are designed to be used exclusively with the one-on-one supervision of Quick Weight Loss Counselors.

Your treatment weeks run consecutively from the time of enrollment. Should an emergency come up and you can't get into the center, please call and speak to a Counselor so we can plan your program for your absence. If due to serious illness or surgery you must miss an entire week or more, your program may be put on hold for a period of time if you provide notice in advance. Please discuss any

trips, events, or planned medical procedures with your Counselor so they can make adjustments before, during, and after to minimize any disruption of your progress on the program.

All of the food on your designated plan must be eaten daily. Your plan is completely flexible. You may eat two or three complete meals a day or small amounts throughout the day as often as you desire, as long as you do not exceed the required amount of daily servings. Prepare all foods by steaming, boiling, roasting, broiling, baking, microwaving, or grilling. Do not use fat, lard, grease, oil, or butter. One teaspoon of olive oil, lite margarine, or lite mayonnaise may be used after cooking as your daily fat serving.

No food can be saved for the next day, so please be sure to consume all servings and supplements on your plan daily. If you are hungry in the evening, you may snack on an additional raw vegetable, or have an optional protein supplement as recommended by your Counselor.

**ALL FOOD ITEMS MUST BE EATEN DAILY.
NO FOOD MAY BE SAVED FOR THE NEXT DAY.
USE ALL Q-LINE PRODUCTS AS DIRECTED.**

PLAN ONE

- 2 Proteins
- 4 Vegetables
- 2 Fruits
- 2 Starches
- 1 Fat Serving
- 3 Q-Snacks
- 80 oz. Water
- 2 Q-Boost
- 2 Q-Fiber

Optional: 8 oz. Skim Milk

PLAN TWO

- 1 Egg or 2 oz. White Cheese*
- 2 Proteins
- 4 Vegetables
- 3 Fruits
- 2 Starches
- 1 Fat Serving
- 3 Q-Snacks
- 80 oz. Water
- 8 oz. Skim Milk
- 2 Q-Boost
- 2 Q-Fiber

* Choice of Mozzarella, Swiss,
or Monterey Jack.

PLAN THREE

- 1 Egg + 3/4 Cup Cereal*
- 2 Proteins
- 4 Vegetables
- 3 Fruits
- 2 Starches
- 1 Fat Serving
- 3 Q-Snacks
- 80 oz. Water
- 8 oz. Skim Milk
- 2 Q-Boost
- 2 Q-Fiber

* Choice of Shredded Wheat or
All Bran.

Comprehensive Food List

PROTEINS

PORTION

BEEF - HIGH FAT

Twice a week only.
Never 2 days in a row.

Arm, Chuck, or Rump Roast	5 1/2 oz.
Ground Sirloin.....	5 1/2 oz.
Club, Flank, Sirloin, or T-Bone Steak	5 1/2 oz.
Round Steak.....	6 1/2 oz.
Lamb Loin	5 1/2 oz.
Venison	5 1/2 oz.
Ground Turkey (Packaged)	5 1/2 oz.

VEAL - MEDIUM FAT

Cutlet, Rump, or Chop	6 1/2 oz.
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POULTRY-LOW FAT

Chicken Breast	8 oz.
Turkey Breast	7 oz.

LIVER-LOW FAT

Beef Liver	6 oz.
Calf Liver	6 oz.
Chicken Liver	6 oz.

FISH AND SHELLFISH

Unlimited Choices

Bass (Striped)	7 oz.
Bluefish	8 oz.
Cod	8 oz.
Flounder	8 oz.
Grouper	7 oz.
Haddock	8 oz.
Halibut	7 oz.
Lobster	7 oz.
Mahi Mahi.....	7 oz.
Orange Roughy.....	8 oz.
Perch (Lake).....	7 oz.
Red Snapper.....	7 oz.
Scrod	8 oz.
Shrimp (Fresh).....	7 oz.
Sole	7 oz.
Tilapia.....	8 oz.
Tuna (Fresh)	7 oz.
Yellow Tail	7 oz.
Whitefish	7 oz.
Crab (Steamed).....	7 oz.
Salmon Steak.....	5 1/2 oz.
Scallops.....	8 oz.
Swordfish.....	7 oz.
Tuna (Canned in Water).....	6 oz.

2 x week
2 x week
2 x week
2 x week
1 x week

DAIRY AND EGGS

3 x week

Cottage Cheese (1% Fat) or Plain Greek Yogurt.....	6 oz.
1 lg. Egg + Cottage Cheese 1% Fat.....	4 oz.
Eggs.....	2 Lg.
Egg Substitute	4 oz.

STARCHES

PORTION

3 x week combined

Bread (45 Calories, Diet/Lite)	1 Slice
Melba Toast (Unseasoned).....	2 Slices
Lite Bread Stick.....	1/2 Lg. Stick
Ak-mak Cracker.....	1/2 Sheet (2 Crackers)
Rice Cake (Unsalted).....	1 Cake per day
Millers Bran	Unlimited
Kavli Crispy Bread (Thin).....	1 Wafer
Corn Tortillas (6" Dia.).....	1/2 Tortilla
Baked White Potato.....	1/2 Sm.
Baked Sweet Potato.....	1/2 Sm.
Brown Rice.....	1/4 Cup Cooked
Ryvita Cracker.....	1/2 Sheet

VEGETABLES

PORTION

1/2 cup cooked or 1 cup raw

Asparagus	1 Cup
Bean Sprouts.....	1 Cup
Broccoli	1 Cup
Cabbage	1 Cup
Cauliflower.....	1 Cup
Celery	1 Lg. Stalk
Chard.....	1 Cup
Cucumbers.....	1/2 Med.
Egg Plant	1 Cup
Green Onions.....	5 Sm.
Lettuce, Endive, or Arugula	1 Cup
Mushrooms.....	1 Cup
Mustard Greens	1 Cup
Okra.....	1 Cup
Peppers (Green or Red).....	1/2 Med.
Peppers (Jalepeño).....	2 Med.
Radishes.....	10 Med.
Rhubarb.....	1/2 Cup
Spinach or Kale.....	1 Cup
Squash (Summer or Spaghetti)	1 Cup
String Beans (Wax, Green, or Yellow)	1 Cup
Tomatoes.....	1 Sm.
Turnip Sprouts/Greens.....	1 Cup
Zucchini	1 Cup

FRUITS

PORTION

Do not eat after 6 P.M. Do not mix.

Apple	1 Sm.
Apricot	3 Med.
Blueberries	1/2 Cup
Cantaloupe.....	1/4 Sm.
Cherries	9 Med.
Cranberries.....	1 Cup
Grapefruit	1/2 Med.
Grapes (Green).....	10 Reg.
Lemon	1 Sm.
Orange	1 Sm.
Papaya.....	1/2 cup
Peach	1 Sm.
Pineapple (Fresh).....	3/4 Cup
Pineapple (Canned).....	1/2 Cup
Plum	1 Med.
Prunes	2 Med.
Raspberries.....	1/2 Cup
Strawberries.....	12 Sm.
Tangerine.....	1 Sm.
Watermelon.....	1 Cup Diced

FATS

PORTION

Lite Margarine.....	1 tsp. Daily
Lite Mayonnaise (Not Fat-Free).....	1 tsp. Daily
Olive Oil.....	1 tsp. Daily

BEVERAGES

PORTION

Beverages Cannot Contain Fruit Juice, Caramel Coloring, or Calories

Beverages are in addition to water.

Fresh Water	Ten 8 oz. Glasses Daily
Tea or Coffee (Caffeinated).....	2 Cups Daily
Decaffeinated Coffee	No Restriction
Herbal Tea.....	No Restriction
Parsley Tea.....	As Needed
Diet Soda (No Colas).....	Two - 12 oz. Cans
Crystal Light (In Place of Diet Soda).....	2 Glasses

SEASONINGS AND CONDIMENTS

PORTION

Morton Lite Salt.....	1/4 - 1/2 tsp. Per Day
Mustard.....	1 Tbsp. Per Day
Fresh Lemon Juice or Lime	1 Per Day
Herbs, spices, and seasonings that do not contain salt or sugar	

Protein Servings

Protein stimulates metabolism and is essential for cell maintenance and growth. Protein is primarily obtained from meat, poultry, fish, and eggs, as well as some vegetables and whole grain products. The Q-Snacks add up to 45 grams of vegetable protein to your daily food plan and are an important part of your nutritional plan. Be sure to eat all of your Protein Servings and, for best weight loss results, distribute your protein intake throughout the day.

Prepare all Protein Servings by steaming, boiling, roasting, broiling, baking, microwaving, or on the grill. Do not use any fat, lard, oil, grease, butter or margarine in your preparation. Non-stick cooking spray may be used. Remember that ALL portion sizes are raw weights unless otherwise stated, and you should always weigh your portions before cooking (you will need to purchase a scale). Be sure to trim meat and poultry of all skin, fat, and bone before cooking.

Caution:

- Do not eat any meat or fish not listed.
- Do not combine Protein Servings at a meal (except eggs and cottage cheese).
- **NO pork or deli meats** are permitted on the food plan.
- Do not use fats or gravies in cooking.
- Eggs and liver are high in cholesterol.

Reminder: All meats should be boneless, skinless, and trimmed of fat.

Beef, Lamb, and Ground Turkey

Servings are allowed twice per week and never two servings on the same day or two days in a row.

Veal, Poultry, and Liver

Servings are unlimited; you may select these daily as your Protein Serving without restriction.

Fish

Servings are unlimited except high sodium foods as indicated. Salmon, swordfish, crab and scallops are allowed only twice per week because they are high in sodium. Water-packed, canned tuna is allowed only once per week and not on the same day as beef. If eating out, order broiled fish which is lower in fat and calories than fish with a coating scraped off. All shrimp, salmon, crab, and lobster must be fresh or frozen. No imitation or “mock” crab or “mock” seafood is allowed.

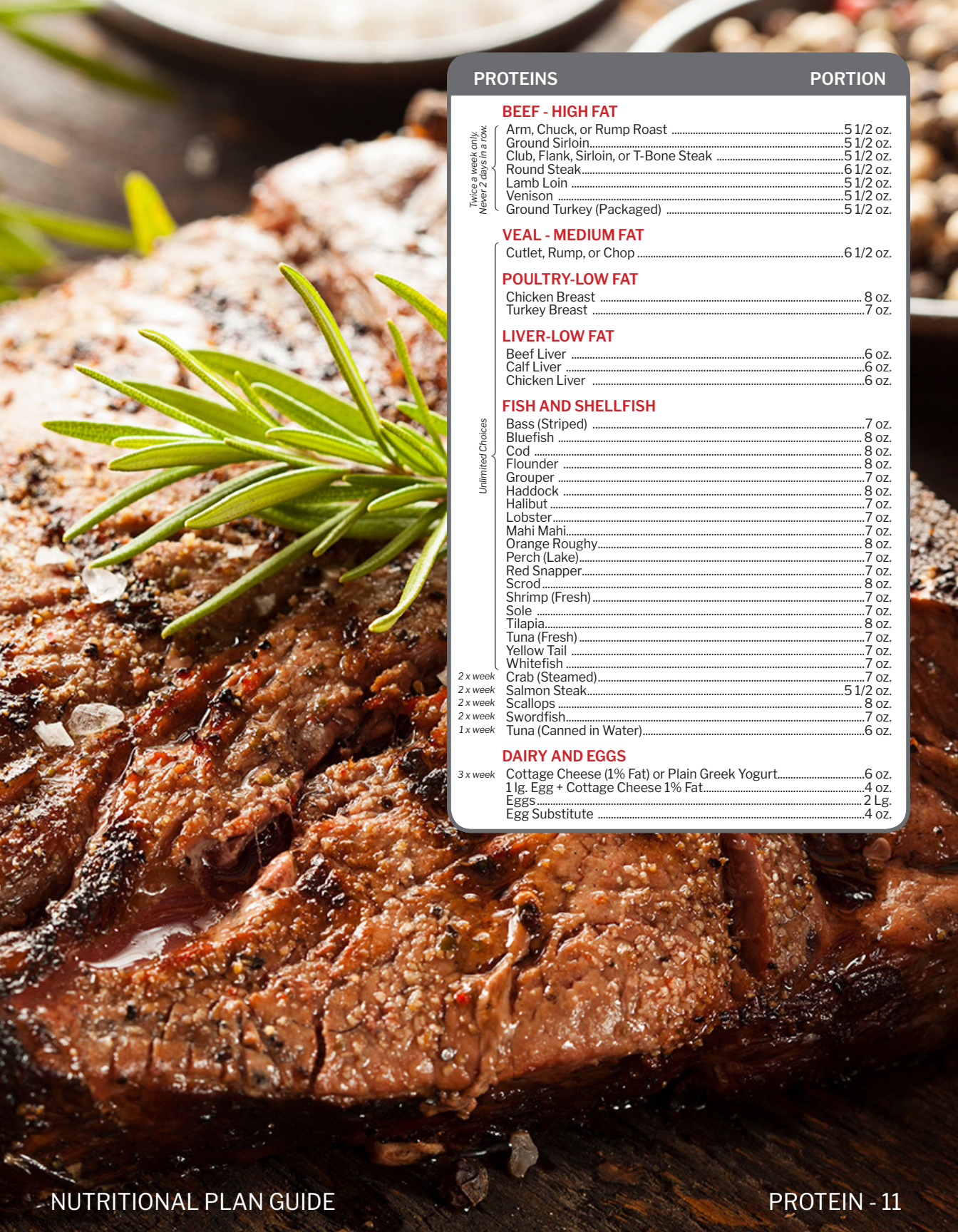
Dairy

Cottage cheese, also high in sodium, is allowed three times per week. It must be 1% low-fat such as your local store brand, “Lite and Lively,” or “Lite Line.”

Eggs

Eggs are limited to seven per week for women and nine per week for men. Eggs may be poached, boiled, or cooked in a non-stick pan with no added fat. Egg substitute may be substituted for eggs and is an unlimited Protein selection. The only proteins on your food plan that can be combined at a meal are cottage cheese and eggs (1 egg + 4 oz. cottage cheese).





PROTEINS

PORTION

BEEF - HIGH FAT

Twice a week only.
Never 2 days in a row.

Arm, Chuck, or Rump Roast	5 1/2 oz.
Ground Sirloin.....	5 1/2 oz.
Club, Flank, Sirloin, or T-Bone Steak	5 1/2 oz.
Round Steak.....	6 1/2 oz.
Lamb Loin	5 1/2 oz.
Venison	5 1/2 oz.
Ground Turkey (Packaged)	5 1/2 oz.

VEAL - MEDIUM FAT

Cutlet, Rump, or Chop	6 1/2 oz.
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POULTRY-LOW FAT

Chicken Breast	8 oz.
Turkey Breast	7 oz.

LIVER-LOW FAT

Beef Liver	6 oz.
Calf Liver	6 oz.
Chicken Liver	6 oz.

FISH AND SHELLFISH

Unlimited Choices

Bass (Striped)	7 oz.
Bluefish	8 oz.
Cod	8 oz.
Flounder	8 oz.
Grouper	7 oz.
Haddock	8 oz.
Halibut	7 oz.
Lobster	7 oz.
Mahi Mahi.....	7 oz.
Orange Roughy.....	8 oz.
Perch (Lake).....	7 oz.
Red Snapper.....	7 oz.
Scrod	8 oz.
Shrimp (Fresh)	7 oz.
Sole	7 oz.
Tilapia.....	8 oz.
Tuna (Fresh)	7 oz.
Yellow Tail	7 oz.
Whitefish	7 oz.
Crab (Steamed).....	7 oz.
Salmon Steak.....	5 1/2 oz.
Scallops	8 oz.
Swordfish.....	7 oz.
Tuna (Canned in Water).....	6 oz.

2 x week
2 x week
2 x week
2 x week
1 x week

DAIRY AND EGGS

3 x week

Cottage Cheese (1% Fat) or Plain Greek Yogurt.....	6 oz.
1 lg. Egg + Cottage Cheese 1% Fat.....	4 oz.
Eggs	2 Lg.
Egg Substitute	4 oz.

Vegetable and Fruit Servings

Vegetables and fruits are an important part of your program. Not only are vegetables and fruits filling and satisfying, they provide fiber and many important nutrients to your diet such as Vitamin A, B and potassium. Fiber also helps to lower cholesterol and stabilize blood sugars while working to prevent constipation. For best results, it is recommended that you alternate your vegetables at every meal and eat a variety of fruits and vegetables throughout the week.

Caution:

- All fruits and vegetables must be fresh or frozen.
- Use fresh fruits and vegetables whenever possible, and fresh-frozen as an alternate choice.
- DO NOT use any canned fruits or vegetables, except pineapple in its own natural juice with no sugar added.



Vegetables

Vegetable portions are **one cup raw** or **1/2 cup cooked**. Do not overcook vegetables since it depletes them of their natural vitamins. The best way to cook vegetables is to lightly steam them. The microwave is also a quick and convenient way to prepare vegetables. You may mix 2 to 3 vegetables for salads. For best results, eat a variety of raw and cooked vegetables. We suggest 2 raw and 2 cooked portions of vegetables each day.



Fruits

Fruit portions are as indicated and should be eaten between meals whenever possible and not after 6:00 PM or within 5 hours of bedtime. **Fruit juices are not allowed.** Fruits may be added to the Q-Snacks to make smoothies and other refreshing snacks and desserts. Your Counselor or the Quick Weight Loss Centers website can provide additional recipe ideas.



VEGETABLES

PORTION

1/2 cup cooked or 1 cup raw

Asparagus	1 Cup
Bean Sprouts	1 Cup
Broccoli	1 Cup
Cabbage	1 Cup
Cauliflower	1 Cup
Celery	1 Lg. Stalk
Chard	1 Cup
Cucumbers	1/2 Med.
Egg Plant	1 Cup
Green Onions	5 Sm.
Lettuce, Endive, or Arugula	1 Cup
Mushrooms	1 Cup
Mustard Greens	1 Cup
Okra	1 Cup
Peppers (Green or Red)	1/2 Med.
Peppers (Jalepeño)	2 Med.
Radishes	10 Med.
Rhubarb	1/2 Cup
Spinach or Kale	1 Cup
Squash (Summer or Spaghetti)	1 Cup
String Beans (Wax, Green, or Yellow)	1 Cup
Tomatoes	1 Sm.
Turnip Sprouts/Greens	1 Cup
Zucchini	1 Cup

FRUITS


PORTION

Do not eat after 6 PM. Do not mix.

Apple	1 Sm.
Apricot	3 Med.
Blueberries	1/2 Cup
Cantaloupe	1/4 Sm.
Cherries	9 Med.
Cranberries	1 Cup
Grapefruit	1/2 Med.
Grapes (Green)	10 Reg.
Lemon	1 Sm.
Orange	1 Sm.
Papaya	1/2 cup
Peach	1 Sm.
Pineapple (Fresh)	3/4 Cup
Pineapple (Canned)	1/2 Cup
Plum	1 Med.
Prunes	2 Med.
Raspberries	1/2 Cup
Strawberries	12 Sm.
Tangerine	1 Sm.
Watermelon	1 Cup Diced

Starch and Fat Servings

STARCHES		PORTION
3 x week combined	Bread (45 Calories, Diet/Lite)	1 Slice
	Melba Toast (Unseasoned).....	2 Slices
	Lite Bread Stick	1/2 Lg. Stick
	Akmak Cracker	1/2 Sheet (2 Crackers)
	Rice Cake (Unsalted).....	1 Cake per day
	Millers Bran	Unlimited
	Kavli Crispy Bread (Thin)	1 Wafer
	Corn Tortillas (6" Dia.).....	1/2 Tortilla
	Baked White Potato.....	1/2 Sm.
	Baked Sweet Potato.....	1/2 Sm.
	Brown Rice.....	1/4 Cup Cooked
	Ryvita Cracker.....	1/2 Sheet

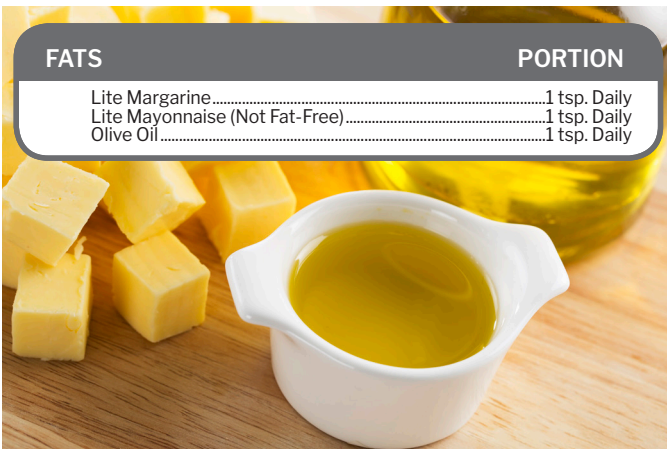


Starches

Starches provide carbohydrates for energy as well as necessary nutrients like B Vitamins. Depending on your plan **you are allowed two or three servings of Starches per day**. All (lite) breads are not to exceed 45 calories per slice. Only one rice cake is allowed per day.

Please Note: Ryvita crackers, potatoes (white and sweet), and brown rice are allowed only three times per week combined and are not to be eaten on the same day with each other. Each of them are counted as a starch serving. (For example: **Along** with your other starch selections, you can eat 1/2 potato on Monday, a brown rice serving on Wednesday and another 1/2 potato serving on Saturday.)

FATS		PORTION
	Lite Margarine	1 tsp. Daily
	Lite Mayonnaise (Not Fat-Free).....	1 tsp. Daily
	Olive Oil	1 tsp. Daily



Fats

Fats are essential to your health because they provide energy and aid in digestion. Along with Essential Fatty Acids (the “good” fats) you need to **consume 1 tsp. of Fat per day**. Select from olive oil, lite margarine, or lite mayonnaise (not fat-free mayonnaise).

Beverages

Beverages

Water is essential to good health and aids in the body's digestion and elimination. Water carries nutrients to your cells and flushes waste from the body. For best weight loss results, you must drink **80 oz. of water per day**. Water is in addition to any other beverages allowed. You may add lemon to your water if desired. Only diet sodas are allowed and **NO colas** are allowed on the plan. Beverages cannot contain fruit juice, caramel coloring, or any calories, and should have no sodium or be low in sodium. For best results, limit coffee with caffeine to no more than 2 servings per day. Alcoholic beverages are the biggest inhibitor to weight loss, and are not recommended during your weight loss phase.

Caution:

- Alcohol will slow your weight loss.
- Chemicals in caramel coloring inhibit weight loss.

Optional beverages are in addition to the required 80 oz. of water per day.

BEVERAGES		PORTION
<i>Beverages Cannot Contain Fruit Juice, Caramel Coloring, or Calories</i>		
Beverages are in addition to water.	Fresh Water	Ten 8 oz. Glasses Daily
	Tea or Coffee (Caffeinated)	2 Cups Daily
	Decaffeinated Coffee	No Restriction
	Herbal Tea.....	No Restriction
	Parsley Tea.....	As Needed
	Diet Soda (No Colas).....	Two - 12 oz. Cans
	Crystal Light (In Place of Diet Soda)	2 Glasses



Seasonings and Condiments



SEASONINGS AND CONDIMENTS

PORTION

Morton Lite Salt.....	1/4 - 1/2 tsp. Per Day
Mustard.....	1 Tbsp. Per Day
Fresh Lemon Juice or Lime.....	1 Per Day
Herbs, spices, and seasonings that do not contain salt or sugar	

Seasonings

Seasoning choices include: Morton Lite Salt, pepper, garlic, and any fresh herbs and spices. A 1/4 - 1/2 teaspoon serving of Morton Lite Salt MUST be used daily to maintain sodium and potassium levels and assist in regulating water balance. Avoid any other seasonings that contain salt. Seasonings that do not contain salt, sugar, or oil are permitted. Mrs. Dash has a variety of salt-free seasonings that are recommended. Apple cider vinegar and tarragon vinegar are the only vinegars allowed. In addition to your fruit servings, you may use the juice of one fresh lemon or lime per day to flavor foods.

Condiments

Most condiments contain excessive amounts of sodium, so during the weight loss phase you will want to avoid them. You may use 1 Tbsp. of yellow mustard and two packages of Quick Weight Loss Centers Salad Dressing per day. Do not use any prepared condiments that contain salt or sugar including: Bouillon cubes, ketchup, Worcestershire, soy sauce, BBQ sauce, relish, etc. Your Counselor and the Quick Weight Loss Centers website have recipes utilizing Q-Snacks that will add variety to your menu without using sodium-rich condiments.

Miscellaneous

Do not use more than 2 to 3 packets of artificial sweeteners per day and avoid any sweeteners that contain sugar or corn syrup.

No creams or artificial creamers are allowed for your coffee or tea. Vanilla Q-Snack or skim milk may be used for your coffee or tea.

You may have 2 sticks of sugarless gum per day.

You may use any pure flavored extract that does not contain oil or sugar.

Q-Snacks Guidelines and Preparations

Overview

At Quick Weight Loss Centers you will experience the benefits of adding supplemental protein to your weight loss program. The Quick Weight Loss Centers protein supplements, Q-Snacks, are an important part of your daily nutritional plan. It has been shown that the therapeutic effects of foods are related to the quantities of amino acids they provide. A specific combination of amino acids are necessary to aid in weight reduction and appetite control. These critical amino acids are found in our Q-Snacks. Some benefits of your specially formulated Q-Snacks include:

- Boosting metabolism to 30% above normal rates
- Providing more rapid and consistent weight loss
- Increasing your energy level
- Adding variety to your diet
- Helping to prevent deviations
- Increasing skin tissue flexibility to prevent sagging
- Supporting hair and nail growth
- Regulating body water balance
- Aiding weight loss with fewer plateaus
- Stimulating new cell growth and tissue repair
- Aiding with meal planning
- Providing a healthy alternative to snacking

Guidelines

Q-Snacks are planned into your individualized program and are to be eaten in addition to your regular grocery store foods. Q-Snacks may be eaten between meals, with meals, or you may utilize them in recipes.

- Consume three Q-Snacks daily.
- Never eat two bars on the same day.
- Q-Snacks are always used in addition to meals, not instead of meals.
- Consume bars by 6:00 P.M.

Preparation

Puddings: Always put powder in bowl first then add cold water to the powder; never powder to the liquid. Beat vigorously with a fork or whisk or in a shaker or blender until smooth and creamy and all of the lumps are out. Pudding will thicken upon standing.

Shakes: Add liquid to the powder then shake vigorously in a shaker or use a blender. If using a blender always put ice in first, then the powder supplement, then the liquid.

Cold Drinks: Follow the same instructions for shakes. If adding clear diet soda, it is best to mix supplement with water first, then add soda for a carbonated treat!

Hot Drinks: Must use hot liquid. Put powder in mug first, then add hot liquid (water or coffee). Mix vigorously with fork or whisk until lumps dissipate.

Soups & Oatmeal: Must use boiling hot water. Place powder in bowl first then add water. Beat and mix with a fork or whisk. Cover for 5 minutes and enjoy.



Note:

Q-Snacks include vegetable protein which can coagulate and become lumpy if not mixed properly. For best results, begin with 2 oz. less than the recommended liquid on all nutrient supplements instructions. Add 2 oz. of liquid if a thinner consistency is desired.



Food Journal Guidelines

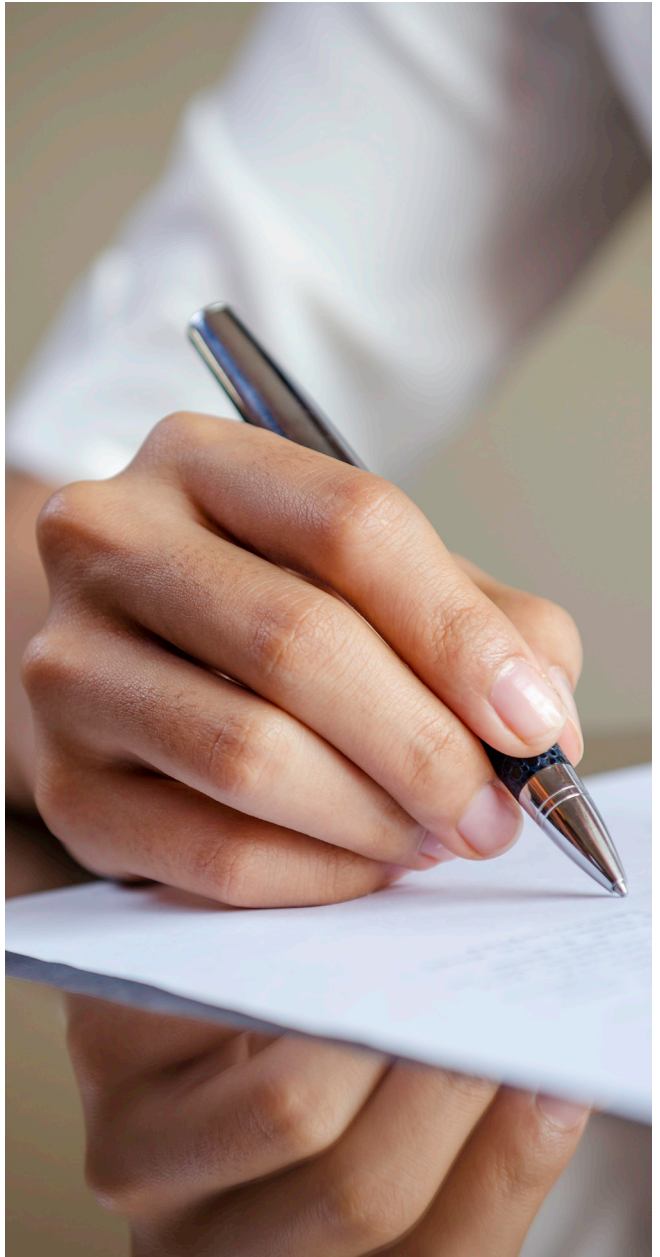
At Quick Weight Loss Centers you will lose weight, inches, and non-essential storage fat while improving your eating habits. Most importantly, once you've reached your goal weight, you will learn how to maintain your ideal weight permanently. Your health will improve, your clothes will fit better, you will feel and look better, and you will feel better about yourself.

The key to achieving this success is by committing to the program and following it precisely, which includes keeping an accurate daily Food Journal. This is an important part of your weight loss program and is essential to our ability to counsel and guide you through your weight loss program. Please use your journal to record all the food you consume each day. Keeping a Food Journal acts as a teaching tool to help you successfully follow your nutritional plan. A Counselor will go over it with you during your visits to the center and make sure you haven't made any unintentional errors with your food plan.

Journal Guidelines

Please start a new journal every Monday; plan in advance and bring it to every office visit. Your journal should include your protein, vegetable, fruit, starch, fat, and Q-Snack selections, plus the amount of water you consumed each day. The journal will help you to keep track of your nutritional food plan and the proper intake of required foods. Be sure to write the amounts of each item and how it was prepared. If you consume any foods or beverages that are not on your plan, please record these as well, so your Counselor can recommend any needed corrective action to keep you on track. Also use your Food Journal to keep track of your weight each week and to monitor your use of all Q-Line products.

Learning to space your meals throughout the day, as well as being accountable for what and when you eat, will help to develop new eating habits for long term success.



Hints for Better Losses

Restaurants

Most restaurants have a variety of foods that you can have while losing weight. By ordering with care, you can eat and enjoy yourself at almost any restaurant. Be sure to stick to those foods allowed on your plan, and use Quick Weight Loss Centers salad dressing or lemons on your salad. Order allowed protein choices baked, broiled, or roasted. Be sure to ask if any sauce or butter is added during cooking and ask for those to be left off. Omelettes are a good choice especially with fresh vegetables; just ask for your omelettes to be made without butter, milk or cheese. Most restaurants are happy to comply with your new healthy eating habits—you just need to ask!

Quick Weight Loss Centers has restaurant lists available to help you in making healthy choices when you are in a life situation requiring you to make a healthy meal choice. These guides are available for use after the first 2 weeks of your program and after you've had a chance to begin making positive behavioral and new eating habit changes that enable your weight loss.

Work

Whether you work at a desk, do physical labor, or work night shifts, eating healthy can be easy and convenient by following these tips as they apply to you.

- Take mid-morning and mid-afternoon breaks. Be sure to have fresh fruit or vegetables and a bottle of water on hand to invigorate yourself.
- Eat breakfast every day. If you end up working late or have unusual hours, eating breakfast will help you follow the Quick Weight Loss Centers Program, prevent hunger and control your eating.
- When you do work late, fresh fruit or fresh vegetables make a nice break, especially around five or six o'clock. If you work long hours or unusual shifts, try spacing out your meals while still maintaining a consistent schedule. Use your Q-Snacks in creative ways. Your Counselor can provide you with ideas and recipes.

Meetings

For those unexpected meetings, take a bottle of water to sip on. Having apples or cut-up vegetables or a Quick Weight Loss Centers bar with you provides a satisfying pick-me-up during meetings. To avoid hunger pangs, remember to always take your Q-Line products as recommended by your Counselor.

Traveling

Be prepared. Pack your own special travelling kit. Take along a large thermos of ice water. Take fresh fruits and vegetables to snack on. If the trip is a short one, baked chicken breasts, canned tuna, or sliced turkey breast are excellent additions for salads. Stop frequently to stretch or take a brisk walk (airports, parks, and malls are great places to walk). Pre-order meals or bring your own when flying, and drink plenty of water in flight to help with water retention.



Don't Forget:

For best results, it is important that you visit the center for regular counseling and bring your food journal with you to each visit. Follow your food plan carefully and do not make any substitutions. Measure and weigh all foods and prepare them without fats, marinades, or sauces. Drink 80 oz. of water daily. Be sure to advise your Counselor of any changes in medications, bowel movements, sleep patterns, or activity level. Immediately advise your Counselor of any deviations from the food plan so we can remedy the situation and continue with your weight loss. We're here for you—call or come in anytime with any questions or concerns you have.



Water Helps Keep the Fat Away

Incredible as it may seem, water is quite possibly the most important catalyst in losing weight and keeping it off. Although most of us take it for granted, water may be the only true “magic potion” for permanent weight loss.

Water naturally suppresses the appetite and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits. Here’s why: the kidneys cannot function properly without enough water. When they do not work to capacity, some of their load is dumped onto the liver. One of the liver’s primary functions is to metabolize stored fat into useable energy for the body. But if the liver has to do some of the kidneys’ work, it cannot operate efficiently. As a result, it metabolizes less fat, more fat remains stored, and weight loss stops.

Drinking enough water is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in extracellular spaces (outside the cells). This shows up as swollen feet, legs, and hands. Diuretics offer a temporary solution at best. They force out stored water along with some essential nutrients. Again the body perceives a threat and will replace the lost water at the first opportunity. Thus, the condition quickly returns. The best way to overcome the problem of water retention is to give your body what it needs: plenty of water. Only then will stored water be released. If you have a constant problem with water retention, excess salt may be to blame. Your body will tolerate sodium only in a certain concentration. The more salt you eat, the more water your system retains to dilute it. But getting rid of unneeded salt is easy—just drink more water. As it is forced through the kidneys, it takes away excess sodium.

Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It also helps to prevent the sagging skin that usually follows weight loss—shrinking cells are buoyed by water which plumps the skin and leaves it clear, healthy, and resilient.

Water helps rid the body of waste. During weight loss, the body has a lot more waste to get rid of—all that metabolized fat must be shed. Again, adequate water helps flush out the waste.

Water can help relieve constipation. When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source. Result? Constipation. But, when a person drinks enough water, normal bowel function usually returns.

Some remarkable truths about water and weight loss:

When the body gets the water it needs to function optimally, its fluids are perfectly balanced. When this happens:

- Endocrine gland function improves.
- Fluid retention is alleviated as stored water is flushed.
- More fat is used for fuel because the liver is free to metabolize stored fat.
- Natural thirst returns.
- There is a loss of hunger almost overnight.

If you stop drinking enough water, your body fluids will be thrown out of balance again, and you may experience fluid retention, unexplained weight gain, and loss of thirst.

How much water is enough? On the Quick Weight Loss Centers plan, a person must drink 80 ounces every day. However, the amount you drink should be increased if you exercise briskly or if the weather is hot and dry. A Counselor will guide you on appropriate water intake.

Water should preferably be cold—it is absorbed into the system more quickly than warm water. In addition, some evidence suggests that drinking cold water can actually help burn calories.

To utilize water most efficiently during weight loss, drink throughout the day and be sure to only drink 80 ounces unless advised by your Counselor to increase that amount. If you are still thirsty after consuming your daily water intake, drink from the allowed beverage list.

Exercise: Getting Started

Activity and Weight Control

The Quick Weight Loss Centers program is designed to enable you to lose weight successfully without strenuous exercise. However, physical activity does play an important role in permanent weight control, as well as helping tone and firm your muscles as you trim down.

Some of the benefits that you may derive from a sensible program of increased physical activity include:

1. A sound program of regular physical activity helps protect your health. A well-conditioned body means vital organs stay healthy and function more effectively, and many health problems related to being overweight and “out of shape” are prevented.
2. Increased physical activity helps you feel better, both physically and mentally. In fact, proper exercise is one of the best ways to reduce the daily tension and anxiety which cause so many people to overeat. It can also help you feel revitalized, refreshed, and have more energy.
3. Of course, still another benefit is that you look better! Physical activity helps firm your muscles and trim your figure.
4. Regular exercise will help burn extra calories, especially important since the lighter you become, the fewer calories you need just to exist each day. This assists you in continuing to lose at the best possible rate for your physical makeup when the Quick Weight Loss program is followed carefully.
5. Finally, and especially important to weight maintenance, research has shown that regular moderate activity actually reduces appetite and will cause people to eat less than they would without exercise. This enables you to more easily control your food intake at the level necessary to maintain your new, trim figure.

Getting Started

Sitting, standing, walking, and running utilize energy, but at varying rates. Sitting uses the least amount of energy, and running the most. A very useful rule of thumb is: Don't sit when you can stand; don't stand when you can walk; and don't walk when you can run. In other words, make sure you are as physically active as reasonable in any situation.

Examples:

1. Use stairs whenever possible, instead of **elevators**.
2. Walk up escalators instead of standing on **them**.
3. If you are in your office and need to contact another office, walk there, instead of using the **phone**.
4. When shopping or in the kitchen, bend at the knees to get something from the bottom **shelf**.
5. Always park your car a distance away from your destination, whether it be work, the grocery store, church, or a **restaurant**.
6. Leave your car at home whenever possible, and walk or take a **bicycle**.
7. If you use a bus, walk to a stop a few blocks **away**.



Don't look for excuses not to take those few extra steps. Each time you exercise your body in these small ways, you are helping yourself to a slimmer, trimmer figure!



Fun and Fitness: Suggested Activities



Step One: Beginning Activities

Approximately 10 calories/10 minutes

- Stationary bicycling (slow)
- Golfing
- Walking (moderately)
- Ping pong
- Dancing
- Volleyball
- Gardening
- Stretching/toning exercises
- Canoeing

Let's Get Active!

Begin slowly—a few minutes each day—and then gradually increase your time and effort. Take care not to overdo, especially in severe weather. Never continue to the point of exhaustion. If you have any health problems, check with your physician concerning activities that are best for you.

Walking a few minutes daily at a steady pace is an excellent way to begin, especially if you have been physically inactive. For example, you might start with walking one block at a comfortable pace. Then, each day, walk an additional block. Over a period of time, you can increase your distance in a gradual and easy way without excessive stress. If even walking a short distance is difficult, another convenient exercise is riding a stationary bicycle at a moderate pace while watching television or listening to the radio. If you have not been very active recently, you will want to start with “beginning activities,” and as your strength and conditioning improve, move on to the “moderate activities.”



Step Two: Moderate Activities

Approximately 40 calories/10 minutes

These should be done only when you are within 50 pounds of your goal weight and can comfortably do the beginning exercises.

- Walking (briskly)
- Swimming (briskly)
- Bicycling
- Calisthenics
- Dancing (fast)
- Tennis
- Ice skating
- Badminton
- Skiing (downhill)

Step Three: Strenuous Activities

Approximately 70 calories/10 minutes

Reserve these activities until you have reached your goal weight, are in the final weeks of stabilization, and have achieved a reasonable level of fitness by engaging in regular beginning and moderate activity consistently.

- Jogging
- Skiing (cross country)
- Skipping rope
- Calisthenics
- Swimming (fast)
- Calisthenics (vigorous)
- Squash
- Handball



These are only some of the many forms of physical activity which can be enjoyable, healthy, and energizing.

Invite a friend or family member to join you in your activity. Their company will support your efforts, and encourage both of you to follow through and develop regular exercise habits.

Investigate resources in your community, such as local health clubs and organizations which provide facilities for physical activity. Physical education classes through local colleges and universities offer a wide range of activities, and getting started with a group will give added incentive to continue regularly.

Keep in mind that the most difficult step is usually the one out the door! By taking the first step, you are on your way to the enjoyment of feeling fit and trim.

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