



What to  
Expect

# Quick Start Guide

Simply follow this 7 week Meal Plan and watch the pounds disappear. The key to achieving your goal is strict adherence to the Plan.

Breakfast,  
Lunch and  
Dinner



### Quick Start Guide

I will lay out the basics of the plan for you here in the quick start guide to help you get up and running. There are not levels to this program, it's just a straight-forward proven way to lose weight.

For the first week what I want you to do is get in the right state of mind to lose weight. Make sure your friends and family members are on board and understand that you are taking this seriously.

Get rid of the distractions in your house. I'm not talking about your significant other or your kids, but culprits such as chips, cookies, butter, or any other item that is going to tempt or sabotage your diet.

Watch the videos and support that I send you each week in the Chef Jeff Weight Loss Club. Read everything that I sent you and get ready to lose some weight.

We will send you meal plans each week with shopping lists. Check the membership site to see the first menu plan. The recipes are all in your e-cookbooks. You also have blank menu plans to customize your diet how you wish.

In the week 1 content in the membership site please also see the video where I explain how to customize your menu plan.

There are two programs:

The Extreme Plan- This plan is the lowest calorie plan and is around 1200 calories total per day. On the menu plans we break it up as follows: Breakfast 300 calories Lunch 400 calories Dinner 400 calories and daily Snack 100 calories

This is the lowest calorie intake recommended to maintain good health. Often recommended for women who are mostly sedentary, this plan should only be followed for a brief period of time. Most men should not follow this calorie level. If you are a woman who does not have a physically demanding job, and you engage in physical

activity less than 3 times per week, this plan may be right for you. Also, if you are postmenopausal or you have a sluggish metabolism, this plan may work for you.

**The Lose-It-Fast Plan-** This plan is around 1600 calories. You will definitely still lose weight with this program and will be easier to follow for many of you. This is the program we recommend for Men. We break down the calories for this plan as follows: Breakfast 400 calories Lunch 500 calories Dinner 500 calories Snacks 200 calories.

This meal plan best suits moderately active women and sedentary men. This plan offers more calories to help sustain a healthy metabolism. If you have a small amount of weight to lose, this plan will keep your metabolism raised to a level that will assist in weight loss and weight maintenance. This plan also works well for individuals who have a large amount of weight to lose. Heavier individuals burn more calories because they have more weight and more body heat is produced.

Wondering which plan will suit you best? The following guidelines will assist you in determining your personal calorie needs. You may change calorie levels at any time; however, we do recommend staying on one plan for at least two weeks so that your body and your metabolism have time to adapt. Listen to your body, and track your progress to see the best results!

[Hint: If you feel that you are deprived on a lower calorie plan, start with the higher plan and then lower calories as needed.]

Your **Basal Metabolic Rate or BMR** is the rate at which you burn calories to sustain life functions at rest at a normal room temperature. Your activities, fitness level, stress level and more affect this. To calculate your calorie needs, you take your resting metabolic rate and add the extra calories required by your daily activities. To lose fat weight, it is generally recommended you eat 500 calories less than you burn up in a day.

Here is **how to calculate your BMR** based on the popular Harris-Benedict formula:

#### **Men**

$66 + (6.3 \times \text{weight in lbs}) + (12.9 \times \text{height in inches}) - (6.8 \times \text{age in years})$

#### **Women**

$655 + (4.3 \times \text{weight in lbs.}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years}).$

#### **Example =**

You are 32 years old woman

You are 5 feet 4 inches tall (162.5 cm)

Your weight is 154 pounds (70 kilos)

Your BMR is  $655 + (662) + (291) - (150) = \mathbf{1458 \text{ calories}}$

Notes:

1 inch = 2.54 cm.

1 kilogram = 2.2 lbs.

### To calculate your Total Daily Calorie Needs,

Multiply your BMR by the appropriate activity factor, as follows:

If you are Sedentary ( little or no exercise)

Calories = BMR X 1.2

If you are Lightly Active (light exercise/sports 1-3 days/week)

Calories = BMR X 1.375

If you are Moderately Active (moderate exercise/sports 3-5 days/week)

Calories = BMR X 1.55

If you are Very Active (hard exercise/sports 6-7 days/week)

Calories = BMR X 1.725

### Example =

You are sedentary, multiply your BMR (1458) by 1.2 = 1750

Your total daily calorie requirement is **1750 calories**.

This is the total number of calories you need in order to MAINTAIN your current weight.

To **lose weight** you would reduce this by 500 calories per day or  $1750 - 500 = \mathbf{1250}$  calories/day

Some safe weight control rules to follow:

\*Women should not go below 1200 calories per day;

\* Men or Very Active Women should not go below 1500 calories per day; and

\* Very Active Men should not go below 1800 calories per day, so give yourself a few extra snacks, or bulk up your other meals.

\*Unless under a Physician's supervision

This meal plan was designed to supply you with the needed vitamins and nutrients while allowing you to lose weight. The plan is high in fiber and nutrients that promote satiety, making you feel full longer. Lean protein and foods high in fiber are digested more slowly, and therefore stay in the stomach longer, making you feel full and satisfied. We have also included healthy mono-unsaturated fats, which studies have shown to help mobilize stored abdominal fat, allowing your body to use this fat for energy.

10 Tips for Successful Weight Loss:

1. Drink 8 – 8 oz glasses of water per day.

2. Strive to be active 30 minutes per day most days of the week.
3. Stick to your grocery list, and do not buy things not on your list.
4. Weigh yourself one time per week, on the same day and at the same time of day.
5. Keep a record of your weight and your food intake. This will keep you accountable.
6. Set goals for yourself. Be specific and realistic. (example: I will lose 5 pounds by the end of the month)
7. Be positive! Avoid those around you who give you negative feedback and make you feel bad about yourself. Don't get down on yourself, this usually causes overeating.
8. Clear your cupboards and refrigerator of any foods that may cause you to fall off the wagon.
9. If you fall off the wagon, pick yourself up and start over. Do not turn one bad day into a bad week.
10. Do not skip meals! The key to weight loss is to keep your metabolism operating optimally and this cannot happen if you skip meals.

Ok, so now you know which plan you are going to use. You can either use the meal plans we send you or use the blank one and fill it in with recipes from the Chef Jeff's Recipes e-book, the meal ideas report, or even your own favorite recipe (as long as it fits within your plans caloric guidelines).

You will be getting some restaurant reports in a few weeks, but until then use the internet to research calories for restaurant meals.

An example to add a restaurant meal to your plan is let's say you eat out at a restaurant for lunch, you need to research the menu items to see what fits in to your plan. If you are on the extreme program then you get 400 calories for lunch. If you go over your limit for lunch then try and compensate by having a smaller dinner, or maybe you have to skip your snack for the day.

Until you reach your weight loss goals try and only eat out at restaurants where you can get accurate nutritional information so you know it fits within the program. I can tell you from experience that there are many hidden calories in restaurant foods, and a meal that you think is healthy can just as easily be loaded with calories.

Use the attached food diary sheets that we send you. It is important to write down what you are eating. You will be surprised at what you are slipping in your diet, plus writing down what you eat will actually prevent you from eating things because you have to write it down.

Go out and try and get some exercise. We will go over exercise in more detail later in the program, but for now try and find something you enjoy that you can do at least 3 times a week, even if it's just going for a walk.

Ok that's a summary of the program. It's not rocket science (I'm actually not that bright), but if you do have a question please feel free to email us and we will get back to you as soon as possible.