



The
Manual

Weight Loss Plan

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



Weight Loss Plan Manual

Congratulations on your decision to improve your life! I am not going to fill this manual with lots of fluff; I just want to explain to you how it got created, and how to be successful with it.

Creating this weight loss plan was not intentional for me. I started by writing recipes for my clients with special diet needs, and one thing kept coming up- weight loss. It seemed no matter what their particular need was, weight loss was a key to helping them out.

Instead of writing separate recipes for this, I decided to come up with a complete weight loss plan. So, where to begin? First thing I did was contact one of the dietitians who was helping me out, and we came up with the outline for this diet.

We knew we didn't want to use any fad ideas or techniques. The plan was to come up with a system where you could eat the foods that you wanted and still lose weight at a pretty good pace. We threw out all of those carb only, fasting, weird and strict rules, and just plain silly diets (don't forget this was developed with the help of a dietitian, so that wasn't an option anyways).

What we were left with was a good old-fashioned calorie controlled diet plan. But isn't that like so 1980's? I guess it could be, it certainly didn't sound sexy. I was a chef at several hospitals back in the day and remember writing many calorie control menus, and I

must admit they didn't seem too exciting. But they are sound and guess what- they work!

So we went to work at crafting a calorie controlled diet that blended the best of both of our strengths- sound nutrition and great tasting food. We have crafted the menu plans with breakfast, lunch, dinner, and a snack (if you're on the Lose-It-Fast plan, you can have a few snacks). I think you will be happy with what we came up with. I know what your thinking- "I don't want to count calories!" Well, you don't have to really, we have done that for you, and as a member of the Chef Jeff weight loss club I'm going to teach you how you can completely swap out meals to customize your plan.

We took a lot of effort to make sure the recipes gave you a variety of nutrients, using whole grains, vegetables, lean proteins, good carbs, and healthy fats. When I wrote the recipes, I tried to keep them interesting with lots of variety. Also, I realize that not all of you have the time (or desire) to make Greek omelets for breakfast, so we give other and easier options for you.

The goal of this weight loss program is to help you lose weight according to how you live your life so you can keep it off forever.

You have what you need to lose weight here, but the real value will be in your membership to the Chef Jeff Weight Loss Club.

As a member of the Membership Club, you will get weekly videos from me teaching you more about the program, helping, supporting, and encouraging you along your Journey.

Also as a member of the Club you will get weekly meal plans with shopping lists, and at the half-way point in the program I will send you a whole new Cookbook that I'm currently working on with all new recipes for the program!

Plus you will be getting a bunch of surprise reports and videos that will help you stay on track.

This program is so unique because you will actually be losing the weight side by side with me! You probably know my story by now, but basically I've been traveling the world as a chef on a boat for the last few years, plus I've had some family issues, so the weight has crept up on me.

I actually created this program a few years ago, and have helped a bunch of people lose weight with it, so I know it works, but I liken this to the 2.0 version because I have made some tweaks and added new content as I have witnessed what others were struggling with.

I was looking at another popular diet recently, and it was fashioned similar to this diet in the sense that the recipes tasted great and you wouldn't mind following them. The only problem was that each recipe had like 15 ingredients and long instructions. I was tired before I even figured it out! There is a nice mix here, but mostly simple recipes that are easy to make and follow.

We have even created several weeks in the menu plans where you will be using ingredients leftover from a previous meal to keep things ultra-simple.

I certainly didn't want to follow the old calorie control plan model where for lunch you ate a green salad with 2 ounces of lean meat, and for dinner 4 ounces lean meat with a dry baked potato and steamed vegetables- BORING! I wanted Fajitas, Chili, Curries, Stir-Fry's, and Steak (you get the point).

So, there you have it. I had a blast writing the recipes, and Tamra, (our wonderful dietitian) also had a great time making sure this all worked, so you could lose some serious weight. It's nothing

groundbreaking that we have done here, but if your tired of those other whacky diets; I think you will be pleasantly surprised. This is easy to follow, the food actually tastes good, and you can customize it to your lifestyle.

The great thing about this program is that you get to lose weight your way, and that includes eating out at restaurants. I don't know about you, but one of life's great pleasures for me is eating out with friends and loved one's.

I will have several videos for you in the Chef Jeff Weight Loss Club where I will show you what to watch out for on restaurant menu's.

I created a special restaurant report for you if you are eating out. Another one of our dietitians spent many hours putting that together. My assignment to her was simple- Find the 30 most popular restaurants, and then find the 3 healthiest options on the menu. Well, not as easy as you might think. Some restaurants she couldn't even find one healthy item! (We report that as well) But if you are eating out, consult that guide to help you find choices that fit within your plan.

I also had a report done for you that includes the nutritional information for the menu items at 100 of the most popular restaurants. This report is HUGE! Look for these as downloads in a few weeks in the Membership Club.

The basic calorie guidelines for your plan are as follows:

Aggressive plan- Breakfast 300 Lunch 400 Dinner 400 Snack 100

Lose-It-Now plan- Breakfast 400 Lunch 500 Dinner 500 Snack 200

As far as drinks go, plain coffee and tea are fine, please drink as much water as you like, and diet sodas are fine in moderation. Keep in mind that you will be consuming fewer calories than you are used to, so the affects of caffeine will be pronounced. If you want to have an alcoholic beverage, than that needs to factor in your plan. For example if I want to have a rum and diet coke, than that might come from my snack for the day. There is a good article in the membership site called “how many calories in my cocktail?” which will be a good resource. <http://www.calorieking.com> is also a good resource for finding out calorie information in general.

So, those are the basic rules of the diet. You will have menu plans sent to you weekly which are dummy-proof, which means that if you do nothing more than just follow those plans, you will lose weight!

But now that you've seen the rules of the plan let's see how you can adjust it to fit your lifestyle. First rule is that you need to write down what you eat. I know it seems like a pain the you-know-what, but you don't have to do it forever, and it will be your best resource to keeping you accountable and understanding what you are truly putting in your body.

We have attached a few different templates with this program. One is for you to carry around with you in your purse or pocket to write down what you eat and drink. The other is for you to actually calculate how many calories you have consumed.

You can also google free food journal or food diary and you will have a bunch of other options to choose from. Just use whatever format you prefer.

I like to treat this weight loss program like a game, it is actually fun if you get in to it. So, you know your calorie limitations, let's

say you have a small breakfast and you have a few hundred calories you haven't used, well, it's a game, you now can enjoy a nice glass of red wine for dinner, or an extra snack to satisfy your sweet tooth.

Are you a chocoholic? Love salty snacks? Can't do without your nightcap? Well, that's where the game comes in. You're just going to have to rob a little from somewhere to make it happen.

I had one girl on the diet (we'll call her Tammy) who was a candy freak. She was addicted to candy while she read at night. We adjusted her diet so she was able to still have a little candy each night, but ultimately we experimented to get her off if it.

So what does she indulge in now while she reads? Frozen berries! Probably just as satisfying, she eats grapes sometimes as well.

Bottom line is you will still lose weight if you stay under the guidelines if you eat nothing but candy, but you will also be developing diabetes in the near future and your health will deteriorate at a rapid pace. The goal isn't to eat crap and still lose weight, but rather sneak in your favorite foods from time to time to make this a long lasting endeavor.

Use my recipes as a guideline, they are varied in tastes, textures, and most importantly nutrients.

Here is a message from Tamra, the consulting dietitian on this weight loss program:

"MyDietChef.com has provided you with menu's to assist in weight loss or weight maintenance. We recommend that you adhere to the exact menu as closely as possible to obtain variety in nutrients, vitamins, antioxidants and phytonutrients. If you need to substitute a food, do your best to substitute with a food of the same

quality. For example, if you do not like broccoli, use fresh spinach (dark green). If you do not like seafood, substitute the item with lean protein or legumes. Also, if you cannot tolerate dairy products you may use Soy, Lactose-Free, or Rice products.

Drink a minimum of 8 – 8 oz glasses of water per day. Other calorie-free beverages such as tea and coffee may be included in moderation. Water assists in speeding up the metabolic processes. It is crucial to proper utilization of nutrients and weight loss."

See, I told you substituting your spinach for candy isn't a good idea :)

How Much weight will I lose? Well, that's a tough one since there are so many factors such as age, your current weight, which plan you choose, your metabolism, etc. But it is not uncommon to lose 10 pounds in the first few weeks. Ladies, if you are doing this with your boyfriend or husband, don't be upset if he is losing weight quicker than you, this is common.

There are some things that you just can't change such as your age, shape, frame size, and metabolism. Exercising is a good way to boost your metabolism, and some studies even say spicy foods help as well (I knew there was a reason I loved spicy foods!) We show you how to calculate your basal metabolic rate in the quick start guide which will also help you figure out which plan to start with.

Exercise is a key part to any weight loss program. Of course consult with your doctor before starting anything new. We will provide some basic workout routines in the Chef Jeff Club. Our personal trainer has had good success with that, but I think the key here is to find something that you enjoy. I was writing a tip of the day that I do for my newsletter the other day and I recommended pole dancing like a stripper. I was half-joking, but I had a friend

who took some classes and actually enjoyed it. She didn't take her clothes off or anything, just a fun new way for ladies to get exercise. The point is- if it isn't fun for you, you won't stick with it.

If you follow the plans, you will lose weight. If you decide to start with the lose-it-now plan and after a few weeks, not seeing the result you want, than simply move down to the aggressive plan.

As a member of the Chef Jeff Weight Loss Club we will have a whole section called "Long Term Success" and I along with a dietitian will help you craft a life-long plan for success.

The key here is that you need to make this a lifestyle for yourself. I am sure you have heard that many times, anyone can lose weight, but to keep it off, you need to make healthy choices for life, similar to how you need to come up with some sort of exercise routine that works for you.

It might help you to buy a food scale in the beginning to help you gauge portion sizes. You could buy a fancy digital model for under \$40.00 or you can always find a non-digital one for dirt-cheap.

Once you get your portions down, you won't need to use it any more, and the goal is not to. Who wants to weigh and measure everything they eat? Not me. So what if you consume 1231 calories instead of 1200, you're still going to lose weight (I promise). In fact you may notice the daily calories vary a bit, they are never exactly 1200 calories or 1600 calories, and they don't have to be, so long as you're following closely.

You have everything that you need here to succeed. Make sure you print out the different guides I will be sending you in the coming weeks to have handy when needed, read the weight loss

tips sheet to keep you on track, and either use our fitness routine or find one that fits your lifestyle.

I can't stress the importance of you writing down what you consume. I also like the idea of you writing down your exercise activity as well.

I promise if you haven't done this before, you will be surprised at what mindless stuff you're putting in your body, and it will actually help you prevent it if you know you have to write it down.

You can adjust your menus with your blank menu plans to your unique situation, and we will keep adding more to give you more variety.

So, that's it in a nutshell. I know you can do it, it's really not that difficult the way we have laid it out. You have my support, and a plan that works, now it's up to you to unleash the fury!

Again, I want to congratulate you on making this decision to improve your health, and ultimately your life. I hope we have a long relationship together!