

# Check List to start the 8 week weight loss challenge:

- Start with the Metagenics Medical Food
- Add Greens First for taste, improved digestion, tons of antioxidants, and reduced inflammation
- Start supplementing with Omega 3's (2000mg of DHA and EPA daily)
- Tonalin Conjugated linoleic acid (3000 mg daily)
- Go to the website newnanwellness.com. Go to lectures tab-then weight loss challenge link and print off all materials.

Now start to fill these out in order:

- 1) Goals sheet
- 2) Weight loss requirements
- 3) Servings per day Worksheet-determine your servings per day allowed
- 4) Menu Plan Worksheet- Fill out the upper left corner (food groups section) using the servings per day worksheet calculations
- 5) Now review recipes and fill out the remainder of the menu plan worksheet fulfilling your one day requirements. Also check out Nutrition data.com to help count calories for restraint food and epicurious.com for recipe ideas, simply click healthy on their website and they have 100's if not thousands of recipes for healthy eating.
- 7) Print shopping list and add to it the items you need to purchase for the entire week. Preferably on Sunday.
- 8) Go to the grocery store and get started on Monday.....

How to become the biggest loser:

1. Be willing to change, then change!!
2. Set Goals and review periodically
3. Exercise to gain muscle and burn fat
4. Eat Less, Eat Healthier and Eat at Home
5. NEVER QUIT!!!!

How to start to eat healthy:

1. Reduce sugar and artificial sweeteners
2. Reduce flour and other refined carbohydrates
3. Eat a variety of foods
4. Drink more water (1/2 hour body weight in ounces per day) and reduce other beverages unless you are replacing a meal (a third of the calories ingested per day come from beverages).
5. Reduce your dairy intake and eliminate milk
6. Eat less and eat at home