

The **Intensive Weight Loss Plan[©]**

Based upon The Meschino Optimal Living Program: 7 Steps To a Healthy, Fit, Age-Resistant Body (JP Meschino; Wiley Publishing, 2004)

2nd Edition (Renaissance Institute Of Integrative Medicine, 2009)

This *Intensive Weight Loss Plan* is intended to be used during the initial stages of a weight reduction program only, in order to quickly and safely shed excess body fat. The plan is designed to be used in conjunction with the information covered in the book, "The Meschino Optimal Living Program". To fully understand the principles of short-term and long-term success with your weight loss and wellness objectives, it is essential that you read this book in its entirety

The Meschino Optimal Living Program provides all of the background information necessary to help you understand the relationship between nutrition, aging, weight management, and how to minimize your risk of many common degenerative diseases. Dieting, by itself, is not enough to ensure long-term results. You must gain a deeper understanding of how your body interacts with carbohydrates, protein, fats, vitamins, minerals, fiber, exercise and other factors.

Overview of the Plan

1. This Intensive Weight Loss Program, developed by Dr James Meschino DC, MS, ND, ROHP, RAP, provides 1,500 to 1,900 calories per day. In conjunction with the minimum amount of prescribed physical activity (30 min. power walk), most individuals will lose two pounds per week (mostly body fat; approx. 95%). Fluctuations in total body water and other factors may prevent weight loss from occurring in a consistent manner from week to week. Nevertheless, over each five-week period a 10-lb. loss of body fat is expected for most individuals.
2. The Intensive Phase of this program is moderately high in protein, low in fat and provides safe and adequate levels of complex carbohydrates, vitamins and minerals:
 - ◆ approx. 45-50% carbohydrates (mostly complex)
 - ◆ approx. 30-35% protein
 - ◆ approx. 20% fat

Daily Plan

Breakfast	High Protein Breakfast Selection*
Midmorning Snack	1 Fruit Selection*
Lunch	1 Low Fat Flesh Protein Selection* 1 Vegetable Selection* 1-2 "Grain" Selections*
Afternoon Snack	1 Fruit Selection
Dinner	1 Flesh Protein Selection 1 Vegetable Selection 1-2 "Grain" Selections
Evening Snack	3-6 cups of low fat popcorn

Other Daily Requirements:

1. 6-8 glasses of non-calorie containing fluids per day (8-oz.)
2. High Potency Multiple Vitamin and Mineral and supplements to support your unique metabolism (e.g. Adeeva Multiple Vitamin and Mineral)
3. Minimum 30-minute power walk each day

* All selections are described and quantified on the following pages.

High Protein Breakfast Selections

- OPTION 1** Whole egg omelet (2 or 3 eggs) with 1/2 cup of desired vegetables (no butter or margarine - may use small amount of oil)
Have with 1 sliced tomato
- OPTION 2** Protein Shake - 1 scoop or Protein Powder (25-36 grams of protein per scoop), added to 2 ounces of juice plus 4-6-ounces of cold water and ice cubes. Add 2 tablespoons of Flaxseed Powder and mix in a blender until ice is fully crushed and the shake is creamy-rich. The protein powder should contain no more than 12 grams of carbohydrates and 1 gram of fat per scoop, and provide at least 5 grams of fiber. (e.g. Adeeva Protein Shake)
- OPTION 3** Non Fat Yogurt (8 ounces) and Cereal
or
1% milk or non-fat milk (8 ounces) and cereal
Choose any non-fat (plain or flavored) yogurt that contains no added sugar (8-oz.)
Add any of the following high fiber breakfast cereals (1/3 cup) to non-fat yogurt or non-fat (skim) milk or 1% milk (8-oz.)
- High Fiber Breakfast Cereals (1/3 cup)**
- ◆ Food for Life Ezekiel cereals
 - ◆ Nature's Gate
 - ◆ Go Lean Crunch Soy Protein Cereals
 - ◆ Bob's Red Mill Cereals

Lunch and Dinner – Meal Formula

At both lunch and dinner, the same meal formula applies:

- ◆ 1 Low Fat Flesh Protein Selection - i.e. chicken breast
PLUS
- ◆ 1 Vegetable Selection - i.e., bowl of minestrone soup
PLUS
- ◆ 1 or 2 Grain Selections - i.e., 1 piece of whole grain bread

Guidelines for Lunch & Dinner

THREE GRAIN SERVINGS are permitted each day. If you have two for lunch, then you must have only one for dinner and vice versa.
If you have cereal for breakfast (Option 3) you are permitted only two bread servings for the remainder of that day.

1 grain serving = 1 slice of whole grain bread
= 1/2 whole grain bagel
= 4 whole grain crackers
= 1 piece of whole grain bread
= 8 "Japanese style" rice crackers
= 1/2 Kaiser Bun
= 1 small whole grain dinner roll

PASTA, RICE AND POTATOES are easily converted into fat, hence they represent a more undesirable food group, during the Intensive Phase of Program. Therefore, **have no more than two selections** from this food group **per week**. Note that one pasta, rice or potato selection can be substituted for two "grain" selections on that day, but do not choose these foods more than twice per week.

One serving size =

Pasta: 1 cup cooked with tomato sauce
Rice: 1 cup cooked (boiled, steamed)
Potatoes: 1 whole potato (baked, or boiled)

Guidelines for Lunch & Dinner (cont'd)

GENERAL:

- No butter or margarine is allowed. If that seems impossible, then spread a thin layer of olive/flax/hemp oil on bread products if necessary.
- No Juices, sweetened jams/jellies permitted during the Intensive Phase of Program.
- Do not drink calories. This includes calories from juices, sodas, alcohol and sugar added to tea, coffee or espresso. Stevia is permissible.
- Low fat popcorn - Use air-popped popcorn or find a microwave popcorn that contains less than 1.5 gms of fat per 3 cups.

BEVERAGES ALLOWED INCLUDE:

- ◆ Water: distilled, filtered, soda water, mineral water, spring water
- ◆ Coffee and Tea: limit to 3 cups per day. Use Stevia as a sweetener if necessary and no milk or cream. (Skim or 1% milk is allowed, but use the least amount possible.) Do not factor coffee or tea into your total fluid intake for the day. **Green Tea** is a much better choice.
- ◆ Diet Sodas: Limit to 2 per day if you consume them (and hopefully you don't).

OILS AND SALAD DRESSINGS

The preferred oils include olive oil, hemp and flax oil. Use the least amount possible (i.e., 1 tsp. = 1 serving size) for a stirfry (or 1 tsp coconut oil), to sauté vegetables, in tomato sauces or for salad dressings. Salad dressings should be made from olive oil and choice of vinegar (i.e., balsamic) or lemon.

Food Selections and One-Serving Sizes

LOW FAT FLESH PROTEIN SELECTIONS

One serving size =

- | | |
|---------------------------|---|
| • Chicken Breast: 3-4 oz. | • All Fish: 3-4 oz. |
| • Turkey Breast: 3-4 oz. | • Tofu, Veggie Burger: 3-4 oz. |
| • Cornish Hen: 3-4 oz. | • Cheese: 2-3 oz low-fat or skim milk (<4% milk fat)
2-3 oz low-fat soy cheese |

VEGETABLE SELECTIONS

Option 1

One serving size = One large salad (up to 4 cups) including any of the following vegetables:

- | | | |
|-------------------------------|---------------|-------------|
| • carrots | • tomatoes | • onions |
| • peppers | • broccoli | • cucumbers |
| • dark green leafy vegetables | • cauliflower | • radicchio |

Option 2

One serving size = One serving of any of the following items:

- | | | |
|---|-----------------------------|---|
| • 1/2 cup cooked carrots | • 1 cup of cooked zucchini | • 1/3 cup of cooked corn |
| • 1 cup of raw or cooked broccoli, cauliflower, brussels sprouts or cabbage | • 1 cup of cooked peppers | • 1 corn on the cob |
| • 2 cups of cooked spinach or other greens | • 1/2 cup of beets | • 1 cup of beans, peas or lentils (cooked or dried) |
| | • 1 cup of cooked asparagus | |

Option 3

One serving size = Bowl of soup (non-cream, non-milk or non-chowder) - i.e., 1 bowl of vegetable soup,
1 bowl of minestrone soup, 1 bowl of pea soup (no ham)

Food Selections and One-Serving Sizes (cont'd)

FRUITS

One serving size =

• Apple	1	• Grapefruit	1/2	• Pear	1
• Apricot	2	• Grapes	12	• Persimmon	1
• Banana	1/2	• Honeydew melon	1/3	• Pineapple	1/2 cup
• Berries	1/2 cup	• Mango	1/2	• Plum	2
• Cantaloupe	1/2 cup	• Nectarine	1	• Prune	2
• Cherries	10 large	• Orange	1	• Raisins	2 tbsp.
• Dates	2	• Papaya	3/4 cup	• Tangerine	1
• Figs	1	• Peach	1	• Watermelon	1 cup

DAIRY

One serving size =

1 cup (8 oz.) Skim or non-fat milk

1 cup (8 oz.) Yogurt made from skim milk (plain, unflavored, less than 1.1% M.F.)

1/4 cup (2 oz.) Low-fat cottage cheese

POTATO

One serving size = 1 potato without butter

- No sour cream unless it is non-fat.

Examples of spices and herbs which are allowed are:

SEASONINGS

All spices and herbs are allowed except those which are sodium-based or which contain sodium (i.e., celery salt, garlic salt, onion salt, are not allowed)

Stevia

Basil

Celery seasoning

Cinnamon

Cumin

Garlic

Lemon

Morton's salt

Mustard

Nutmeg

Onion Powder

Oregano

Parsley

Pepper

Rosemary

Vinegar

SOUPS

One serving size = 1 large bowl

All non-cream and non-chowder soups (i.e., vegetable, minestrone, pea soup) are allowed

BREAD AND CEREALS

One serving size =

- 1 slice of most bread varieties
- 1/2 of a whole grain bagel
- 1/2 of a whole wheat English muffin
- 1/2 cup of high fiber breakfast cereal is equivalent to one bread serving.

Preferred cereal choices are:

- Raw Oatmeal (steel cut)
- McCann's Oat Bran Cereal
- Go Lean Protein Cereal
- Red River Cereal
- Bob's Red Mill 8 Grain

- Ezekiel Cereal
- Wheata Bix
- Nature's Path Cereals
- Any other unsweetened cereal with a high fiber content (consult fibre chart.)

OTHER BREAD PRODUCT CHOICES

Each of the following equals one serving:

- 4 whole grain crackers
- 1 piece of whole grain toast
- 8 "Japanese style" rice cracker

FATS AND OILS

Each of the following equals one serving:

- 1 tsp of Olive oil
- 1 tsp of Flax oil
- 1 tsp of Low Fat (dietetic) Italian dressing

BEVERAGES

It is recommended that you drink 6 glasses (8 oz.) of water per day:

2 before breakfast

2 before lunch

2 before dinner

Diet sodas, decaffeinated coffee, herbal teas, low sodium soda water (New York Seltzer, Reinharts) and mineral water can be consumed at any time. Limit your intake of caffeinated beverages to 3 cups per day.

No cream, no sugar.

Food Preparation Guide

GENERAL TIPS

- Non-stick pans enable you to cook without adding extra fat. If you have ordinary pans, use a non-stick spray instead of greasing them
- Prepare food in ways that don't require added oil. Try broiling, baking, microwaving, or steaming
- Sauté in wine or broth instead of oil

LOW-FAT PROTEIN FOODS

- Broil, grill, or steam poultry and fish
- Cook poultry and fish in a fondue, using consommé broth or a clear broth instead of oil
- Poach poultry and fish in clear broth, vegetable juices, or water seasoned with lemon
- Barbecue chicken swordfish, salmon steaks, veggie burger, etc.
- Take the skin off chicken, preferably before cooking it. Choose white rather than dark meat
- When roasting chicken or turkey, baste with broth instead of fatty drippings
- Choose water-packed, not oil-packed, canned fish. Rinse the salt off canned fish
- You can mix tuna or salmon salad with low-fat yogurt or non-fat mayonnaise

BREAKFAST CEREALS

Choose cereals that are unsweetened and high in fiber. Some good brands and types are Nature's Path, Ezekiel sprouted grain, Kashi Go Lean Crunch, McCann's Irish Oatmeal, Oatbran, Bob's Red Mill 8 Grain Hot and Cold cereals, Muesli, Wheata Bix, Shredded Wheat.

LOW-FAT DAIRY

- Drink milk with no more than 1% M.F.
- Eat plain yogurt that contains 1% M.F. or less. You can use presweetened yogurt that contains no sugar or added carbohydrate calories
- Eat cheese with 3% M.F. or less. Most solid cheeses are more than 25% M.F. Cheddar, for example, is 32% M.F. and Brick is 29% M.F.
- Try some low-fat cheeses such as low-fat cottage cheese, farmer's cheese, any skim milk cheese, or low-fat cream cheese (2%) or a low-fat soy cheese
- If you really dislike black coffee, use low-fat milk instead of cream or non-dairy creamer.

BREAD (3 servings per day, maximum)

- Choose bread that is high in natural fiber but low in fat: whole wheat, pumpernickel, rye, whole wheat bagels, and pita
- Toasting bread increases its fiber content
- Don't butter your bread
- Avoid egg breads and bread products that are high in saturated fats

FRUIT

- All kinds of fruit are good for you
- The best cholesterol-lowering fruits are apples, peaches, pears, plums, nectarines, the white rind of citrus fruits, blueberries, strawberries, raspberries, mangoes, and papaya
- Anti-cancer fruits are those with lots of vitamin C or beta-carotene. Citrus fruits and kiwis have the most vitamin C. Orange fruits, including cantaloupe, apricots, peaches, nectarines, oranges, mangoes, and watermelon, are highest in beta-carotene.

VEGETABLES

- Cruciferous vegetables include Brussels sprouts, cabbage, turnips, cauliflower, and broccoli. They are good anti-cancer foods
- Vegetables high in beta-carotene are also good anti-cancer foods. Carrots, squash, eggplant, and other orange/yellow vegetables, broccoli, spinach, and dark green, leafy vegetables are all high in beta-carotene.
- Try vegetables raw, steamed, broiled, marinated, or stir-fried
- Salads are healthy way to eat vegetables. Spinach salad, chef's salad, and mixed green salads, tossed with a light olive oil and vinegar dressing, are the best options. Shredded cabbage, seasoned with a light olive oil and vinegar dressing, is a tasty alternative to lettuce
- Try flavored vinegars to add variety to your salads

Food Preparation Guide (cont'd)

PEAS AND BEANS

- If you are using canned peas or beans, put them in a strainer and rinse with water to get rid of the excess salt and oil
- If you are cooking dried beans yourself, completely cover them with cold water overnight. The next day, drain them and cook in fresh water until they are tender
- Peas and beans are perfectly balanced foods. Most are 60 percent complex carbohydrates, 15 percent protein, and 25 percent fat — precisely in tune with your genetic dietary requirements

PASTA

- Use light (low-fat) tomato sauces. Sauté vegetables in water or olive oil to add to the sauce. Green peppers, red peppers, mushrooms, onions, and zucchini are all excellent choices. Add clams, mussels, scallops, or chicken to your tomato sauce too, if you wish.
- Bottled tomato sauces with meat are also high in fat. Go to the refrigerator section of the grocery store and buy a fresh marinara sauce and add your own fresh vegetables. The vegetables will improve the taste, add vitamins, and dilute the fat content.

POTATOES

- Bake or boil potatoes
- Add no butter or margarine
- You can use low-fat yogurt, low-fat sour cream if necessary

RICE

- Steamed or boiled
- Brown rice is best

OILS

- Use olive oil for salad dressings or for sautéing vegetables
- Use peanut oil for stir frying
- Vegetable oil sprays (such as Pam®) are acceptable substitutes for vegetable oils

Note re Pasta, Potatoes, Rice: Don't consume any of these more than twice per week

SNACK FOODS AND DESSERTS

- Unbuttered popcorn is a good snack food. Popcorn made in an air popper has the least amount of fat. Most microwave popcorn is high in fat. Choose microwave popcorn that contains less than 1.5 grams of fat per 3 cups

XXXX

BEVERAGES

- Every day, you should drink six to eight glasses of water. Distilled water, spring water, low-sodium mineral water and soda water are all good choices
- Bottled water should be ozone-treated to help prevent bacterial growth. The best water is either distilled or has undergone reverse osmosis and deionization
- Keep your intake of caffeinated beverages to a minimum. Three cups of coffee a day should be your maximum. It's best to drink it black. You can use low-fat milk and artificial sweeteners if necessary.
- Try herbal teas or hot water and lemon as an alternative to coffee or regular tea. Green tea is a great choice.
- Avoid all beverages sweetened with sugar
- Beware of high-sodium drinks. They make your body retain sodium and water, creating a bloating effect

XXXX

DINING AT RESTAURANTS

- Ask for your meal to be prepared with less fat than the chef would normally use. In Chinese restaurants, for example, ask the waiter to reduce the amount of oil used for stir frying
- When travelling by plane, call ahead to request a low-fat meal or go for the vegetarian option
- Salad bars are filled with high-fat extras, such as bacon bits, egg yolks, olives, and potato salads. Avoid these foods, concentrating on the fresh vegetables.

Sample Day

BREAKFAST

- 3-egg omelet with mushrooms, green peppers and onions served with sliced tomatoes
- 1 cup of black coffee with Stevia

MIDMORNING SNACK

- 1 nectarine
- soda water

LUNCH

- broiled skinless chicken breast
- large bowl of vegetable soup
- 1 whole grain dinner roll
- 1 green tea

AFTERNOON SNACK

- ½ cup cantaloupe slices
- mineral water

DINNER

- 4 oz. grilled swordfish
- one large mixed salad with olive oil and vinegar dressing
- spring water

EVENING SNACK

- 6 cups of low-fat popcorn
- 3 glasses of soda water

Multi-Vitamin and Mineral

- Powered supplement
- Fat Burning supplement

Supplements as suggested for your unique metabolism

EXERCISE

- 30 minute aerobic activity per day

The Seven-Day Nutrition and Physical Activity Journal

– Keeping Track of Your Success –

It is important for you to record the foods you eat, the supplements you take and the physical activity and exercise you perform each day. By writing it down, you will be more inclined to be faithful to the program. This type of self-monitoring has been shown to be a powerful key to long term success. Additionally, it gives you the opportunity to track your success and ensure that you are meeting all the daily requirements of the Intensive Weight Loss Plan. This process is vital to your success.

The Meschino Intensive Weight Loss Plan

Created By Dr James Meschino DC, MS, ND, ROHP, RAP

This program is not intended to treat or cure any specific condition, nor is it intended to replace the advice of your physician. As with any and all nutrition and exercise programs, you must obtain consent from your physician prior to beginning The Intensive Weight Loss Plan that follows.

