



Cotton O'Neil

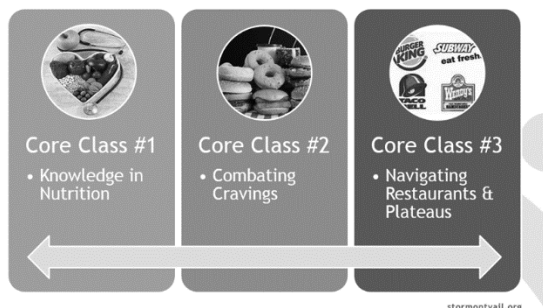
WEIGHT MANAGEMENT CENTER

**Your Start
*to Weight Loss!***

Getting Started with Goal Setting

1. Watch Core Class 1, 2 and 3 on the following link:

- <http://vimeo.com/showcase/7345619>



2. Keep a food journal and follow your personalized calorie plan
Your calorie goal is: _____ calories per day

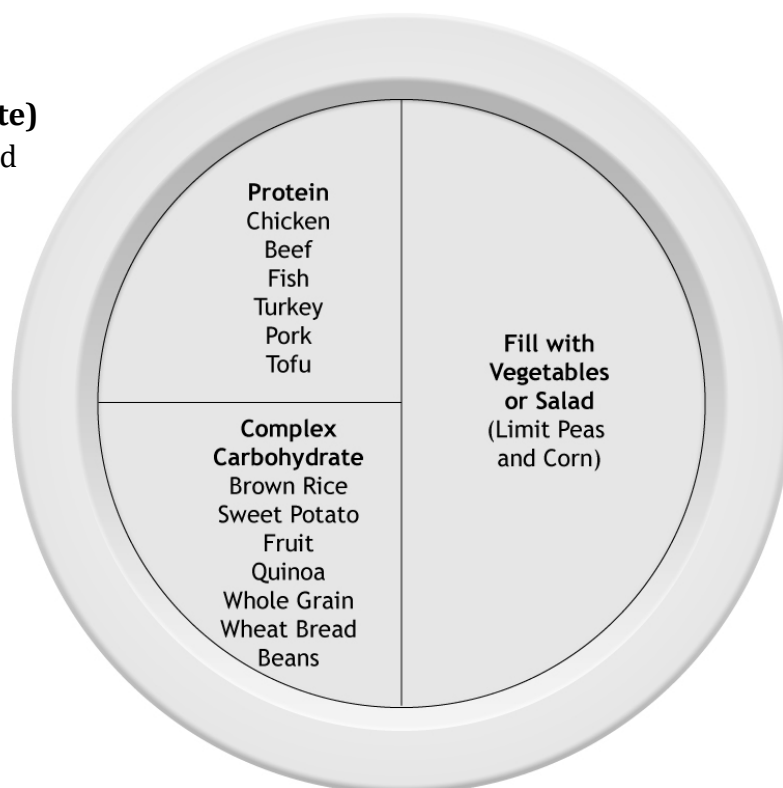
- Try free apps like MyFitnessPal, MyPlate or Cronometer

3. Drink 80 ounces of water daily

- Eliminate liquid calories such as juice, soda, and other sugary beverages
- **Tip:** Add lemon or lime to your water or use flavor additives

4. Use the Healthy Plate Model
(use a salad plate versus dinner plate)

- Always eat your protein and vegetables first to help you feel more full
- Eat starches last



Foods	Best Choices	Okay Choices	Limit/Avoid
Vegetables <i>Fill Half Your Plate at Each Meal</i>	Artichoke, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Collard Greens, Cucumber, Eggplant, Green Beans, Jalapeno, Kale, Lettuce, Okra, Onions, Peppers, Radishes, Salad Greens, Snow Peas, Spaghetti Squash, Spinach, Summer Squash, Tomatoes, Turnips, Zucchini	Any Vegetable Cooked with Added Oil or Butter	Any Vegetable that has been Fried or is Covered in a Cheese/Cream Sauce or Mayonnaise-Based Dressing
Fruit <i>Limit to 1-2 Cups/Day</i>	Apple, Apricots, Banana (Sin or half), Blackberries, Blueberries, Cantaloupe, Cherries, Grapefruit, Honeydew, Kiwi, Nectarine, Orange, Peach, Pear, Plums, Raspberries, Strawberries, Tangerines, Watermelon	Canned Fruit in its Own Juice, Unsweetened Applesauce, Pineapple, Grapes, Mango, Papaya	Canned Fruit in Syrup, Sweetened Applesauce, Fruit Roll-ups, Fruit Snacks, Juice
Protein <i>4-6 Ounces per Meal or 20-30 Grams per Meal</i>	Fish, Shrimp, Eggs (2/day), Skinless Turkey, Skinless Chicken, Edamame, Soy Beans, Round or Loin Cuts of Beef/Port, 94% Lean Ground Beef, Unsweetened Greek Yogurt (nonfat or 2%), Reduced Fat Cottage Cheese, Wild Game	Lean Ham, Turkey Sausage, Veggie Burgers, Reduced Fat Cheese, Chicken Sausage, Turkey Bacon, Canadian Bacon, Lower-Sodium Lunchmeat, Beans and Legumes	Fried Meats, Ribs, Sausage, Bacon, Cold Cuts, Hot Dogs, Brats
Starch/Grain <i>Limit to 1/4 of Your Plate or 1 cup or less per Meal</i>	Potatoes, Peas, Corn, Sweet Potatoes, Oats/Oatmeal, Light Whole Grain Bread, Sandwich Thins, High Fiber Tortilla/Wraps, Whole Grain Rice, Whole Grain Crackers, Light English Muffin, Beans	Whole Grain Muffins, Granola, Croutons, Biscuits, Rolls, Flatbread, Popcorn, Whole Grain Cereal, Whole Grain Pasta	Chips, Pasta, White Bread, Sugar-Sweetened Cereal, Ice Cream, Frozen Yogurt, Cookies, Cakes, Brownies, Pastries, Desserts, Candy, Donuts
Fats <i>1-3 Servings per Day Depending on Caloric Needs</i>	Avocado, Nuts, Seeds, Flaxseed Oil, Olive Oil, Avocado Oil, Safflower Oil, Sunflower Oil, Natural Peanut Butter or Almond Butter, Oil Based Salad Dressing, Hummus	Canola Oil, Soybean Oil, Half and Half, Light Butter, Light Tub Margarine, Spray Margarine, Olive Oil Mayo, Light Salad Dressing	Butter, Cream, Creamer, Stick Margarine, Tub Margarine, Mayonnaise, Regular Cream-Based Salad Dressing, Ranch
Condiments	Mustard, Salsa, Hot Sauce, Vinegar, Coconut Aminos	Ketchup, Lower Sugar BBQ Sauce, All Fruit Jams, Lower-Sodium Soy Sauce	Gravy, Tartar Sauce, Sweet and Sour Sauce, Jellies
Beverages	Water, Unsweetened Carbonated Water, Fruit Infused Water	Diet Beverages/Calorie-Free Beverages, Low-Sugar Gatorade, Powerade Zero	Regular Soda, Sugar-Sweetened Beverages, Juice, Fruit Punch
Snacks <i>100-200 Calories, Aim for Protein and Fiber, Only Eat if Hungry</i>	Whole Fruit, Nuts, String Cheese, Vegetables with Hummus, Celery with Nut Butter, Roasted Soy Nuts or Edamame	Protein Bars (Choose one with <5 Grams Sugar, <250 Calories, and 15-20 Grams of Protein), Whole-Grain Crackers with Nut Butter or Cheese, Beef Jerky	Chips, Cookies, Sweets, Club or Ritz Crackers, Cheez Its, Graham Crackers

Meal Planning

Breakfast: *Choose 1*

- 2-3 eggs (prepared any way you would like)
- Greek Yogurt
- Protein Shake
- Whole Grain Toast with 1 Tablespoon of Peanut Butter

Snack: *Choose 1 and Pair with a Full Glass of Water*

- Protein Bar
- String Cheese
- Beef Jerky
- Raw Veggies with Hummus

Lunch: *Choose 1*

- Turkey Sandwich on Low Calorie Bread $\frac{1}{4}$ - $\frac{1}{2}$ Cup Cottage Cheese
- Salad with Rotisserie Chicken – 2 Tablespoons Dressing of Choice, Put into a Small Dish on the Side and Dip Fork in Dressing then Salad
- Healthy Frozen Meal
- Homemade Protein Pack: 1-2 Hardboiled Eggs, Turkey Deli Meat, 5 Crackers, 3-4 Pieces of Cheese

Snack: *Choose 1 and Pair with a Full Glass of Water*

- Celery with Peanut Butter
- Fruit with String Cheese
- Handful of Nuts
- Protein Shake/Bar

Dinner: *(See Recipes Attached)*

- Pecan Crusted Salmon
- Italian Sausage and Vegetable Soup
- Pizza Chaffles
- Low Carb Chicken Quesadillas

Dessert: *Only if Needed*

- Sugar-Free Popsicle
- Sugar-Free Pudding
- 2 Pieces of Dark Chocolate 70% Cocoa
- Greek Yogurt

Join our private Facebook group!

Tips

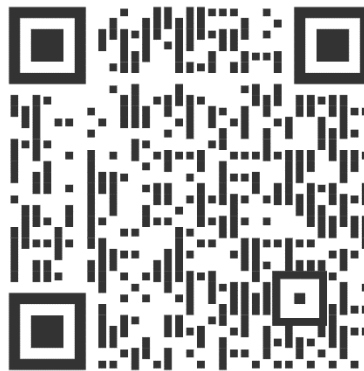
Recipes

Motivation

Advice

When you become a member you'll receive support, recipes, advice, encouragement, and more from other patients and the Cotton O'Neil Weight Management team.

Scan the QR code to join today!



Cotton O'Neil
Weight Management Center

Pecan Crusted *Salmon*

Serves: 6

Ingredients:

- 1 ½ cups pecans
- 3 Tbsp breadcrumbs
- 3 Tbsp lemon zest
- 1 ½ Tbsp Extra Virgin olive oil
- 1 Tbsp dried dill
- 6 3-oz. salmon fillets, skin on
- ½ cup Dijon mustard
- 2 Tbsp fresh lemon juice
- Salt and pepper to taste

Nutrition Facts per serving:

340 calories
28 g fat
4 g saturated fat
65 mg sodium
7 g carb
2 g fiber
1 g sugar
20 g protein

Directions:

1. Place pecans in food processor; coarsely chop. If you do not have a food processor, you can use a knife to coarsely chop. Add breadcrumbs, lemon zest, olive oil, and dill; pulse until crumbly. Season with salt and pepper; set aside.
2. Arrange salmon fillets skin-side down on parchment paper lined baking sheets. Brush with mustard.
3. Spoon ⅓ cup of pecan crumb mixture over each fillet; gently press into the surface of the fish. Cover with plastic wrap; refrigerate for up to 2 hours.
4. Bake at 350 degrees for 15 to 20 minutes, or until salmon flakes with a fork. Sprinkle with lemon juice just before serving.



Italian Sausage & *Vegetable Soup*

Serves: 10 (1 cup each)

Ingredients:

- | | |
|---|---|
| 2 tsp olive oil | 1 (15 oz) can stewed or diced tomatoes |
| 1 lb Italian-style turkey Sausage
(remove from casing if in link form) | 3 oz red wine or cooking wine |
| 2 cloves garlic, chopped | 1 can unsalted kidney beans, drained |
| 1 onion, chopped | 1 (10 oz) can Italian flat green beans, drained |
| 1 cup celery, chopped | 1 zucchini, quartered and sliced |
| 3 carrots, sliced | 1 tsp oregano |
| 3-4 cups unsalted beef broth | 1 tsp basil |
| 1 (8 oz) can tomato sauce, unsalted | ½ cup dry lentils, rinsed |
| | Parmesan cheese, optional |

Directions:

1. In a large Dutch oven over medium-low heat, heat the olive oil and cook the sausage, garlic, onion, celery and carrots for about 10 minutes.
2. Add the broth, tomato sauce, diced tomatoes, wine, kidney beans, green beans, zucchini, oregano, basil and dry lentils. Bring to boil, reduce heat and simmer for 30-45 minutes. Serve with parmesan cheese if desired.

Nutrition Facts per serving:

210 calories
4 g fat
0.5 g saturated fat
380 mg sodium
25 g carb
7.5 g fiber
6 g sugar
15 g protein



Pizza Chaffles

Makes: 2 mini pizzas

Ingredients:

- 1 egg white
- $\frac{3}{4}$ cup shredded mozzarella cheese, divide in half
- 1 tsp coconut or almond flour
- $\frac{1}{8}$ tsp baking powder
- 1 tsp cream cheese, melted or softened
- $\frac{1}{8}$ tsp Italian seasoning
- $\frac{1}{4}$ cup pizza sauce
- 8-10 turkey pepperoni slices, optional
- Desired vegetable toppings

Nutrition Facts per mini pizza:

- 160 calories
- 8 g fat
- 3 grams carb
- 1 g fiber
- 16 g protein

Directions:

1. In a small bowl, mix together the egg white, $\frac{1}{2}$ cup mozzarella cheese, coconut or almond flour, baking powder, cream cheese, and Italian seasoning.
2. Preheat mini waffle maker, spray with nonstick spray.
3. Pour $\frac{1}{2}$ of the mixture onto the waffle maker, close lid and cook for 4 minutes.
4. Meanwhile, preheat oven to 400 degrees.
5. Remove waffle and repeat with the remaining mixture.
6. Top both chaffles with pizza sauce, cheese, and desired toppings.
7. Place on baking tray and bake 5 minutes or until cheese is melted.



Low Carb *Chicken Quesadillas*

Makes: 2 quesadillas - easily doubled, tripled, or more for a family

Ingredients:

2 Extreme Wellness High Fiber tortillas
3 oz cooked chicken, shredded
2 tsp taco seasoning
¼ cup salsa
¼ cup 2% milk shredded cheese
Cooking spray

Nutrition Facts per quesadilla:

165 calories
5 g fat
2 g saturated fat
17 g carb
11 g fiber
23 g protein

Directions:

1. In a small bowl, mix the chicken, taco seasoning, salsa, and cheese.
2. Heat a nonstick skillet over medium-high heat.
3. Spray one side of the tortilla and place spray-side down onto skillet.
4. Spread half of the chicken mixture over one half of the tortilla and gently fold over the tortilla creating a half-moon shape.
5. Cook 1-2 minutes, flip, and cook another 1-2 minutes until tortilla is browned and chicken is heated through.
6. Repeat with remaining tortilla and mixture.

