

Rxweight loss

PRINTABLE FOOD DIARY

RXweightloss.com

Getting Started

An important component of weight management is proper portion control. Use measuring devices such as cups, tablespoons and the guidelines and tips in this book to manage your portion sizes.

Desired Portion

Think

Meat/poultry (3 oz.).....	deck of cards
Grilled/baked fish (3 oz.).....	Checkbook
Cheese (1.5 oz.).....	3 stacked dice
Nut butter (2 Tbsp.).....	1 ping pong ball
Salad greens (1 c.).....	1 baseball/fist

Helpful Tips

Avoid eating nuts and other snack foods directly out of the package.

It is easy to lose count and overeat. It is best to get your daily amount and put it into a small bag or bowl. When it's gone you are done for the day!

Entrées at restaurants often provide multiple servings. Try to take at least half home or split the entrée with a friend.

Try eating meals on salad plates. Regular dinner plates encourage larger meals.

Eat slowly and consciously, chew each mouthful. Taking time to enjoy your meal, increased satisfaction will make you less likely to overeat.

Drink one cup of plain green or black tea with meals as often as desired.

Staying hydrated is an essential component of maintaining energy and controlling appetite. Unsweetened green or black tea is also an excellent source of antioxidants.

Eat the good fats. This diet contains good fat sources of omega-3 and omega-6 fatty acids that may actually help improve insulin sensitivity and help with fat loss.

Do not skip any of the protein foods. Proteins help keep you feeling full longer and maintain lean muscle mass as you lose fat.

Restaurant Guide

Fast Food Chains

Choose grilled chicken salads without croutons and ask for dressing on the side. Use dressing sparingly. Chicken chili and a salad is another good choice. Often there are "light" items on the menu that will fit your dietary guidelines.

Asian Restaurants

Choose chicken or seafood with broccoli or asparagus. Ask for no MSG and cornstarch and for the vegetables to be steamed.

Mexican Restaurants

Choose grilled chicken, shrimp or beef with grilled vegetables or placed on top of a mixed salad. 2 tablespoons guacamole or half cup salsa may be served with meal. Stay way from the corn chips and rice.

Italian Restaurants

Order grilled chicken breast with steamed vegetables or grilled chicken salad.

Steakhouse

Order traditional salad, grilled vegetables with lean sirloin steak or lobster.

Seafood

Order any fish on the menu and have it prepared according to your healthy eating guidelines. Add salad and/or steamed vegetables.

Breakfast Cafe

Choose 2-3 egg omelet with vegetables.

American Family Restaurant

Choose grilled lean chicken, turkey or steak with steamed vegetables and side salad. Grilled salmon and double-side vegetables. Steamed broccoli, zucchini or asparagus is often available.

Daily Food Journal

2-6 Meals Varied with Protein/Fat Content and Understanding Calorie Restricted Fat Ketogenic Diet.

Date: Mon Tues Wed Thu Fri Sat Sun

Breakfast 6AM - 8AM

Qty	Amount	Food	Calories	Protein	Carbs	Fat
Total:						

Snack 8AM - 10PM

Qty	Amount	Food	Calories	Protein	Carbs	Fat
Total:						

Lunch 11AM - 1PM

Qty	Amount	Food	Calories	Protein	Carbs	Fat
Total:						

Snack 2PM - 3PM

Qty	Amount	Food	Calories	Protein	Carbs	Fat
Total:						

Dinner 5PM - 6PM

Qty	Amount	Food	Calories	Protein	Carbs	Fat
Total:						

Snack 6PM - 7PM

Qty	Amount	Food	Calories	Protein	Carbs	Fat
Total:						

Water 8 to 12 Glasses Per Day Depending on Activity Level and Appetite

1 2 3 4 5 6 7 8 9 10 11 12

Sip water throughout the day, 1 glass per hour.