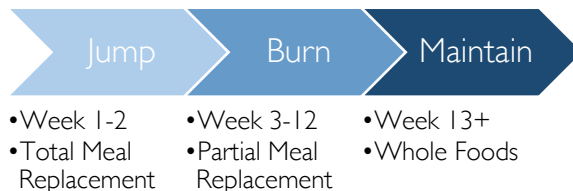


Week 1: Welcome to Path to Success – Let's Jump In

Welcome to Path to Success Online! Don't forget to log on each week for new videos on important topics to help you during your weight loss journey!

The Medical Weight Loss program has 3 phases: Jump, Burn, and Maintain.

This handout is all about the Jump phase! You'll jump into weight loss with a specialized diet low in calories and high in protein and fiber. You'll start this diet replacing all foods with shakes and snacks.



Why replace all foods?

Celebrate meal replacements and snacks help reduce weight. They are...

- Low in calories. To lose weight, you must create an energy deficit. This means to take in less energy than your body needs. Eating less calories and burning calories during physical activity can help create a calorie deficit.
- High in protein to help maintain muscle mass
- High in fiber to promote feelings of fullness

Meal replacements also...

- Help create a consistent eating schedule, which is good for your metabolism.
- Help avoid impulsive eating and overeating.

Jump Meal Plan

Each day you will have 3 meal replacement shakes and 3 high-protein snacks. All foods needed in this phase is included in your **14 Day Starter Kit**, including the meal replacement shakes, Celebrate high- protein bars, snack bags, and meat snacks sticks. It also includes a multivitamin, probiotic, a blender bottle, and a canvas bag.

You can choose to mix and match flavors of meal replacements, protein snacks, and protein bars as you like!

Jump Phase Basic Meal Plan

Meal	Product
Breakfast	Celebrate Meal Replacement
Morning Snack	Choose 1 Snack: <ul style="list-style-type: none">• Celebrate Protein Bar• Protein Snack Bag
Lunch	Celebrate Meal Replacement
Afternoon Snack	Choose 1 Snack: <ul style="list-style-type: none">• Celebrate Protein Bar• Protein Snack Bag• Meat Snack Stick
Dinner	Celebrate Meal Replacement
Evening Snack	Choose 1 Snack: <ul style="list-style-type: none">• Celebrate Protein Bar• Protein Snack Bag

How to Make Meal Replacements

Everyone is different, and we all require a different amount of nutrients. Men and people who exercise a lot may naturally need more calories, even on a weight loss program.

Nutrition goals are labeled by a number. Depending on your individual nutrition needs, your doctor will assign a number to you. This impacts how you will make your meal replacements.

- Jump 1: Make all meal replacements with water
- Jump 2: Make 1 meal replacement with milk
- Jump 3: Make 2 meal replacements with milk
- Jump 4: Make all meal replacements with milk

Good milk options to use:

- 1% or skim cow's milk
- Soy milk
- Coconut Milk
- Oat Milk

Tips for success in the Jump phase

- Do not skip meals.
- Always have breakfast. This “wakes up” your metabolism.
- Space out meals and snacks evenly throughout the day, every 3-4 hours.
- Keep track of your favorite Celebrate products. You will need to stock up on more products once you begin the Burn phase!
- Talk to your doctor about strategies if you are feeling hungry.
- Talk to your doctor if you have any new signs and symptoms on the program.