

NUTRITIONAL PLAN

RESCUE KIT

<p>Meal replacements (you may have one or up to three in a day)</p>	<p>Replace most of your meals with the following:</p> <ul style="list-style-type: none">• One MyProgressMD Whey protein shake• Eat an unlimited amount of dark green leafy vegetables*. You can blend them with your shake or have them on the side.
<p>Have 1 light meal*</p>	<p>Eat ONE LIGHT MEAL either for breakfast, lunch OR dinner.</p> <p>1 light meal consists of Protein + Vegetables + Healthy fats. See below for details.</p> <p>Optimal nutrition fuels metabolism. Choose clean, local, whole, fresh food.</p>
<p>Supplements</p>	<p>These may be taken whole, mixed in, or blended in a shake, or as directed by your surgeon.</p> <p>1- Take these early in the morning:</p> <ul style="list-style-type: none">• 1 Essential Nutrition Multi tablet• 1, up to 2 Multi-Flora probiotic capsule• 2 Ultimate Metabolism capsule• 1 Omega-3 soft-gel <p>2- Dissolve one lozenge in the mouth right before or after any meal, once daily.</p> <ul style="list-style-type: none">• 1 Methyl B12 lozenge <p>If in doubt, please refer to the suggested use indicated on the bottle.</p>
<p>Supplements</p>	<p>Use any flavor of the MyProgressMD Whey protein powder and include 2 choices of any of the following:</p> <ul style="list-style-type: none">• 1 teaspoon of MCT (medium-chain triglycerides) oil or coconut oil• 1 oz of nuts or seeds (chia, hemp, pumpkin, sunflower, flaxseed)• 1 teaspoon of nut butter (peanut, almond, cashew, etc.)• 1/8 avocado <p>Mix the ingredients with two ice cubes and your choice of water, chilled green tea, or plant-based unsweetened milk alternatives (almond milk, coconut milk, Ripple, hemp milk, etc.)</p>
<p>Liquids</p>	<p>Aim for 64 oz of water, infusions, herbal teas, unsweetened and low-sodium electrolytes, and include 4 cups of organic green tea.</p>

Dietary restrictions: Avoid ALL carbohydrate sources like sugar, energy drinks, gourmet coffees (lattes, cappuccinos, etc.), cow's milk, table sugar, honey, sodas, alcohol, fruit, dried fruit, grains, cereals (oatmeal, breakfast cereal, quinoa, and flours (baked products such as cookies, "healthy" bars, bread, donuts, cake, potato chips, etc.), starchy vegetables such as potatoes, cob, carrots, beets, and edamame; soy, peas, green beans or any other type of legumes like beans or lentils.

*A light meal consists of:

-**Protein** sources, preferably animal-sourced, limit to 2-4 oz depending on your pouch restriction and your personal protein needs. Some protein examples include fish, seafood, chicken breast, rabbit, beef, game, and turkey. Choose "grass-fed", "grass-finished" or "organic". If you can't find clean sources, then choose lean. Lean meats should be "loin, round", "select" or should have less than 5g of total fat per 3 oz. serving.

A WORD OF CAUTION: An excess of protein converts into blood sugar (glucose) with the same fat building effect as sugars or carbohydrates.

-Green leafy **vegetables** may be enjoyed steamed, cooked, or raw in soups or salads. You may add butter or olive oil. Some examples of green leafy vegetables are spinach, romaine lettuce, celery, kale, chard, cilantro (coriander), watercress, collards, turnip greens, mustard greens, and cabbages. In addition to the dark green leafy vegetables, include broccoli, tomatoes, mushrooms, onions, garlic, peppers, herbs, and spices. Aim for at least 3 cups in a meal and 6 cups in a day.

-**Healthy fats and oils:** Include 1-2 servings in a meal. One serving is equivalent to 1 teaspoon of healthy oils (olive, coconut, avocado, grapeseed, MCT oil), 1 teaspoon of grass-fed butter or ghee, 1/8 of an avocado and/or 1 oz of nuts and seeds.

- For dressings, use flaxseed, extra virgin, olive oil (EVOO), hemp, walnut, and grapeseed oils.
- To sauté, use butter, extra virgin olive oil (don't let it burn, use medium heat).
- For high-heat cooking, use coconut oil, pasture-raised butter or ghee (clarified butter). DO not fry food.
- Cook your meats by braising, stewing, boiling, grilling, roasting, foil-wrapped or oven-baked. Avoid fried foods, floured, or breaded.

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A WORD OF CAUTION: Do not overload on fats. Use them to cook your meals and enhance their flavor. A little goes a long way!

ABSOLUTELY NO ALCOHOL & avoid smoking

Increase physical activity and exercise

Drink plenty of liquids
