



Frequent Program Updates, Tips, and Recipes
by Danny Johnson

Hello everyone,

5/26/09

How is everyone doing with their Take Shape for Life Program? Any questions, difficulties, suggestions, if so email me at danny@rightwayenterprises.net?

Greetings, I just passed the 55 lb mark and heading down the home stretch to meet my weight loss goal. Since my goal was to lose 65 lbs by June 13, I have made a few changes to help me escalate my daily weight loss so that it is achievable by that date. Here is my daily regimen for Medifast.

Breakfast – 1 pack of Maple Oatmeal

Snack- Dutch Chocolate Shake

Lunch- 8 oz of baked tilapia, and 4 oz of various greens (lean & green)

Snack- Dutch Chocolate Shake

Dinner- Swiss Mocha Sake

Snack- Dutch Chocolate Shake

Drinking a lot of water! (Goal should be to drink your body weight equivalent in ounces)

Above, you can see I have eliminated the snack bars (3 weeks ago) and also the soups. Also, to speed things up I'm working out 5 days a week, at least 1 hour a day, consisting of 25-30 minutes strength training and 30-60 minutes of cardio. If I hadn't set such a short duration I would be able to reach my goal is due time with the normal program and mild exercise, but I'm sticking with this for now.

Here is a great recipe that is low carbohydrate and low fat for any fish or works great with boneless skinless chicken breasts.

6-8 Oz of tilapia, cod, haddock or any white fish (make sure it is thawed or will be dry).

Marinate fish in 4 oz of Newman's Own Olive Oil and Vinegar Dressing (this has no sugar and is also great on salads) and squeeze a lemon half over it.

Sprinkle with lemon pepper

Bake till done

Below, you will find some helpful links should you want to read more about the diet.

Our Take Shape for life web site:

<http://www.rightwaywellness.tsfl.com/esuite/home/rightwaywellness/> or
<http://www.rightwaywellnessprograms.com/diet.html>

Our BMI and Calorie Calculator: <http://www.rightwaywellnessprograms.com/healthtools.html>

Our Facebook page for Take Shape for Life with Discussion Board

http://www.facebook.com/pages/Trenton-NJ/Rightway-Wellness-Programs/60550583079#/pages/Trenton-NJ/Rightway-Wellness-Programs/60550583079?v=app_2373072738&viewas=657977681

Disclaimer: A health coach is not a substitute for a physician or qualified medical professional for monitoring those on Medifast Meals, nor should this advice be construed as providing medical advice or nutritional advice. Prior to any dietary changes, weight loss programs, or considering a exercise program, please consult your personal healthcare physician.