



Frequent Program Updates, Tips, and Recipes  
by Danny Johnson

Hello everyone,

6/15/09

**Hello everyone, just a quick note to see how everyone is doing with their weight loss program?** Please reply and let me know if you are doing well with it, struggling, or have any questions we are here for you! Contact Me at [danny@rightwayenterprises.net](mailto:danny@rightwayenterprises.net)

**Here are some more tips that can help you reach your goal.**

1. First, are you still hungry a lot? Then you are probably not in Ketosis, which means that perhaps you are deviating from the program and consuming too many carbohydrates. Remember, the darker green the vegetable the less carbohydrates it will have and when we say green we mean really green. Also remember carbohydrates & sugars are our enemy and *watch those salad dressings* as it is very hard to find ones that do not have a lot of sugar (olive oil and vinegar, or balsamic vinegar is the best option). What we want is for our body to go after the stored fat for energy instead of the carbs & sugars that we consume and eat. Also, remember to drink plenty of water and frequent urination will indicate that you are in ketosis. Ketosis is a state in which the liver converts stored fat into fatty acids and ketone bodies that the body burns for fuel, rather than using Glucose from the blood supply. If you consume too much glucose in the form of sugars or carbs then your body will not go after the stored fat. This means that if we cheat and consume carbs or sugars we have to restart and it will take about 3 days for us to get back into ketosis (this is why you only have 1 bar a day). *So if you have to nibble, nibble on lean protein, such as boiled egg whites, lean beef jerky, or something of that nature.* Remember all those hidden forms of sugars, such as any alcoholic beverage, and even some sugar substitutes in which the body mistakenly recognizes as alcohol sugars. Ok, I have kind of went on and on about this but you can go to the pharmacy and get some ketone test strips that will check your ketones to help you recognize if you are in ketosis or not.
2. Remember it is very important to get in all 6 meals (5 Take Shape for Life Meal Replacements) and 1 lean and green. Also by eating the six meals spaced equally apart our body never thinks we are in need of food and our metabolism continues to churn away at full force burning up that hard to get rid of stored fat. On this same note if you do cheat, do not stress about it since the actual stress of you cheating can cause a reaction in your endocrine system that can slow your metabolism by creating undesirable hormonal imbalances. Recall that even though you may get thrown out of ketosis, you are still eating a very low calorie managed diet which will keep you losing weight.
3. **I got the soy, soy, soy, soy, down in my heart.** The TSFL shakes are soy based which works in your favor to balance out your hormones. If you are under additional stress, you may consider consuming a shake instead of oatmeal or soup. If you have started an exercise program just recently remember that exercise creates stress on the body so again you may consider my suggestion about the shake substitute.

*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.*



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4. For your lean and green, especially the meat, try to get organic. Chicken nowadays is loaded with hormones, steroids, anti-biotic and can throw your body off track really quick. Fresh fish is expensive, but is normally the better choice if it is within your budget.
5. Depending on your eating habits you may want to eat your lean in green for breakfast instead of lunch or dinner. Below is a recipe for a really good omelet that I like to make on occasion.

I like to use egg whites (if you know how to separate the yolk from the white) and I use about 6 large eggs, free range and organic of course. **Egg Beaters** makes an all white product which will work as well. I then use 1 chopped green onion, 4 oz of lean turkey and about 3 oz of shredded low-fat mozzarella cheese. This makes a great and delicious omelet which is both, low carbs, and low fat.

**Lastly, we are having another Take Shape for Life June 27, 1:00pm to 2:30 pm at Genesis Gym here in Trenton. Try to make and if you have some friends and co-workers that may be interested please bring them along.**

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

Keep up the good work and contact me with any questions at [danny@rightwayenterprises.net](mailto:danny@rightwayenterprises.net) or 706-657-7879.